

A TRANSFORMATIONAL JOURNEY THROUGH THE LAND OF THE INCAS

DAY ONE:

On arrival into Cusco you will be met by our local Spiritual Archeologist, Willaru and transferred to your hotel. Due to everyone arriving in at different times, today is a free day so as you have some time to acclimatize to the altitude. We recommend you rest, walk slowly, eat lightly and refrain from alcohol on the first night so as your body adjusts faster.

Cusco is the archeological capital of Peru. Perched at 4000m above sea level it is one of Peru's highlights exerting a powerful energy that captivates all who spend time in it.

This evening we will gather for our WELCOME dinner where you will get the chance to meet your fellow travelling companions and hear more about the journey ahead.

(Overnight in Cusco)

DAY TWO:

Today we will meet with Willaru our Incan Master, our spiritual guide and what a treat it will be. His expertise on esoteric knowledge and past civilisations is second to none and will be thoroughly enjoyed by all!

This morning we will visit one of the most famous power places located on the outskirts of Cusco – Saksaywaman. Willaru will share his knowledge as we walk the site in awe as you take in the sheer size of the stones on the site and the site itself. Lunch will be had at a restaurant located on the high side of Cusco where you get a spectacular view of the town itself. Then it will be onto another one or two sacred sites in the area before heading back to the hotel late afternoon.

(Overnight in Cusco)

DAY THREE:

This morning is free to explore a little more of Cusco. There is so much to see by foot. Put on your walking shoes and explore the many cobbled stoned streets where local markets are hidden, bakeries, cafes and of course a wide selection of museums, cathedrals and churches plus shops displaying local talent. Everyone falls in love with Cusco! It has such a special atmosphere where it oozes Andean culture everywhere you turn.

In the afternoon you will take a gastronomical journey that takes you throughout the Peruvian Coast, highlands and jungle – as we attend our Cooking Class. Lots of fun will be had as you first of all visit the San Pedro Market where all types of Andean cuisine can be purchased. You will then participate in making Pisco Sours and learn how to cook, hands on, a selection of famous Peruvian Dishes. The best part is we get to eat it all at the end!

(Overnight in Cusco)

DAY FOUR:

Today is a free day to explore Cusco fully. You may want to visit a selection of museums or if that does not take your fancy you may just wish to sit in one of the many restaurants overlooking the main square and watch the world go by! There is so much to see and do we know you will be wishing there were more hours in the day! You might even like to book a wee pampering session – a massage or a facial – as there are so many places to choose from in Cusco Town.
(Overnight in Cusco)

DAY FIVE:

This morning we will travel by coach, climbing high up into the mountains behind Cusco where we will enjoy the spectacular views of both Cusco and its surrounding area. Nothing however prepares you for your first glimpse of the Sacred Valley. It is truly magical. The mountains stand tall and majestic on either side of the valley with the powerful Rio Urubamba flowing through it. The Sacred Valley is the home of many mountain deities, known as Apukanas. You will feel the special healing energy as soon as you cross over into the valley and begin to explore all that it has to offer.

Enroute to Pisac we will stop at a fabulous store that demonstrates the weaving industry by local Peruvian women. There is a very good shop selling many different types of quality Peruvian wool products where you will be given time to peruse at your leisure.

We will then visit the Royal Inca Palaces (known as the Pisac Ruins) located on top of the sacred mountain. We will walk the site and have the opportunity to receive knowledge of the Mystery School for the higher initiation from Willaru. Plus there will be private time to meditate, immersing yourself into the energy of this magical site.

The remainder of the late afternoon and evening is free to explore the very special town of Pisac, which is full of surprises along with its famous markets
(Overnight in Pisac)

DAY SIX:

Today you will attend our own private Drum Making Workshop, which will be facilitated by a local family who have owned a shop in Pisac town for many years. It has an amazing array of instruments, crystal and spiritual tools. There is nothing like being taught by the masters themselves, plus they are just the nicest people. You will get to make your own drum and choose the artwork for it! This is such a fantastic way to learn the ancient local skills and create a special tool to take back to use in your own healing work or just as a precious reminder of your time in the Sacred Valley.

(Overnight in Pisac)

DAY SEVEN:

Today we will be transferred from Pisac to a true oasis located near the town of Urubamba. This is a very special retreat center where the woman who owns it has spent many years creating the most incredible “Chakra Gardens” throughout the property. With outdoor baths under the stars, gardens to meditate in just sit in to either read or write it is truly the most magical place. The restaurant is fully organic with most of the fresh food being sourced from their gardens. There is also a wonderful selection of spa treatments available.

Enroute to our retreat center we will visit the Temple of Moray (temple of Mother Earth) nestled high in the mountains of the Sacred Valley. This is a sacred site that has deep connections with other worlds. We will sit with Willaru and study the cosmic laws that govern all forms of life.

The afternoon and evening will be free to enjoy our beautiful retreat hotel.

(Overnight Sacred Valley)

DAY EIGHT and NINE:

Over the next two days Sharon will facilitate and lead a series of workshops. Together we will explore the world of “Shamanic Healing, Intuitive Healing, Hands on healing” and any other form of healing that the group wishes to share.

She will also teach on “Feng Shui for the Home” – Living a lighter, simpler richer and fuller plus “Feng Shui the Shamans Way” – Exploring the native Shamanic Rituals and ceremony to aid in the shifting of energy within both an individual and their space.

We will also spend time with a local medicine man participating in a “Despacho Ceremony” as he shares his knowledge on the Munay Ki, the rites of the shamans path of the O’ero nation, the descendants of the Inca. The nine rites of initiation heal us and assist in transforming the human energy field.

You can also have an optional “Coca Leaf” reading by the medicine man during our stay.

(Overnight for two nights in the Sacred Valley)

DAY TEN:

This morning we will be transferred to Ollantaytambo, an ancient town located at the end of the Sacred Valley. On arrival into Ollantaytambo, Willaru will take us around the site where we will visit the Temple of the Condor and many more significant parts of the ancient site.

The evening will be free to explore one of the many restaurants in this highly charged energetic town – due to its location as it nestles in below the ancient site itself.

(Overnight in Ollantaytambo)

DAY ELEVEN:

This morning we will board the train bound for Machu Picchu and journey along the Urubamba River through the canyon finally reaching our destination, the beautiful character town of Agues Calientes. This is the beginning of the Amazon Jungle and where we base ourselves for the next couple of nights. The town has a fabulous selection of restaurants as well as an amazing array of shops selling all that Peru is famous for. You will enjoy the atmosphere of the town and have plenty of time to explore it.

After checking into our hotel we will embark on a walk along the Urubamba river exploring the beginnings of the Amazon jungle and visit the waterfalls of Mandor.

(Overnight in Agues Calientes)

DAY TWELVE:

This morning we will be up early to make the most of our day exploring Machu Picchu, the ancient Mystery school for the higher initiation. We will learn all about the Incan civilization and how they lived, worshipped and taught, the importance of the many temples and much more in the hidden city of light. We will visit the Sun Gate, the Incan Bridge and the main city.

(Overnight in Agues Calientes)

DAY THIRTEEN:

This morning we will travel from Agues Calientes by train and on arrival into Ollantaytambo we will be met by our driver and transferred to Cusco.

The afternoon is free for your last minute shopping and exploring of this very special town.

This evening we will have our Farewell dinner in Cusco and say our last goodbyes to each other and the Apu's of the Sacred Valley before everyone heads back to their hometowns.

(Overnight in Cusco)

DAY FOURTEEN:

Today you will be transferred at different times of the day to Cusco Airport for your departure back home.
