

## THE YOGA & WELLNESS EXPERIENCE TO MACHU PICCHU

8-DAY PROGRAM

Introducing our new 8-day Yoga and Wellness 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.

### DEPARTURE DATES

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SEP  
**16**  
MONDAY

OCT  
**15**  
TUESDAY

NOV  
**11**  
MONDAY

DEC  
**3**  
TUESDAY

### RATE, TERMS & CONDITIONS

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**US \$ 3,660.00**

/ 8D/7N round-trip itinerary starting in Cusco.

/ **2019 departure dates:**

September 16<sup>th</sup>, October 15<sup>th</sup>, November 11<sup>th</sup>, December 3<sup>th</sup>

/ Rate is per person based on shared accommodations.

/ Rates and supplements commissionable to Tour Operators and Travel Agents.

/ Single traveler accommodation request: subject to a 25% supplemental fee.

/ Single traveler willing to share accommodations: subject to a 10% supplemental fee.

/ A non-refundable deposit of US\$ 500 per person is required to confirm a reservation.

/ The remaining balance will be due sixty (60) days prior to arrival.

## 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 (*Antigua Casona Hotel - rooftop room*).  
*Moon salutations offer a soft and restorative practice with asanas, or postures, to restore our backs after the long journey, followed by a meditation to set our intentions for this wellness experience. (1 hour)*
- / **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 Písaq town market and botanical gardens.
- / **11:00 am** Visit to Viacha—participate in traditional Andean farming practices alongside members of the local community.
- / **12:15 pm** Traditional *Pachamanca* lunch in Viacha.
- / **01:30 pm** Hike to the Písaq archaeological site followed by a guided tour. (approximately 1.5 hours)
- / **04:00 pm** Scenic drive to 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** 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.
- Choice of afternoon activities:*
- / **Activity A: 02:15 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)
- / **07:45 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

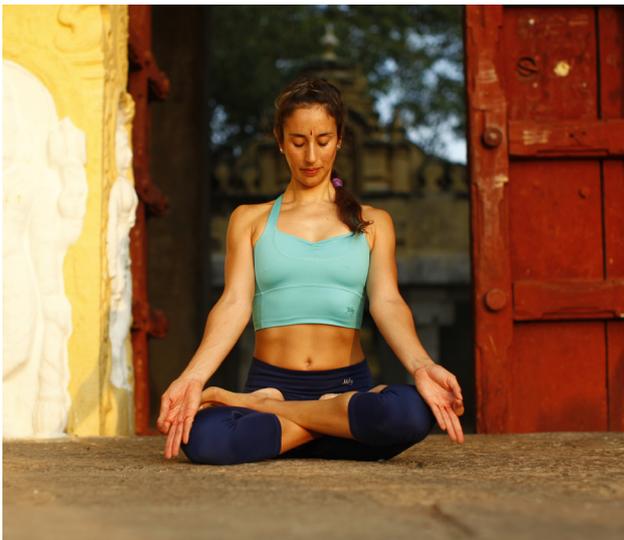


/ Breakfast at *El Retablo* and transport to the Cusco airport.



## 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