



PERU

CULTURAL JOURNEYS

Gently walking on ancient pathways

Peruvian Cultural Journey and Yoga Retreat

with Yoga Instructor Sonya Luz Costanza



Sacred Waters and Hidden Gems

May 3 – 11, 2025

9 days / 8 nights

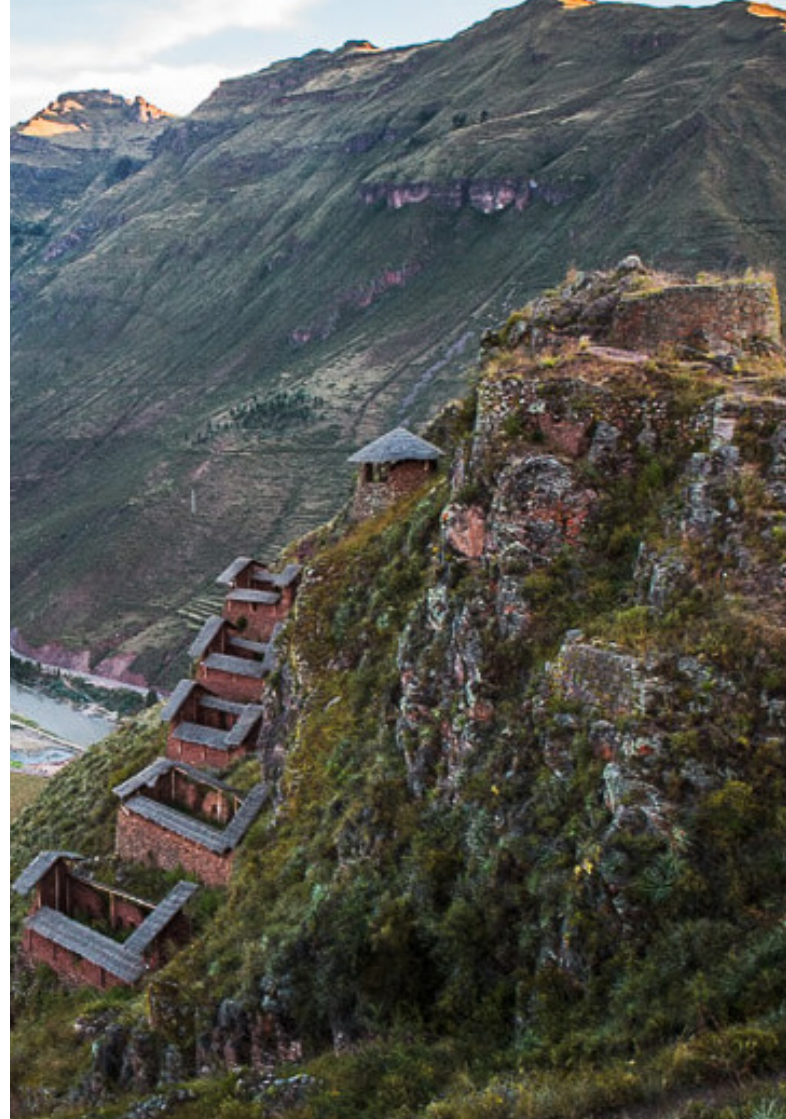
Machu Picchu & Cusco Extension

May 3 – 13, 2025



Deepen your yoga practice in the enchanting Sacred Valley of the Incas and experience this rare opportunity for authentic social interaction, personal comfort and cultural participation.

Each day Sonya guides you through a dynamic, invigorating yoga practice, or a restorative session depending on the other activities of the day, and the needs of the group. Practice yoga in the power sacred places of the Andes.



DAY ONE / Saturday, May 3

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 journey. Enjoy a spectacular 45-minute scenic drive to the Sacred Valley of the Incas. Outside of Cusco explore the pre-Columbian sacred spring of Tambomachay. 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. 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 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



