

## THE WELLNESS & YOGA EXPERIENCE TO MACHU PICCHU

### 8-DAY PROGRAM

Introducing our new 8-day Wellness and Yoga Experience to Machu Picchu—a combination of exhilarating hikes, wellness workshops, and focused yoga practices—along with unique, meaningful cultural immersion and interaction with our Andean neighbors for a holistic journey like no other.

“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.

### 2019 DEPARTURE DATES



### ITINERARY

#### DAY 1 CUSCO - SETTING OUR INTENTIONS

- / Arrival in Cusco and transfer to *El Retablo*
- / Lunch and early afternoon at leisure.
- / **03:00 pm** Introductory workshop at hotel: ‘The Pillars of Wellness’— an exploration of the Circle of Life to give us clarity in our intentions for the journey. (2 hours)
- / **05:30 pm** Restorative Yoga. *Moon salutations practice and meditation to restore our alignment after the long journey to Cusco.* (1 hour)
- Location:** Antigua Casona Hotel - rooftop room
- / **07:00 pm** Welcome dinner at *Pachapapa*



**Overnight:** *El Retablo - Cusco*

**Meals:** D

## DAY 2

## CUSCO - MERGING INTENTIONS AND ENERGY

- / **07:00 am** Early morning Sun Salutations for an energetic start to the day. (*approximately 20 minutes*)
- / **07:30 am** Breakfast at *El Retablo*.
- / **08:45 am** Round-trip hike to the *Temple of the Moon* for a K'intu initiation ceremony, followed by a gentle guided meditation. *Focus: Establishing a merging of intentions and personal energy within the sacred land that surrounds us.* (*approximately 4 hours*)
- / **01:30 pm** Lunch in Cusco at *Green's Organic*.
- / **03:30 pm** Superfood workshop at hotel: 'Introduction to Andean Superfoods and the Magic of Peruvian Food Culture'— followed by a visit to the San Pedro Market to learn about the top 10 Andean superfoods, their properties, and different ways to prepare them in order to activate their nutrients. (*3 hours*)
- / **07:00 pm** Trip briefing at hotel.
- / **07:30 pm** Dinner at *Mutu*.



**Overnight:** *El Retablo - Cusco*

**Meals:** B, L, D

## DAY 3

## SACRED VALLEY OF THE INCAS

- / **06:00 am** Everyday Essentials Yoga: Restoration practice focused on stretching wrists, shoulders, hips, and back to loosen up our bodies and minds. (*1 hour*)
- / **07:00 am** Breakfast at *El Retablo*.
- / **07:30 am** Depart for the Sacred Valley.
- / **08:30 am** Visit to the PISAQ town market and botanical gardens.
- / **11:00 am** Visit to Viacha—participate in traditional Andean farming practices alongside members of the local community.
- / **12:00 pm** Hike to the PISAQ archaeological site followed by a guided tour. (*approximately 2.5 hours*)
- / **02:30 pm** Scenic drive to Lamay Lodge.
- / **04:00 pm** Traditional *Pachamanca* lunch at Lamay Lodge.
- / **06:00 pm** Evening restorative yoga practice. *Focus: Re-centering ourselves by integrating the multiple energies received during our full-day journey.* (*2 hours*)
- / **07:30 pm** Light dinner and daily trip briefing.



**Overnight:** *Lamay Lodge*

**Meals:** B, L, D

## DAY 4

## INTO THE HEART OF LARES

- / **07:00 am** Early morning Ashtanga practice: energizing and dynamic. (*1 hour*)
- / **08:00 am** Breakfast at lodge.
- / **09:00 am** Wellness workshop at the lodge: 'Ayurveda for Life'— Ayurveda is known as the life science that is complementary to yoga. During this workshop we will explore our doshas (body and mind constitutions) and examine modifications to lead each of us toward an improved lifestyle.
- / **10:15 am** Depart for the Lares Valley.



