



# Yoga, Machu Picchu & the Sacred Valley

## Day 1 - Journey to Cusco, Peru

Today we meet at the airport in the spiritual center of Cusco, Peru. Known as the historical capital of Peru and designated a World Heritage Site by UNESCO, Cusco has an energy unlike any other place in the world. It is referred to as the Heart Chakra of the world. Perched high in the Andes at over 11,200 feet arriving in Cusco will literally take your breath away. Our adventure together begins here. We will provide transport to the Healing House so you can ground before our magical opening ceremony. This ritual is designed to unite the group, as each individual will be an important part of our energy collective. After the ceremony Elizabeth will lead a Muladhara (root chakra) yoga asana class so you can connect your body to the sacred mountains of Peru and begin the journey of opening to your highest Self. We will further build our group bonds over an amazing authentic cuisine as Jon and Pepe set the stage for our adventure. Post-dinner you will be free to stretch your legs around the San Blas square, or retire to your room to re-energize yourself for the next day.

### Meals Included: Dinner

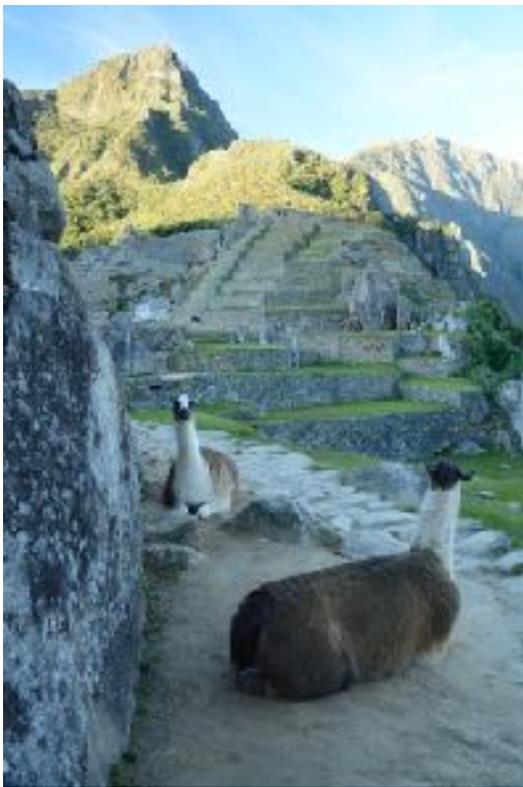


Sunset over the magical city of Cusco, Peru

## Day 2 - Experience the Magic of the Sacred City & Move to the Eco Yoga Farm

We open each day with honorary silence so you can tune in to your mind and body and honor the Divine light within. Elizabeth will lead a Sunrise Meditation before the Swadhistana (sacral chakra) yoga asana class. You will unlock fluidity and movement in your hips so you can ride the wave of life and go with the flow. After a delicious breakfast, including some of the most mouth-watering tropical fruit you have ever tasted, we will tour some of Cusco's local Incan ruins. It is a short, steep hike up the hillside to the ruins. The resting spots have spectacular views and we often see local Quecha women with their lamas and hand knitted textiles. Returning to the city at lunchtime (ready to enjoy the best vegan restaurant in the world) we will prepare to depart for the Eco Yoga Farm. Nestled along the banks of the upper Urubamba River this pristine Yoga Farm is the ideal location for us to escape the hustle and bustle of Cusco and prepare to go within ourselves. After arriving in the afternoon we will have some time to settle in to our new home. A late afternoon yoga class will ground you into this magical place and help to open your spirit to the following day's immersion. A wholesome dinner (prepared by the devotees with local ingredients) will send you off to bed with feelings of connection and grounding knowing that the next day will offer more than you could possibly imagine.

