



Yoga and Culture in Peru's Sacred Valley Oct 1 – 10, 2019 with Sherri Baptiste



Oct 1 - ARRIVE CUSCO

Welcome to Cusco! Upon arrival you will be met at the airport and transferred to our retreat center, Sach'a Munay, located in the Sacred Valley in the town of Urubamba. It is located at 9000 feet elevation so we will be moving slowly on this first day adjusting to the high elevation.

Sherri will lead us in a welcome ceremony and yoga class in the early evening followed by the first group dinner.

Oct 2 - SACRED VALLEY – Rest Day

Morning Yoga & Meditation

Today is designed as a rest day in order to acclimate slowly to the dramatic altitude gain and rest as needed. We will relax at the hotel, enjoy the gardens, or take a short stroll in the area.

In the late afternoon/early evening we will enjoy a special opening fire ceremony with a local shaman and talk about the Inca Spiritual world. In a Despacho ceremony, the shaman constructs an offering of gratitude to Pachamama (Mother Earth) and the Apus (Mountain Spirits). Those in attendance may place prayers of gratitude or request into the offering. These prayers are then

"dispatched" to the Guides and Spirits when the offering is burned or buried by the shaman.

Afternoon/Evening Yoga & Meditation

Oct 3 - MARAS/MORAY/CHINCHERO

We start our day with a tour of Maras, a collection of salt mines that have been used since pre-Inca times to evaporate salt from an underground stream. It is truly a breathtaking site. We then continue on to Moray, where we can stand on the terrace looking down below to contemplate the concentric circles that made up an Incan agricultural laboratory. Hike down into the archaeological site with a tour of the ruins. Surrounded by the beauty of the valley we will enjoy our packed lunch out in nature.

After lunch, we will travel to the village of Chinchero and visit a weaving cooperative that helps women of the surrounding mountain villages to be economically self-sufficient. Here we will see a demonstration by local women and have a chance to purchase some of their amazing textiles and witness first hand how the ancient Incan weaving techniques are passed down from generation to generation.

Upon returning to Sach'a Munay we will enjoy a special sound healing session followed by dinner.



Oct 4 - LOCAL FARM AND POTTERY STUDIO VISIT

Morning Yoga & Meditation

Today our guide Valentin, will take us to his family farm about 40 minutes from Sach'a Munay in Yanahuara. We will enjoy this opportunity to visit his family home and go for a hike above the farm into the mountains above the Sacred Valley where the views are truly spectacular. We will taste the local fruits and vegetables that grow here, feed the guinea pigs and learning about Chicha, the local corn beer.

Lunch will be prepared by a local chef in the traditional Peruvian style, in an oven of hot stones, covered in earth, which we will enjoy with his family. We may also have an opportunity to visit one of the local schools that we will be sponsoring on this retreat!

Time permitting we will visit a local pottery studio and learn about this long standing artistic craft, native to the region. We will return to the retreat center in the late afternoon and enjoy evening Yoga & Meditation.

Oct 5 - PISAC/ MARKET/ LLAMA & ALPACA FARMS

In the morning we will drive to the ancient Incan ruins of Pisac where our guide will perform a short traditional ceremony of gratitude followed by a walking tour of the temple complex, the Inca cemetery and the amazing views of the surrounding Sacred Valley. We will then descend to the town of Pisac and explore the local handicraft market where local inhabitants travel from surrounding villages to sell their wares. In the afternoon, we will visit the alpaca, llama and vicuña farm where we can touch and feed the animals, learn about Peruvian traditions of weaving and textiles.



Oct 6 - SACRED VALLEY – Free Day

Today is a free day to relax at the hotel, enjoy the gardens, or take a short stroll in the area. Other optional activities will be advised.

Oct 7 - OVERNIGHT AGUAS CALIENTES/MACHU PICCHU VISIT

Today we will depart our lovely retreat center of Sach'a Munay after yoga and breakfast and begin our journey to Aguas Calientes. On our way to the train, we follow the Urubamba river to the Ollantaytambo fortress, a sprawling Incan temple complex which towers over the small town below where we will enjoy more breathtaking views of the surrounding mountains and across the valley below.

Our afternoon train to Aguas Calientes, the town at the base of Machu Picchu mountain and will take about 2-hours. Upon arrival we will check into our hotel, Casa Andina. The evening and dinner will be at your leisure but note, the start to the following day will be early!

**Note: no yoga on this day*

Oct 8 - MACHU PICCHU VISIT, DEPART FOR CUSCO

Today our early morning sunrise visit to Machu Picchu will start at 6am. We will meet with our guides to depart your hotel to take the shuttle bus up to ruins.

Those who wish to hike up Huayna Picchu, the mountain trail overlooking Machu Picchu, will enjoy the exquisite view. (Note the Huayna Picchu is considered fairly rigorous). After exploring, the group will descend back to Aguas Calientes around noon for lunch* and depart on the afternoon train to Ollantaytambo (2 hours) and then drive by private bus to Cusco (2 hours).

**Note: no yoga on this day, lunch at an additional cost*

Oct 9 - CUSCO CITY TOUR, ARCHEOLOGICAL RUINS

Morning Yoga & Meditation

Today we will go on a tour of the most important historical sites of Cusco including the Plaza de Armas, the main cathedral and also the Quirkancha, which was the most sacred Inca temple dedicated to Inti, the sun God. When the Spaniards arrived to Cusco, they demolished the temple, using the existing foundation on which to build a colonial church.

Following the city tour we will continue on to see the incredible Inca ruins of Sacsayhuaman, an important Inca site for military and ceremonial purposes. Located on a steep outcropping overlooking Cusco, this Inca site is composed of massive boulders held together without mortar.



Lunch will be enjoyed at a local eatery in the heart of the city.*

After lunch we will return to the hotel for some down time before an evening yoga session, closing ceremony and group dinner at a near by restaurant. *

**Meals optional and at an additional cost*

Oct 10 - TRIP CONCLUDES

After breakfast our trip will conclude and you will be transferred to the airport for your flight home.

Note: Exact timing and details are subject to change