## DAY 4 - INTO THE HEART OF LARES (cont.)

### Choice of afternoon activities:

- / **Activity A: 12:15 pm** Excursion to meet the expert textile weavers of the Choquecancha community including an introduction to Andean natural textile dyes and coca leaf reading. (approximately 3.5 hours)
- / **Activity B: 01:00 pm** Hike from Cuncani to Huacahuasi Lodge. (approximately 1 hour)
- / **06:00 pm** Wellness workshop at the lodge: 'Pranayama Breathing'—Pranayama technique workshop to guide our bodies and minds into a deep state of relaxation. (1 hour)
- / **07:30 pm** Dinner and trip briefing.



**Overnight:** Huacahuasi Lodge

**Meals:** B, L, D

## DAY 5 THE ROAD TO OLLANTAYTAMBO

- / **06:45 am Mysore Ashtanga Yoga: Build your own practice—** Mysore offers the opportunity for a personalized posture sequence adapted to each individual student. (1 hour)
- / **08:00 am** Breakfast at hotel.
- / **08:45 am** Scenic drive to Marcacocha.
- / **10:15 am** Pachamama ceremony at the Marcacocha archaeological site.
- / **11:30 am** Depart for Pumamarca.
- / **12:15 pm** Visit to the Pumamarca archaeological site and picnic lunch.
- / **02:00 pm** Hike from Pumamarca to Ollantaytambo. (approximately 2 hours)
- / **04:30 pm** Arrival at Willka T'ika.
- / **05:00 pm** Philosophy Workshop: 'The Heart of Yoga' : Discussion of the eight limbs of Ashtanga yoga, including ethical principles like yamas and niyamas. (1 hour and 30 minutes)
- / **07:30 pm** Dinner and daily trip briefing.



**Overnight:** Willka T'ika - Luxury Wellness Retreat & Yoga Center

**Meals:** B, L, D

## DAY 6 MACHU PICCHU

- / **7:00 am Mysore Ashtanga Yoga Method:** Continuing our individual posture sequence exploration. (1 hour and 15 minutes)
- / **08:15 am** Breakfast at hotel.
- / **09:30 am** Visit to the Ollantaytambo archaeological site.
- / **11:30 am** Scenic train ride to Aguas Calientes; lunch on board. (approximately 1.5 hours)
- / **02:00 pm** Guided tour of Machu Picchu.
- / **05:00 pm** Check-in at hotel.
- / **07:30 pm** Dinner at hotel and daily trip briefing.



**Overnight:** Inkaterra Machu Picchu Pueblo Hotel

**Meals:** B, L, D

## DAY 7

## CIRCLING BACK—ENERGY AND INTENTIONS

- / **06:30 am** Optional early morning stroll through the lush orchid gardens and tea plantation at hotel. (1 hour)
- / **07:30 am** Breakfast at hotel.
- / **09:00 am** Hike to the *Mandor Nature Preserve* followed by an energizing Sun Salutations variations practice. At the end of the session, we will revisit the *Circle of Life* to examine the attainment of our wellness experience intentions. (approximately 2.5 hours)
- / **01:00 pm** Lunch at hotel.
- / **02:55 pm** Scenic train ride from Aguas Calientes to Ollantaytambo (approximately 1.5 hours)
- / **05:00 pm** Private transport from Ollantaytambo back to Cusco (approximately 2 hours)
- / **08:00 pm** Farewell dinner.



**Overnight:** *El Retablo - Cusco*

**Meals:** B, L, D

## DAY 8

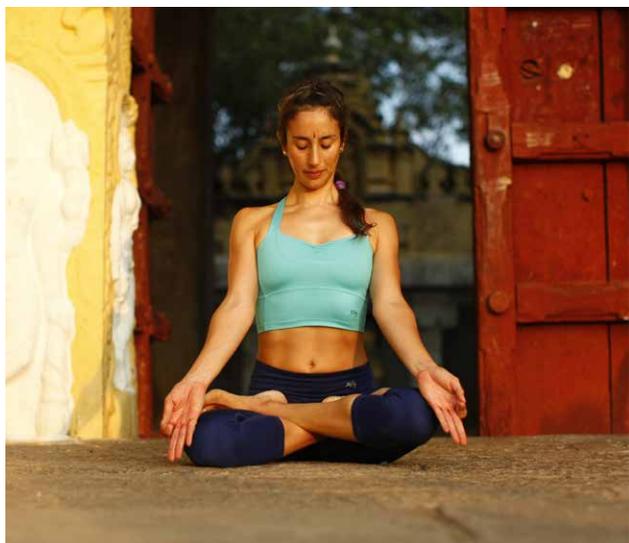
## FAREWELL

- / Breakfast at *El Retablo* and transport to the Cusco airport.



