



PERU

CULTURAL JOURNEYS

Gently walking on ancient pathways

Travel Itinerary
Sacred Places Yoga
with Yoga Instructor [Sonya Luz Costanza](#)
May 14 - 22, 2017



www.peruculturaljourneys.com

www.sonyaluz.com



DAY ONE ~ SUNDAY, MAY 14

Arrival Sacred Valley

Take a morning flight to Cusco, the navel of the world, land in the heart of the Andes and be greeted at the Cusco airport to begin your exclusive journey. Enjoy a spectacular 45-minute scenic drive to the Sacred Valley of the Incas. Revel in the striking beauty of the snow topped peaks, mountainsides delineated by Inca terraces, and fields that cover the valley floor. Arrive to Pisac with lower altitude and small town charm. Settle into your room at Pisac Inn, meet the staff and enjoy a cup of coca tea to help you acclimate. Savor your first in a series of delicious meals spun into a select set menu to explore the diversity and richness of Peruvian Cuisine. Take the afternoon to wander the cobblestone streets of Pisac on your own. Late afternoon yoga followed by evening reception and fireside dinner.

Hotel: Pisac Inn **Meals:** L, D



DAY TWO ~ MONDAY, MAY 15

Cusco Sites & City

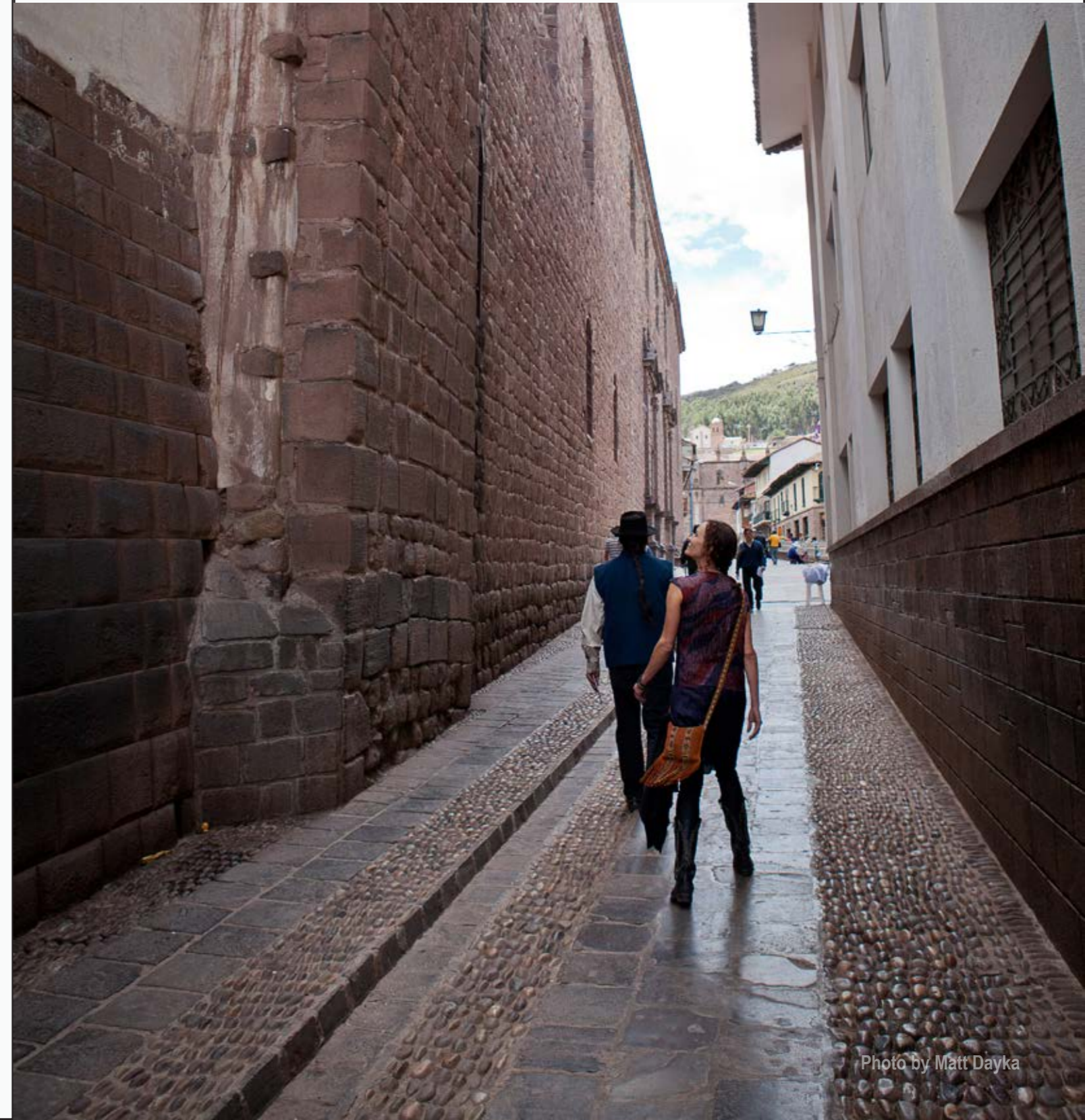
After morning yoga and breakfast enjoy a 30-minute scenic drive to explore pre-Columbian sites outside of Cusco including the sacred spring of Tambomachay, the lunar and solar observatories of Kenko, and megalithic Sacsayhuaman. You will be captivated by the introduction to Andean astronomy and sacred geometry, the foundation of Andean culture that will be expanded on each day of your journey. Enjoy lunch at one of Cusco's fine restaurants recommended by your guide. Stroll through the streets of Cusco, admire the Inca walls, and visit the Plaza de Armas and the main pre-Colombian Inca Temple, Coricancha. Shop at boutiques that feature high quality alpaca in contemporary designs, or visit the Chocolate Museum, known as the Choco Museo. Upon return to Pisac Inn relax before dinner or enjoy a treatment at [Unucha Spa](#). You can make an appointment ahead of time for any afternoon after your excursion.