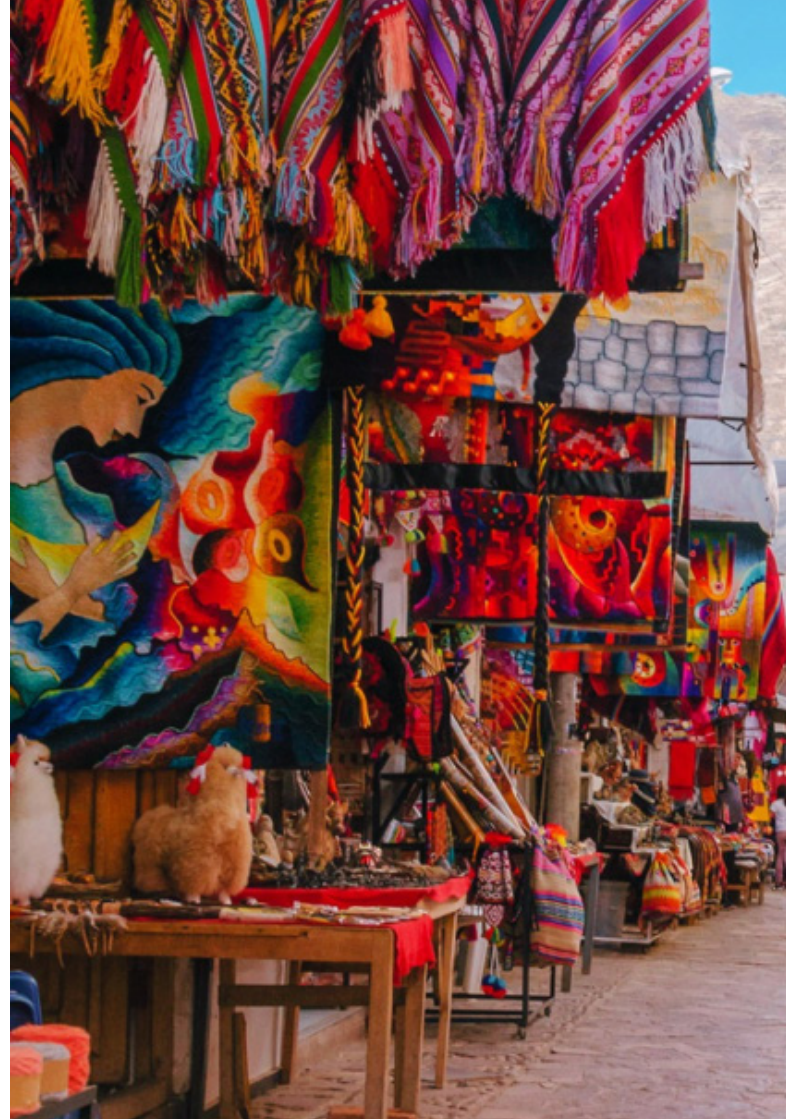
DAY TWO / Sunday, May 4

Pisac Archeological Site & Market

After breakfast drive to the spectacular archaeological site above Pisac and 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 as you walk to the central astronomical and ceremonial area which is widely acclaimed to be some of the finest stonework, comparable to that of Machu Picchu. This expansive site provides an ideal setting for a picnic lunch with magnificent vistas up and down the valley. Drive down to Pisac, or those who want to hike down can on their own. Spend an afternoon of exploring the open-air traditional Pisac market full of local crafts and experience the colorful traditional food section where locals buy and trade their produce. Enjoy a restorative yoga session and some down time before dinner.

Hotel: Pisac Inn Meals: B, Picnic, D

***Considerations:** Wear comfortable clothes and shoes for 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 walking sticks if you have 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 lunch.*



DAY THREE / Monday, May 5

Kusi Kawsay School and Unu Urco Site

After breakfast walk to visit Kusi Kawsay Andean School and the school's organic farm, Kusi Ñan. Learn about this exceptional educational project and unique vision that honors Andean tradition combined with Waldorf Pedagogy, recently recognized with the UNESCO Education for Sustainable Development Award. Return to Pisac Inn before continuing with a short drive through the Sacred Valley to the mysterious archeological site Unu Urco, an intimate site where water is celebrated and perfect place for outdoor yoga. Have a relaxing picnic lunch at site. Upon return to Pisac enjoy some down time before dinner.

Hotel: Pisac Inn Meals: B, L, D

***Considerations:** Wear comfortable clothes and shoes for walking and picnic lunch. Bring a daypack with layers for temperature changes; be prepared for sun, cold and possible rain. Bring camera, sunblock, and sunhat, and plenty of drinking water. You can leave any personal belongings in the car.*





DAY FOUR / Tuesday, May 6

Amaru Traditional Community

Delight in a 45-minute drive into the majestic high Andes to the sacred lake Quinscocha. 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, followed by an optional evening Coca Leaf Offering. This unique opportunity to personally engage in an authentic Andean ceremony is an optional special event and is not included.