## SANDRA GALLEGOS

We are pleased to introduce Sandra Gallegos, our new MLP Yoga and Wellness Leader. During the past 14 years, she has been both a devoted yoga practitioner and teacher, and three years ago opened her own studio dedicated to Ashtanga Yoga as well as 'Integral Health' coaching. Sandra also brings an in-depth knowledge of Ayurveda and Ayurvedic Nutrition, having studied with notable experts in India and beyond. Her experience, dedication, and holistic approach to mind/body wellness will ensure the trip of a lifetime for our guests.



**Name:** Sandra Gallegos

**Age:** 39

**From:** Lima, Peru

**Mom to:** Kailani, age 7

**Professional background:**

/ Business Administration degree completed in Amsterdam, Holland

/ 2004: Began practicing yoga

/ 2005: Earned post-graduate degree in International Tourism, Australia

/ 2013: Earned Ashtanga Yoga certification through AYP

/ 2014: Studied Ashtanga Yoga and Ayurveda & Ayurvedic Nutrition at K. Pattabhi Ashtanga Yoga Institute (KPJAYI), Mysore, India

/ 2014: Studied Ayurveda and Ayurvedic Nutrition with Dr. Chitrah Lekha at Mysore Ayurveda Retreat, Mysore, India

/ 2015: Opened Yoga studio DAYS Yoga and Health Coaching, Lima, Peru

/ 2016: Completed the 'Integrative Health Coaching' course at the Institute for Integrative Nutrition (IIN), New York, NY

/ **Languages:** Spanish, English, Portuguese, and basic Indonesian

## RATE, TERMS & CONDITIONS

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# US \$ 3,660.00

### WHAT IS INCLUDED?

- / All transportation services for the duration of the standard itinerary.
- / Entrance fees to archaeological sites and other points of interest.
- / Entrance ticket to Huayna Picchu Mountain (*subject to availability*).
- / Three (3) nights of accommodations in Cusco at MLP's El Retablo Art Boutique B&B.
- / Four (4) nights of accommodations in MLP lodges and affiliate hotels
- / All Meals except for breakfast on Day 1; lunch and dinner on Day 8.
- / Service of a bilingual guide (Spanish/English) during all program days. Tours of archaeological sites are led in English.
- / All gratuities for the staff at all MLP lodges and in the field. Gratuities for the guides are not included and are at your discretion. In general, we suggest \$10 - \$20/day (per person) for lead guides and \$5 - \$15/day (per person) for assistant guides. **Note:** *Gratuities for the staff at El Retablo, Willka T'ika, and Inkaterra Machu Picchu Pueblo Hotel are not included.*
- / Wireless internet access (Wi-Fi) at all lodges.

### NOT INCLUDED:

- / Massage & Spa Services.
- / Laundry Service.
- / Alcoholic beverages.
- / Bottled water and sports drinks are not included. In an effort to reduce plastic waste on the trail and at the lodge, we encourage guests to use refillable water bottles. For this purpose, we provide an ample supply of the highest - quality filtered water.
- / Local taxes (18% IGV) on meals and lodging applicable to Peruvians, foreign residents in Peru and tourists traveling in Peru for 60+ days.

### DETAILS:

- / Rate is per person based on shared accommodations.
- / Requested single room: 25% supplemental cost added to the standard rate.
- / Single traveler willing to share: Subject to a 10% supplemental charge.
- / In the event that the roommate of a guest willing to share cancels less than 60 days prior to departure, the remaining guest will not be charged the supplemental fee.
- / A non-refundable deposit of US\$500 per person is required to confirm a reservation.
- / We recommend arriving in Cusco 1-2 days prior to your departure date for altitude acclimatization.
- / Cancellation policy:  
59 – 30 days prior to departure date: 50% refund.  
Fewer than 30 days prior to departure date: No refund.