Dinner followed by authentic traditional music and dance with Wiñay Taki Ayllu, a local group of musicians, artists and visionaries who have dedicated their lives to preserving their Andean culture. This presentation honors the ritual Inca Agrarian calendar.

Hotel: Pisac Inn **Meals:** B, D (lunch not included)

Considerations: *High altitude, walking in the countryside and in the city. Bring a daypack with layers for temperature changes; be prepared for sun, cold and possible rain. Comfortable walking shoes are suggested; hiking boots are not necessary.*

Bring camera, sunblock and sunhat, and plenty of drinking water. You can leave any personal belongings in the car. Bring money for lunch, photos and souvenirs. Reservations for treatments at Unucha Spa are required ahead of time, and are not included. We recommend the "Unucha Combo" including an herbal bath and massage. You may need a bathing suit for some treatments. Contact us to make an appointment!



DAY THREE ~ TUESDAY, MAY 16

Community of Amaru

Delight in a 45-minute drive into the majestic high Andes and walk through the patchwork fields replete with potatoes, fava beans and corn to the traditional highland community of Amaru, where a genuinely authentic way of life is still practiced to this day. You will be welcomed with an endearing sweetness rarely felt in this day and age by this community that is consciously preserving and practicing their ancestral heritage. Through participation in a communal agrarian workday a beautiful cultural exchange unravels as you experience this incredible opportunity to step back in time and appreciate a quality of life with an admirable simplicity that is strikingly moving and profound. Enjoy a traditional lunch prepared with their prized agrarian products as the women begin to spin their naturally dyed wool. Others meditatively set up their back strap looms to share their ancestral weaving skills with us. This wonderful opportunity to purchase textiles directly from the weavers is not to be missed. Return to Pisac for a restorative yoga session and some down time before dinner.

Dinner followed by an optional evening Coca Leaf Offering, a unique opportunity to personally engage in an authentic Andean ceremony. The Coca Leaf Offering is an optional special event, and is not included.

Hotel: Pisac Inn **Meals:** B, L, D

Considerations: *Wear comfortable clothes for very high altitude, walking, and working in the fields. Wear clothes and shoes you don't mind getting dirty! Bring your hand wipes and Purell this day, and be*

prepared for rustic conditions. Bring a daypack with layers for drastic temperature changes; be prepared for extreme sun, extreme cold and possible rain.