Hotel: Pisac Inn Meals: B, L, D

***Considerations:** Wear comfortable clothes and shoes you don't mind getting dirty for working in the fields. 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. 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. Bring cash to purchase textiles; they are handmade and one of kind pieces. 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.



DAY FIVE / Wednesday, May 7

Tipon

Enjoy an hour 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 downtime before dinner followed by festive music and dance with 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, Picnic, D

***Considerations:** Wear comfortable clothes and shoes for 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. 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.*

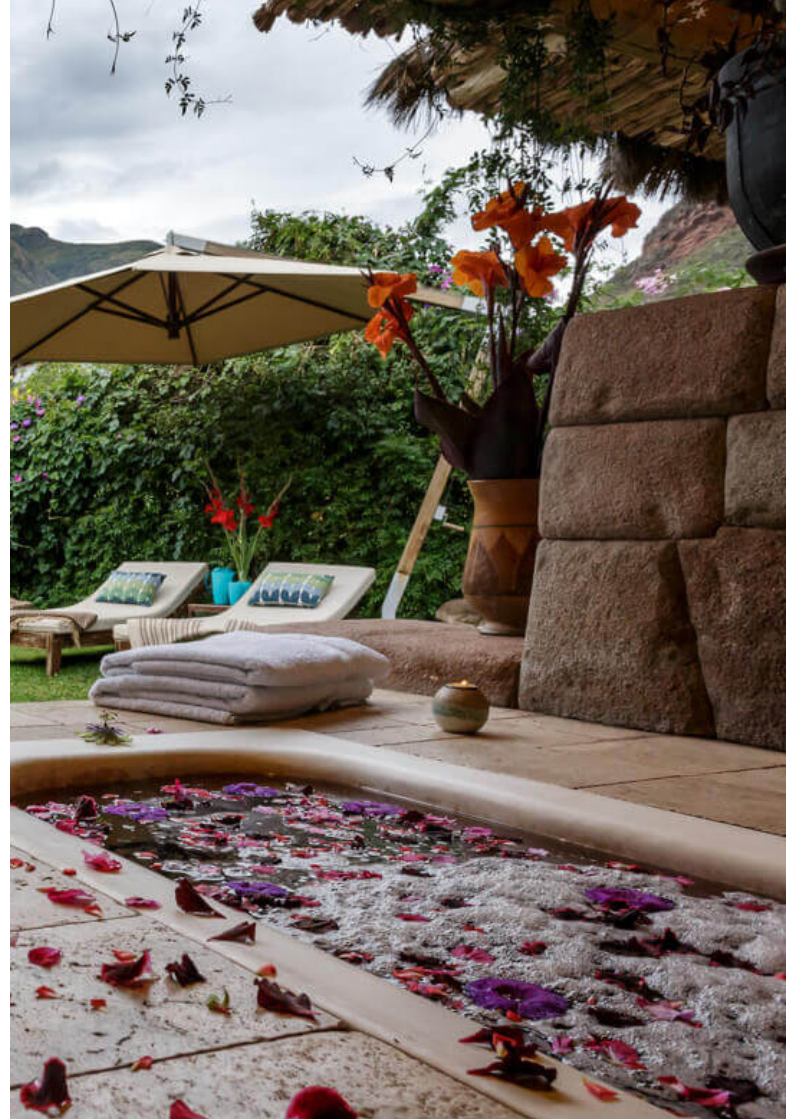


DAY SIX / Thursday, May 8

Yoga and Spa

Dynamic yoga session before breakfast and a free day to book massages, sauna, and herbal baths at the Unucha Spa, and have some down time to reflect on your own, do some last-minute shopping, or take a hike to a nearby waterfall. Restorative yoga session before dinner.

