**6 DAYS YOGA MEDITATION & TEMPLE JOURNEY LAKE TITICACA ~**

**General program**

Oragnizer: Angel Amita Leuna

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Please note that the program is flexible and we will follow the flow of the group!

Thanks 😊

***Day 1:***

We meet in Cusco

Leaving from Cusco

Luxury bus to Lake Titicaca

***Day 2:***

***SECOND OPTION: We fly this day to Puno instead of going by bus.***

***Then we will arrive about noon instead.***

05.00: Arrival in Puno

Check-in at hotel

Rest & Breakfast

Opening Circle with meditation & optional classical yoga

Wander around Puno town 😊

Delicious. Healthy, vegan lunch in Puno (included )

Journey to Sillustani Ruins with guided tour of the temples & meditation with intention setting

Return to the hotel

Freetime

Dinner (not included)

***Day 3:***

Relaxing morning meditation & yoga ~ introduction to yoga dance Kaoshikii

Breakfast with vegan options (included)

Visit to Arumu Muru multi-dimensional Portal with ceremony, meditation, quiet time, free-time & prayer.

Lunch Picnic by the portal

Visit to Fertility Temple (It has sacred lingams)

Inner, guided journey to balance and heal our inner masculine & feminine (optional)

Back in Puno

Sharing circle

Meditation & integration

Freetime

Dinner (not included)

***Day 3***

Relaxing morning yoga & meditation

Chanting & yoga dance

Breakfast (included)

Travel by private boat on the lake

Visit of Uros Straw Islands.

Meet indigenous family & learn about the culture & history

Travel to Amantani Island

Our host family will meet us

Lunch with host family

Freetime & walk to nearby area

Optional walk to Pacha Tata temple representing the masculine

Meditation

Dinner

Optional fire on the beach ~ singing, dancing, celebrating (according to group wishes)

Dinner with family

Rest

***Day 4:***

Morning yoga, meditation & chanting

Breakfast with host family

Freetime

Karma clearing workshop

Hike to Pacha Mama Temple & possibly Pacha Tata Temple

Despacho ceremony in Pacha Mama Temple ~ with local shaman

~ Sacred offering to Mother Earth & the mountains with prayers for our lives

See sunset over the lake

Evening meditation

Dinner

Rest

***Day 5:***

Morning meditation

Breakfast

Return to Puno by boat

Freetime

Lunch (included)

Inca Sauna visit

Optional Closing Circle

Luxury Comfortable Bus Bus to Cusco or fly to Lima from Juliaca (for those who need to fly out)

***Day 6 :***

Sunset over Cusco from Cristo Blanco in Saqsayhuaman

Closing circle & meditation

End by 9 am 😊

For those wishing to continue to Bolivia, I am happy to provide guidance