Comfortable walking shoes are suggested; hiking boots are not necessary. Bring camera, sunblock and sunhat, and plenty of drinking water. You can leave any personal belongings in the car, but the car will drop you off and you will walk up, so the car will not be nearby. You do not need your passport. Bring cash to purchase textiles; they are hand made and one of kind pieces. You can take as many photos as you would like; please do not give change for photos in Amaru. They always appreciate prints of photos, which you can send later. Be prepared for authentic cultural immersion at its height, and come with respect, honor and open mindedness as guests invited into a sacred ancestral culture.

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Photo by Matt Dayke

DAY FOUR ~ WEDNESDAY, MAY 17

Ollantaytambo

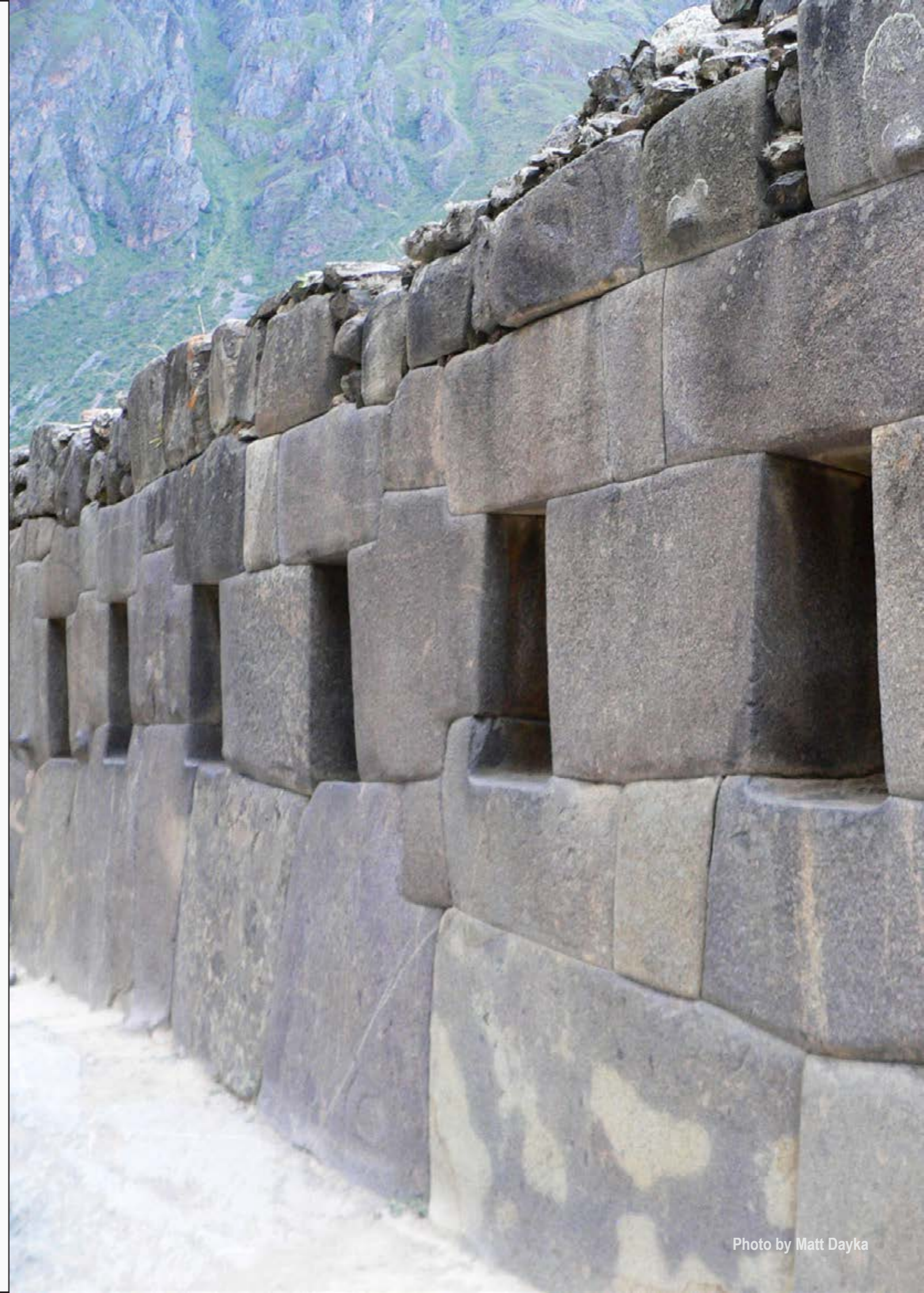
Yoga and breakfast followed by a breathtaking one-hour drive through the heart of the Sacred Valley to the Inca town Ollantaytambo. Visit Ollantaytambo's magnificent archeological site with an impressive astronomical observatory, irrigation waterways and ceremonial site. Learn about the Llama constellation and explore the quaint town that was built in the shape of a cornucopia. After lunch enjoy a spectacular train ride to Aguas Calientes, where you will have a nice dinner out and spend the night in preparation for an early start to Machu Picchu the following morning.