Hotel: Pisac Inn Meals: B, L, D





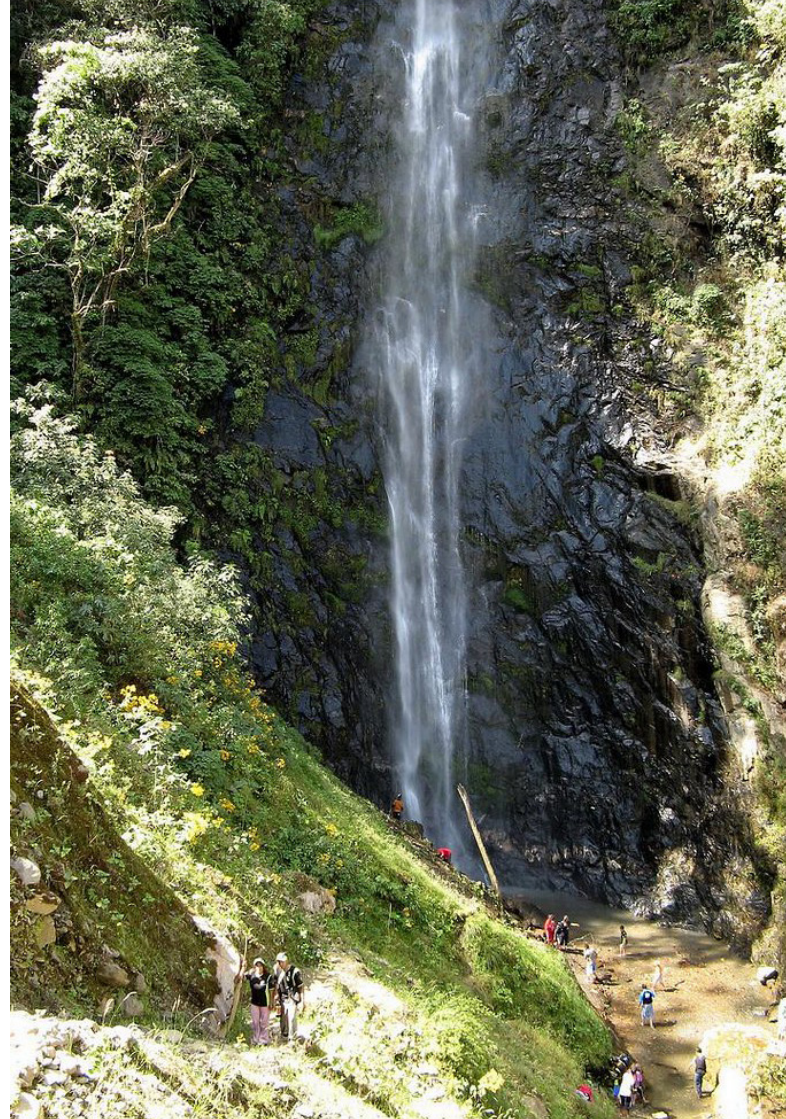
DAY SEVEN / Friday, May 9

Mandor Waterfall

Get an early start with dynamic yoga and breakfast before embarking on a spectacular five-hour drive through the Sacred Valley, up into the high altiplano, over a mountain pass, and down into the rainforest. Picnic lunch at the spectacular Mandor Waterfall before continuing to the town of Santa Teresa where we will stay the night.

Hotel: Ecolodge **Meals:** B (*dinner not included*).

Considerations: Pack your overnight bag, yoga mat, and a separate daypack. You can leave the rest of your luggage at Pisac Inn. Wear comfortable clothes for a scenic drive. Make sure you have a warm jacket in the car with you. Don't forget insect repellent and bathing suit if you want to go to the hot springs. Be prepared with layers for drastic temperature changes, for extreme sun, extreme cold and possible rain. Bring camera, sunblock, and sunhat, and plenty of drinking water. You can leave any personal belongings in the car during this part of the trip.