### Meals Included: Breakfast, Lunch, Dinner



Llamas are common, both outside the city and within



The famous "Heart of the City" rock

### Day 3 - Immersion at the Eco Yoga Farm



Looking down-valley near the farm

We start this day with honorary silence and a Sunrise Meditation on Manipura (solar plexus chakra). A tasty breakfast will lead us into a yoga asana class focused on our personal power center. Elizabeth will then instruct us in our first Yoga Workshop. This interactive experience will open your body and mind to the subtle body and energetic field. Our vegetarian lunch will be prepared by the Devotes of the Farm using locally grown ingredients and cooked with loving intention. After lunch, there are many options for afternoon free time. Today's chakra is about personal choice so you can enjoy a walk along the river, read your book, hike to the canyon rim, nap in the hammocks, meditate on the outdoor rock alters or dive deeper into your spiritual self study. In the afternoon Yoga Workshop you will explore ways to add value to your life so you can live with peaceful power.

We enjoy a delicious meal, prepared again by the Devotes and offered with mantras and puja ritual to the Divine. The day will culminate with a juicy meditation and restorative yoga asana where you might easily dissolve into your highest Self.

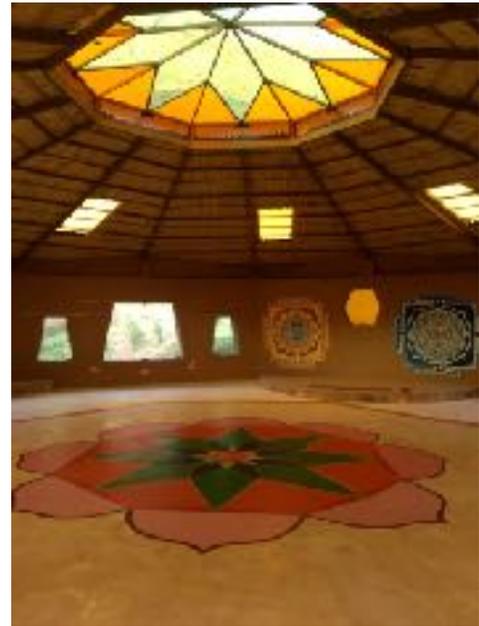
#### **Meals: Breakfast, Lunch, Dinner**



A typical meal at the Eco Farm

## Day 4 - Eco Yoga Farm and World Famous Pisac

Today is all about the heart. We will dive into the depths of your wild heart and teach you practical tools and meditations to keep your heart purified. Opening the day with honorary silence we move through our Sunrise Meditation in the Temple with loving kindness. After a nourishing breakfast you will open your heart to the heavens in the yoga asana class. After class we will depart from the Eco Farm to Pisac. We will be welcomed to Pisac with a delicious home cooked meal prepared by our new hosts for the evening. Home of the world famous markets we will have free time this afternoon to rest and relax or explore these incredible markets. After dinner in Pisac we will return to our yoga-get-away for a re-centering evening meditation and yoga class to prepare us for tomorrow's big travel day.