Hotel: La Cabaña Boutique Hotel **Meals:** B, L (dinner not included)

You must bring your passport and TAM card!!! You can not ride the train or enter Machu Picchu without!

For Ollantaytambo outing: *Wear comfortable clothes for high altitude hiking and a picnic in the countryside. Bring a daypack with layers for temperature changes; be prepared for sun, cold and possible rain. Comfortable walking shoes or hiking boots are suggested. Bring camera, sunblock and sunhat, and plenty of drinking water. You can leave any personal belongings in the car. Bring small change for photos and souvenirs.*

For the overnight in Aguas Calientes: *Pack your overnight bag, and a separate daypack. Bring your bathing suit if you may want to go to the hot springs. Don't forget insect repellent. Bring money for dinner in Aguas Calientes and lunch out the following day at Machu Picchu.*



DAY FIVE ~ THURSDAY, MAY 18

Machu Picchu

Get an early start to take the 20 minute bus ride up steep slopes to magnificent Machu Picchu, renown as a wonder of the world. Isolated among mountain peaks, this awe-inspiring site carries sacred mathematical and scientific wisdom yet to be fully discovered. Explore the important sectors full of astronomic explanations, and revel in the beautiful natural setting and ancient ruins. Take the bus down to Aguas Calientes to catch the train to Ollantaytambo and drive back to Pisac for a restorative yoga session and dinner at the Pisac Inn.

Hotel: Pisac Inn **Meals:** B, D (lunch not included)

Considerations: *Wear comfortable clothes for hiking. You can leave your overnight bag at the hotel in Aguas Calientes, and we will make arrangements for the hotel to take luggage to the train station in the afternoon. Bring a daypack with layers for temperature changes; be prepared for sun, cold and very possible rain. Comfortable walking shoes or hiking boots are suggested. Bring camera, sunblock, sunhat, repellent, and plenty of drinking water. You will have to carry your daypack at all times, unless you check it in a day locker up at Machu Picchu at your own expense. You must have your passport. Bring money for lunch and souvenirs. If you want to hike Huayna Picchu please let us know when you book your trip to ensure availability. Spaces are limited and there is an entrance fee that is not included.*

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DAY SIX ~ FRIDAY, MAY 19

Free Day

Dynamic yoga session before breakfast, and then visit [Kusi Kawsay Andean School](#) and [Kusi Ñan Organic Farm](#), an exceptional educational social project. Learn about the unique vision of Kusi Kawsay that combines elements of Waldorf Pedagogy with Andean tradition, and delight in the beautiful school grounds, dedicated teachers and happy children.

Free day to return to Cusco on your own, relax with massage and herbal bath treatments at [Unucha Spa](#), or experience a Sweat Lodge Ceremony. Lunch at Pisac Inn for those who do not go to Cusco. Enjoy a restorative yoga practice before dinner.

Hotel: Pisac Inn **Meals:** B, L, D (if you go to Cusco, lunch is not included)

Considerations: *For those who decide to go to Cusco, transportation will be included, only for specified time and location. Lunch is not included, and you will not have a guide; you will be on your own for the day. The Sweat Lodge Ceremony is an optional special event, and is not included. You will need a bathing suit and plenty of water. Reservations for treatments at Unucha Spa are required ahead of time, and are not included. We recommend the “Unucha Combo” including an herbal bath and massage. You may need a bathing suit for some treatments. [Contact us](#) to make an appointment!*



DAY SEVEN ~ SATURDAY, MAY 20

Tipon

Drive to Tipon, an amazing archeological site full of water channels that come from a natural underground spring.