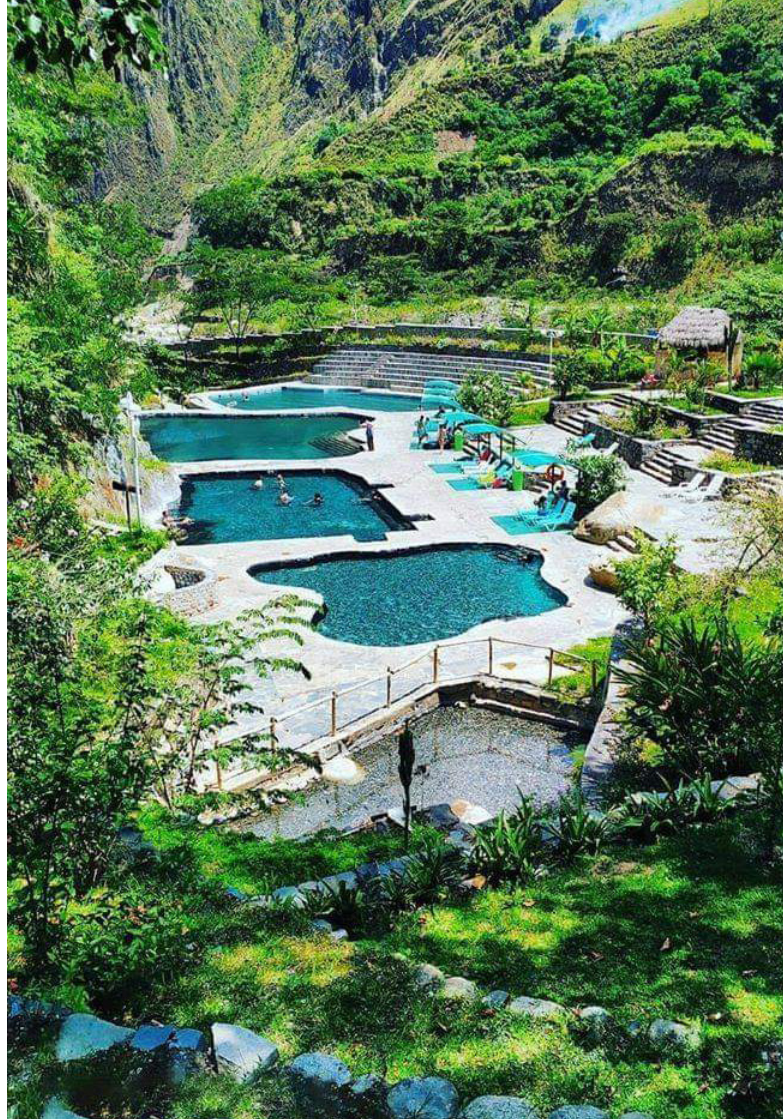
DAY EIGHT / Saturday, May 10

Santa Teresa

Enjoy morning yoga, followed by a soak at the natural Colcalmayo hot springs of pristine thermal glacial water. After lunch enjoy a spectacular train ride, those going to Machu Picchu will get off in Aguas Calientes stay the night in preparation for an early morning. Those not visiting Machu Picchu continue to Ollantaytambo and return to Pisac Inn to depart from Cusco the next day.

Hotel: Aguas Calientes or Pisac Inn **Meals:** B (lunch and dinner not included).

Considerations: Pack your overnight bag, yoga mat, and a separate daypack. You can leave the rest of your luggage at Pisac Inn. Wear comfortable clothes for a scenic drive. Make sure you have a warm jacket in the car with you. Don't forget insect repellent and bathing suit if you want to go to the hot springs. Be prepared with layers for drastic temperature changes, for extreme sun, extreme cold and possible rain. Bring camera, sunblock, and sunhat, and plenty of drinking water. You can leave any personal belongings in the car during this part of the trip.



DAY NINE / Sunday, May 11

DEPARTURE

E After breakfast drive to Cusco to catch your return flight home.

Meals: B

URPILLAY SONQOLLAY
¡Hasta Luego!





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DAY NINE / Sunday, May 11

Machu Picchu

Enjoy the 20-minute bus ride up steep slopes to magnificent Machu Picchu, renowned 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, with optional hikes such as Huayna Picchu. Take the bus down to Aguas Calientes and enjoy a spectacular train ride and drive to Cusco.

Hotel: Cusco Meals: B (*lunch and dinner not included*).

DAY TEN / Monday, May 12

Cusco Sites & City

T Explore the lunar and solar observatories of Kenko, and megalithic Sacsayhuaman. 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. Enjoy a special evening out in Cusco.

Hotel: Cusco Meals: B (*lunch and dinner not included*).



DAY ELEVEN / Tuesday, May 13
DEPARTURE

After breakfast transfer to the Cusco airport.

Meals: B

URPILLAY SONQOLLAY
¡Hasta Luego!





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