The Yoga Yurt at the farm

**Meals: Breakfast, Lunch, Dinner**

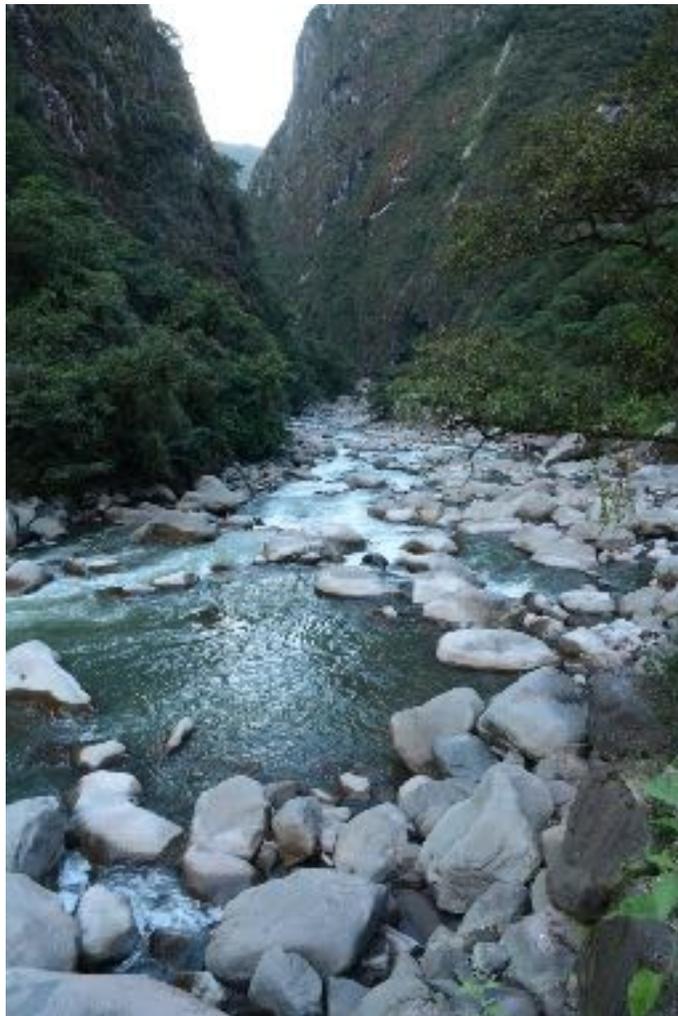


The Eco Yoga farm and surrounding meditation rocks

## **Day 5 - Expedition to Machu Picchu journey**

We begin this day by combining our sunrise meditation and asana class in the yoga studio. This expressive experience will resonate with Vishuda chakra (throat chakra) energy. After breakfast we begin our travels up the Sacred Valley toward Machu Picchu. A two hour taxi following the banks of the sacred Urubamba River will put us in the charming town of Ollantaytambo. After a tasty lunch we leave the road behind us and board a train destined for Machu Picchu. Looking around in awe at the steep narrow canyon the train navigates through, we arrive in the riverside town of Aucas Calientes (translated to “hot spring”). This bustling tourist town sits at the base of Machu Picchu. After checking into the hotel together you are free to explore all the nooks and crannies of this unique place. Dinner tonight is on your own, giving you the opportunity to experience some of the different culinary delights this place has to offer. Be sure not to stay out too late though as tomorrow morning comes early.