The Inca were brilliant engineers who integrated their architecture with the natural surroundings. Tipon, a 500-acre site built around a spring near Cusco, has been called their masterpiece of water management. Hike the site and find a perfect spot for open-air yoga and a picnic lunch. Tipon has beautiful stone terraces with fountains and irrigation channels that still function, which provides an endless, soothing soundtrack of running water. Return to Pisac for some down time before dinner followed by an evening walk to star gaze in the Southern hemisphere.

Hotel: Pisac Inn **Meals:** B, Picnic, D

Considerations: *Wear comfortable clothes for high altitude, hiking, and a picnic in the countryside. Bring a daypack with layers for temperature changes; be prepared for sun, cold and possible rain. Bring your yoga mat and be prepared for outdoor yoga. Comfortable walking shoes or hiking boots are suggested. Bring camera, sunblock and sunhat, and plenty of drinking water. You can leave any personal belongings in the car, but the car will not be close during your hike.*





Photo by Matt Dayka

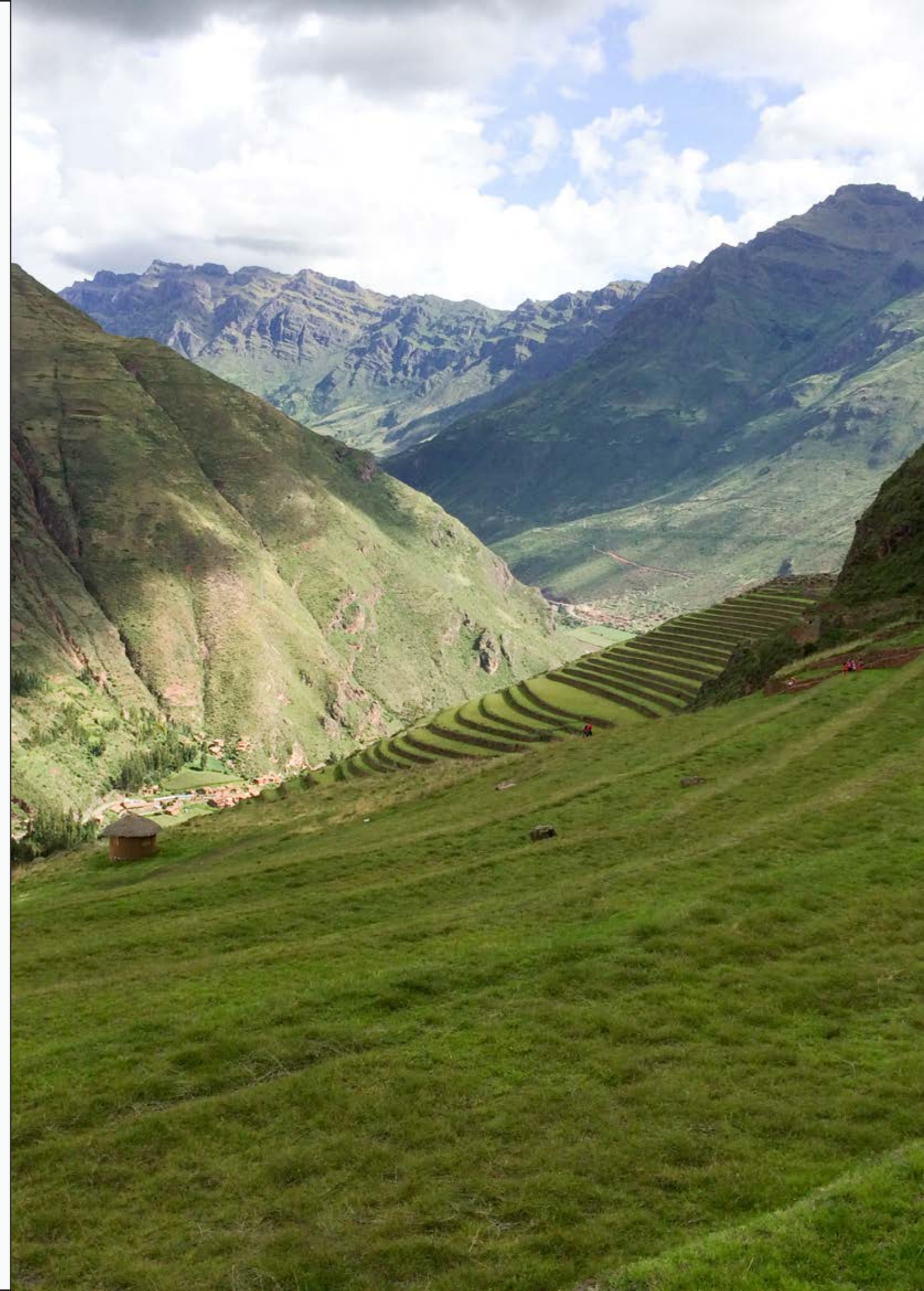
DAY EIGHT ~ SUNDAY, MAY 21

Pisac Archeological Site & Market

After breakfast hike to the spectacular archaeological site above Pisac (or optionally take a 15-minute drive). Admire the staggering agricultural terrace work among the most extensive in the area following the shape of the mountainsides in entrancing concave and convex forms. The central astronomic and ceremonial area is widely acclaimed as some of the finest stonework, comparable to that of Machu Picchu. This expansive site provides an ideal setting for yoga, followed by a picnic lunch with magnificent vistas up and down the valley. Hike or drive down for an afternoon of exploring the open-air traditional Pisac market full of local crafts. Experience the colorful traditional food section where locals buy and trade their produce and admire the beautiful faces and calm excitement that transforms Pisac on Sunday. Enjoy a special farewell dinner.

Hotel: Pisac Inn **Meals:** B, Picnic, D

