THE YOGA & WELLNESS EXPERIENCE TO MACHU PICCHU

Mountain Lodges of Peru is happy to introduce our new 8-day Yoga and Wellness Experience to Machu Picchu, a combination of exhilarating hikes, wellness workshops, and focused yoga practices for a holistic journey like no other. This trip is especially unique in that our guests will also have the opportunity to connect with our Andean neighbors along the way through visits to remote communities to meet the locals, learn about their culture and customs, and participate in the traditional ceremonies that are an intrinsic part of their daily lives.

“Cusco...guardian of the ancient Andean Kingdom and thousand-year-old temples that dot the inspiring landscape and function as stone clocks aligned with the stars...this is the context of this unique journey which will reconnect you with your inner-self through a trip back in time to lost cities and energetic earth centers. Immerse yourself in this union with Mother Nature.” - Andres Adasme, MLP’s Head of Adventure and Exploration.

Itinerary 8D/7N

DAY 1 CUSCO / ANDEAN COSMOVISION / YOGA SESSION

- Arrival in Cusco and transfer to El Retablo Hotel.
- Transfers will be waiting for the passenger at the airport in Cusco.
- Lunch and early afternoon at leisure.
- Free time to explore a little bit the city and have a lunch on your own in downtown, we can always make good recommendations.
- 3:00pm – 4:30pm Introductory workshop at hotel: ‘Connecting the Andean Cosmovision to Holistic Wellness’
- We will introduce our passengers to the essential concepts of the Andean Cosmovision. Using the teachings and perspectives of the “Three Worlds” and the Peruvian Medicine Wheel, we aspire to introduce them to the sacred culture of Peruvian Shamanism in order to lay a foundational connection for their trip.
- Location: El Retablo breakfast room.
- 5:00pm Short walk to Antigua Casona- roof top room.
- 5:30pm – 6:30pm Early evening yoga practice (Antigua Casona Hotel - rooftop room). Focus: Altitude acclimatization, stretching, and opening our consciousness to set intentions for our journey. We will offer a gentle grounding and restorative class to invite our passengers to arrive fully to their new destination and guide them to set an intention for their experience that will help support them during their upcoming adventure.
- 6:50pm - 5:00pm minutes walk to Pachapapa restaurant.
- 7:00pm Welcome dinner at Pachapapa.
- After dinner everyone can walk back to hotel is only 10 minutes gentle walk.

Overnight in Cusco at El Retablo Hotel
Meals included: D
**DAY 2  TEMPLE OF THE MOON / ANDEAN SUPERFOODS**

- **7:00am – 7:30am** Energizing 30-minute movement practice at hotel.
  We will spend a brief but energizing 30 mins “waking up the senses” and energizing the body for the day ahead. We will share some useful movement techniques that they will be able to take home and integrate into their daily routine.
- **7:30am – 8:30am** Breakfast at hotel.
- **8:45am – 1:00pm** Hike to the Temple of the Moon for a K’intu initiation ceremony followed by a gentle guided meditation. Focus: Establish a merging of our intentions and personal energy with the sacred lands that surround us.
- **1:30pm – 3:00pm** Lunch in Cusco at Green’s Organic
  Nice organic farm to table food.
- **3:30pm – 6:30pm** Superfoods workshop at hotel: ‘Introduction to Andean Superfoods and the Magic of Peruvian Food Culture’ followed by a visit to the San Pedro Market to study these local crops first-hand.
  We will introduce our passengers to the magic of Peruvian food culture with a superfood workshop that will cover a handful of highly-functional and nutritional local crops, including approachable preparations and innovative recipes for consumption.
  Our passengers will leave feeling motivated to invest in their health with a new appreciation for superfood supplementation and holistic eating.
- **7:00pm** Daily trip briefing at hotel.
- **7:30pm** Dinner at Mutu, local restaurant with a great healthy organic food.

*Overnight in Cusco at El Retablo Hotel*
Meals included: B, L, D

**DAY 3  PISQAQ / PACHAMANCA IN VIACHA / LAMAY LODGE**

- **7:30am** Departure to the Sacred Valley.
- **8:30am – 10:00am** Visit to the Pisaq town market and botanical gardens.
- **11:00am – 11:45am** Visit to Viacha to participate in Andean farming practices alongside members of the Viacha community, get closer to the ancient communities of the Andes and share a traditional meal.
- **12:00pm – 1:00pm** Traditional Pachamanca lunch in Viacha.
- **1:15pm – 4:00pm** Hike to the Pisaq archaeological site followed by a guided tour.
- **4:00pm – 4:45pm** Scenic drive to Lamay Lodge.
- **6:00pm – 7:00pm** Evening restorative yoga practice. Focus: To integrate the various energies received during our full-day journey We will use this restorative practice to integrate the energies of the day, to reconnect to ourselves and to the incredible experience we shared in Viacha connecting to Pachamama.
- **7:30pm** Dinner and daily trip briefing.