### **Meals Included: Breakfast, Lunch**



The canyon of Machu Picchu

## Day 6 - Experience Machu Picchu

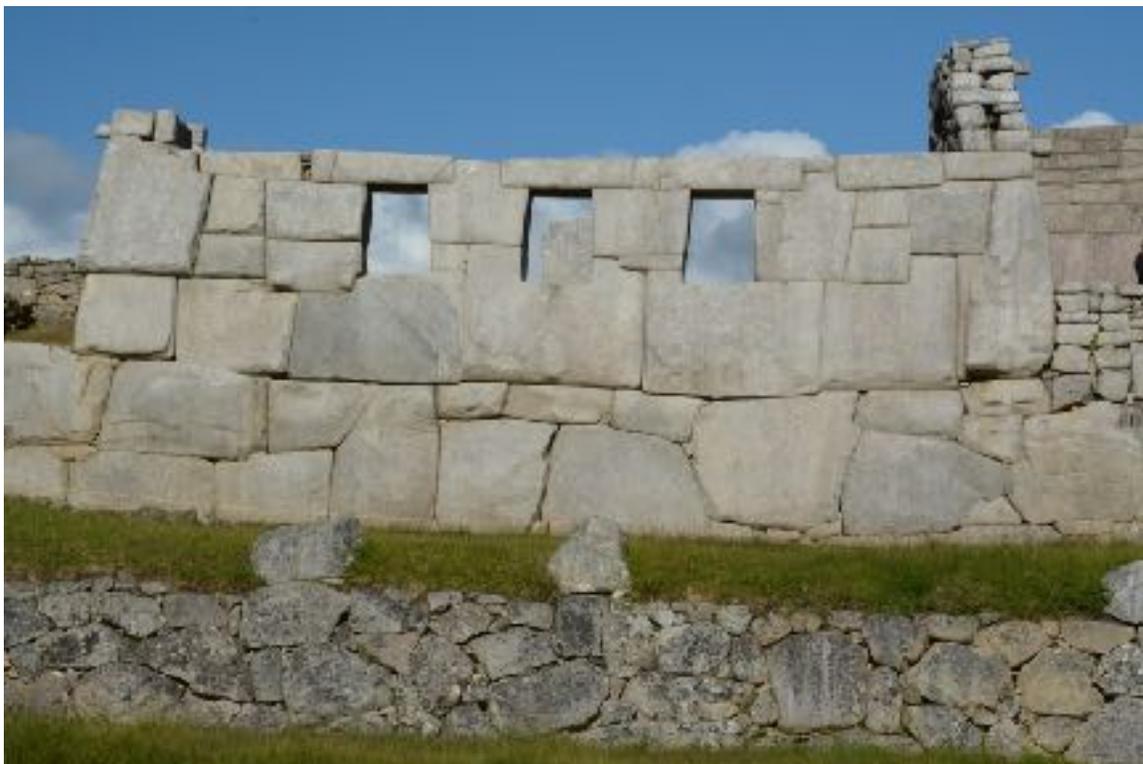


Overlooking Machu Picchu

Today begins before sun-up. In the dark we gather at the bridge and begin our walk toward this world-famous destination. Following the traditional footsteps of the Inca's (the last part of the historic Inca trail) we will ascend over 1,200 vertical feet, climbing a seemingly endless staircase, arriving at the gates of Machu Picchu. This journey up the mountain is like our journey up the chakras, it leads to awareness. Once here we will celebrate our early morning adventure with breakfast before entering Machu Picchu.

While being guided through the ruins by a local expert we will learn how this place came to be, what it meant to the Incan people and hear some classic Incan folk-lore. Our tour ends at mid-day and we return to Aguas Calientes. After enjoying a mindful lunch in town and reminiscing about our morning experience we board the train back for Ollantaytambo. This magical day comes to an end with a nice dinner together in the town square. Elizabeth will guide an evening meditation on the Anja chakra or third eye so you rest in awareness.

### **Meals Included: Breakfast, Lunch, Dinner**



One of the many incredible stone walls inside Machu Picchu

## Day 7 - Yoga SUP Board



Reflection time overlooking Ollantaytambo

Our last full day together begins the way many of earlier days have, in honorary silence. But unlike the other days, today we honor the Sahasrara chakra or golden crown. After a nourishing breakfast in Ollantaytambo we leave from the Sacred Valley and begin our ascent back toward Cusco. Along the way we will stop at a beautiful mountain lake for a fun-spirited Yoga SUP board class. Practicing yoga on this pristine lake overlooking the Andes mountains will be perhaps one of the most surreal practices of our lives. After our SUP board adventure we will enjoy a gourmet lakeside lunch before returning to Cusco. The rest of the afternoon is set aside for you. Go shopping for souvenirs in Cusco's bustling markets, reflect on your personal journey or explore the Spanish influenced architecture along the cobble streets of the tourist district. We will reunite as a group in the late-afternoon to hold our closing ceremony. The last meal together will be filled with love as we reflect on the special energy that each person brought to our

collective. Elizabeth will mentally prepare you for your transition home and Jon and Pepe will support you as emotional rocks. Trips like this are beyond words.

### **Meals Included: Breakfast, Lunch, Dinner**

### **Travel Home**

Waking up in Cusco, it is hard to imagine only a week has passed. Clarity and presence will guide you as you reflect on your incredible personal journey as well as the new bonds of friendship you have created. You can book your return flight from Cusco in the morning and make it home that same day. Floating through the door with a rejuvenated sense of self and connection with something so much bigger than you. Your subtle transformation will serve not only you but your friends, families and communities as you continue to ride the wave of life. Namaste.

**\*\*This is a sample itinerary. Inbody Expeditions reserves the right to adjust this schedule as necessary\*\***