Considerations: *Wear comfortable clothes for high altitude, hiking, and a picnic in the countryside. Bring a daypack with layers for drastic temperature changes; be prepared for extreme sun, cold and possible rain. Bring your yoga mat and be prepared for outdoor yoga. Comfortable walking shoes are suggested; hiking boots are not necessary, but this would be the day to use them, as this is one of the big hikes of the trip. Bring camera, sunblock and sunhat, and plenty of drinking water. Consider bringing chocolate or nuts for energy. This day you must carry everything you need in your daypack, including the provided picnic bag lunch. Bring small change for photos and souvenirs.*



DAY NINE ~ MONDAY MAY 22

Departure

Early morning yoga session, breakfast, and return to Cusco for departing flight.

Meals: B

URPILLAY SONQOLLAY

¡Hasta Luego!





Photo by Matt Dayka

SACRED PLACES YOGA 9D/8N

Price per person: \$2,400 - Single room supplement: \$205
\$800 deposit by April 2, 2017

- Submit deposit before January 15, 2017 for the early bird discount of \$2250 per person
- The \$800 deposit is not refundable after April 2, 2017. Should you need to cancel your reservation before April 2, deposits are refundable less a \$300 registration fee.

INCLUDED

- All ground transportation upon arrival to Cusco airport in a private tourist level vehicle
- Private, specialized, professional English speaking native guides on excursions and events
- Entrance fees to all historical sites on daily excursions
- Fresh, organic meals celebrating Peruvian cuisine in special set menus as on program
- Charming accommodations at Pisac Inn 7 nights / standard double occupancy
- Special events with local Andean specialists
- Yoga instruction
- Vistadome train (Ollantaytambo-- Aguas Calientes-- Ollantaytambo)
- Bus (Aguas Calientes--Machu Picchu-- Aguas Calientes)
- Entrance fee to Machu Picchu
- La Cabana Hotel in Aguas Calientes 1 night / standard double occupancy

Not Included: Airfare, travel insurance, personal expenses, special events or spa treatments not included as indicated in program, any tips or donations, meals eaten out as indicated in program, and any snacks or beverages not included at mealtime.



**Book a treatment at [Unucha Spa](#); we recommend the herbal bath and massage combo. Reservations are required and treatments are not included. Contact Us to make an appointment!*

Yoga Group size limited to 12 people

For more information, reservations or questions contact [Sonya Luz Costanza](#) at: 575-758-8007 or email: yoga@sonyaluz.com

For more information on traveling with [Peru Cultural Journeys](#) please visit our web site.

*Authentic cultural travel broadens horizons and enriches the spirit,
affording a deeper understanding of the world in which we live.*