*Overnight at Lamay Lodge*
Meals Included: B, L, D
DAY 4 WELLNESS WORKSHOP / LARES VALLEY / HUACAHUASI LODGE

• 7:00am – 8:00am Morning power flow practice at hotel. Focus: Strength building centered around an Inti (sun)-inspired flow. Today we will build our strength and cultivate a little fire with a solar (Inti) inspired flow.

• 8:00am – 8:30am Breakfast.

• 8:45am – 10:00am Wellness workshop at the lodge: ‘The Five Pillars of a Holistic Lifestyle Transformation—Become Your Own Best Healer’
Here we will take an hour to learn a little bit about the foundations, or 5 pillars, of true holistic lifestyle transformation, and how we can become our own best healers/teachers. We will offer our passengers some helpful tools for self-examination as well as an opportunity to dive a little deeper to get in touch with what areas of their life may need to be brought into balance.

• 10:15am Departure to the Lares Valley, scenic drive towards the Lares Valley, able to see alpacas and local farmers.

Choice of afternoon activities:
• Activity A:
12:15pm – 3:30pm Excursion to meet the expert textile weavers of the Choquecancha community including an introduction to Andean natural textile dyes and coca leaf reading.

• Activity B:
1:00pm – 4:00pm Hike from Cuncani village to Huacahuasi Lodge.
6:00pm – 7:00pm Optional Yin restorative flow practice. Focus: Easy flow body, heart, and mind restoration
To bring optimal balance to our experience we will use this hour to slow down, integrate and give our bodies a little energy restoration after another day of adventure.

• 7:30pm Dinner at the Lodge and daily trip briefing.
Overnight at Huacahuasi Lodge
Meals included: B, L, D

DAY 5 ANDEAN CEREMONY / PICNIC / URUBAMBA

• 7:00am – 7:45am Early morning sunrise flow, stretch, and meditation. Focus: Reconnect with our initial intentions and create even more space for introspective and balanced expansion.

• 8:00am – 8:30am Breakfast at hotel.

• 8:45am – 10:00am Scenic drive to Marcacocha, in a very beautiful drive we will heading up to the Patacancha valley to reach the secluded community of Huilloq/Marcacocha where we are going to share a very intimate celebration with the people of this village.

• 10:15am Traditional ceremony to honor the Apus (Andean gods) at the Marcacocha archaeological site.

• 11:30am Drive to Pumamarka Archaeological site.

• 12:15pm – 1:30pm Visit to Pumamarka and picnic lunch in site.

• 2:00pm – 4:00pm Hike from Pumamarka to Ollantaytambo.
Gentle hike downhill along the beautiful valley of Patacancha towards Ollantaytambo town, hiking along the amazing Andean mountains surrounded by impressive farming terraces.

• 4:30pm Arrival at Kuychi Rumi Lodge in Urubamba town.

• 5:00pm Optional Wellness workshop: ‘Andean Shamanism and Its Modern-day Holistic Integration and Applications’
Here we will go deeper into the Peruvian Medicine Wheel and share its modern day applications, how we can use it for personal growth and development, and how we can take a more active role in the creation of our lives.

• 7:30pm Dinner and daily trip briefing.
Overnight at Kuychi Rumi Lodge
Meals included: B, L, D
DAY 6  OLLANTAYTAMBO / MACHU PICCHU

- 7:00am – 7:45am Outdoor Morning Movement and Energetics practice. *Focus: To expand our mind/body connection in preparation for the abundance of sacred energy that we will receive at Machu Picchu.
- 8:00am – 8:30am Breakfast at hotel.
- 9:30am – 10:30am Visit to the Ollantaytambo archaeological site.
- 11:30am Scenic train ride to Aguas Calientes; lunch on board (approximately 1.5 hours).
- 2:00pm – 5:00 pm Guided tour of Machu Picchu Citadel.
- 5:00pm Check-in at Inkaterra Pueblo Hotel.
- 7:30pm Dinner at hotel and daily trip briefing.

*Weather permitting

Overnight at Inkaterra Pueblo Hotel
Meals included: B, L, D

DAY 7  OPTIONAL ACTIVITIES AROUND MACHU PICCHU / CUSCO

- 6:30am – 7:30am Optional early morning stroll through the lush orchid gardens and tea plantation at hotel.
- 7:00am – 7:45am Breakfast at hotel.

Optional morning activities:
- 8:00am – 12:30am Hike to the Mandor Nature Preserve followed by a gratitude ceremony to complete our journey.
- 7:45 am – 12:30am Hike to Machu Picchu Mountain. Second group entrance 9:00am.
- 1:00pm-2:00pm Lunch at hotel.
- 2:55pm Scenic train ride from Aguas Calientes to Ollantaytambo (approximately 1.5 hours).
- 5:00pm Private transport from Ollantaytambo back to Cusco (approximately 2 hours).
- 8:00pm Farewell dinner at Morena Restaurant.

Overnight at El Retablo Hotel
Meals included: B, L, D

DAY 8  BREAKFAST / TRANSFER TO AIRPORT

Transfer to Cusco airport for flight home.

Meals included: B

RATES

2019  US $ 3,550.00