**PROGRAM 13- DAYS SACRED VALLEY & MACHU PICCHU RETREAT**

**Organizer:** Angel Amita Leuna ~ Sacred Journeys Retreats

**Cook:** Damodhara

**Retreat Center:** Illary Chaska Spiritual Center, Phiry, Ollantaytambo

***Warmly welcome!***

***This is a general itinerary of activities during the 13 days meditation, yoga & healing Machu Picchu & Sacred Valley Retreat+51 974 754 393***

The order of the days may change. Here you will see what activities we have and a general time schedule for your information. We are fitting in free-time for 2019 and more time for receiving healing sessions. We will follow the flow of the group!

***Day 1:***

**~ 9 am- 1 pm:**

**~ You will get your rooms**

**~ Time to relax and welcome**

**~ Lunch**

**~ 3.30 pm opening circle**

**~ Nature walk… relaxing day**

**~ EFT- class**

**~ 6- 6.30: Short yoga optional class**

**~ 6.30 pm: Meditation & chanting**

**~ Dinner**

**~ Rest**

***Day 2:***

**~ 7- 7.50 am: Morning meditation & chanting**

**~ 7.50- 9 am: Yoga & yogic dance called Kaoshikii**

**~ 9 am: Breakfast**

**~ Openings for healing session with Angel**

**~ Free time**

**~ Lunch**

**~ Vegan cooking course**

**~ Land healing ceremony**

**~ 6- 6.30 pm: Optional short yoga class**

**~ 6.30 pm: Meditation & chanting**

**~ Dinner**

**~ Star Gazing! Relaxation!**

**Rest**

**This day: Opening for healing sessions with Angel**

**Optional fire outside the center**

***Day 3:***

**~ 7-7.50 am: Morning meditation, chanting**

**~ 7.50- 9 am: Yoga & yogic dance (Kaoshikii)**

**~ 9 am: Breakfast**

**~ Visit to** [**Cocha**](mailto:CochaMW@si)**Wasi Animal Sanctuary**

**~ Lunch in Pisac**

**+ Optional: Kinsa Cocoa Lakes**

**~ Pisac Ruins – if time**

**~ 6-6.30 pm: Short optional yoga class**

**~ 6.30 pm: Evening meditation with chanting & reading**

**~ Dinner**

**~ Rest**

***Day 4:***

**~ 7- 7.50 am: Meditation & chanting**

**~ 7.50- 8.30 am: Yoga & yogic dance**

**~ 8.30 am: Breakfast**

**~ 9.30 am: Travel to Cusco area**

**~ Visit to Quenco, Puka Pukara, Tambo Machay ruins and Saqsayhuaman ruins**

**~ Late lunch in Cusco: Shaman Vegan Raw**

**~ Free time to see some of Cusco & Plaza de Armas, San Pedro Mercado**

**~ Return to Ollantaytambo early evening**

**~ Meditation**

**~ Dinner**

**~ Rest**

***Day 5:***

**~ 7- 7.50 am: Meditation & chanting**

**~ 7.50 -9 am: Yoga & yogic dance**

**~ 9 am: Breakfast**

**~ Vegan cooking class**

**~ Opening to receive healing sessions with Angel**

**~ 1 pm: Delicious lunch**

**~ Healing Sessions**

**~ 5.30: EFT- Emotional Freedom Technique course**

**~ 6- 6.30 pm: Optional short yoga class, meditation & chanting**

**~ 6.30 pm: Meditation**

**~ Dinner**

**FORGIVENESS WORK WITH THE GROUP**

**~ Rest**

***Day 6:***

**~ 7- 7.50 am: Meditation & chanting**

**~ 7.50-9 am: Yoga & yogic dance**

**~ 9 am: Breakfast**

**~ Sacred Valley Tour ~ Moray, Salineras and optional Chinchero**

**~ Lunch in Garden Of Vegan Urubamba or Picnic Lunch in sacred ruins**

**~ Meditation at retreat center**

**~ Dinner**

**~ Rest**

***Day 7*** :

**~ 7- 7.50 am: Meditation & chanting**

**~ 7.50-9 am: Yoga & yogic dance**

**~ 9 am: Breakfast**

**~ Today only light and early lunch**

**~ Travel to Pisac to see the famous Sunday market and colorful markeds**

**~** [**Ayahu**](mailto:Ayahu@sca)**asca Ceremony ( optional )**

**Sleep in the temple or return to retreat center**

***Day 8:***

**~ 9-10 am: Yoga & meditation**

**~ Light breakfast**

**~ Integration and rest**

**~ Integration circle**

**~ Nature walks & time alone**

**~ Prepare for Machu Picchu**

**~ Vegan cooking class**

**~ 2 pm: Lunch**

**~ 6-6.30 pm: Yoga**

**~ 6-.7.15 pm: Chanting & meditation**

***Day 9:***

**~ 5.30- 6.15 am: Meditation, and short yoga class.**

**~ 6.30 am: We start our journey towards Machu Picchu**

**~ Travel to Machu Picchu over the beautiful mountains, down to the jungle**

**~ Visit Santa Theresa Hot Springs,**

**~ Hike short inka trail from Hidroeletrica to Aguas Calientes**

**~ Arrival in** [**Agu**](mailto:Agu@s)**as Calientes**

**~ Opening circle & Meditation**

**~ Dinner & free time**

**~ Rest**

***Day 10:***

**~ 07.00 Meditation**

**~ Breakfast~**

**~ 9- 11 am: Meditation, yoga and yogic dance**

**~ Free time**

**~ 12 noon: River Blessing Ceremony**

**~ Lunch**

**~ Guided tour of Aguas Calientes town to see the sculptures there/ ~ 3 pm: Optional waterfalls hike**

**~ 6- 7 pm: short yoga class & meditation**

**Early Rest**

***Day 11:***

**~ Early breakfast at the hotel please pack a couple of sandwiches for the hike in Machu Picchu. Lunch will be provided, but it is better to bring some more. ~**

**~ 5.30 am: We go to the bus to Machu Picchu**

**~ We will travel 20 mins by bus up to the Machu Picchu Ruins**

**~ Entering ruins**

**~ Morning meditation, opening circle & intention setting, coca leaf ceremony**

**~ We will head to the entrances of Huyana Picchu & or Montana Machu Picchu for the hikes**

**~ Sun Gate Hike & Inka Bridge Optional Hikes**

**~ Guided Tour of the ruins**

**~ Offering of coca leaves to the Apus (sacred mountains) and Pacha Mama as we leave**

**~ The ruins close at 5.30 pm**

**~ We will take the bus down to Aguas Calientes**

**~ Dinner**

**~ Rest**

***Day 12:***

**~ 07.00: Meditation**

**~ Breakfast**

**~ 9-11 am: EFT Class, Yoga, Meditation & Yoga Dance**

**~ Free time to explore town, maybe have a massage or a healing**

**~ Lunch**

**~ 3 pm: Optional waterfalls hike**

**~ Closing circle of Machu Picchu Visit**

**~ Train to Ollantaytambo, Sacred Valley**

**~ Optional visit to Ollantaytambo town & Ruins**

**~ Return to the retreat centre**

**~ Evening meditation**

**~ Last nights celebrations**

**~ Fire under the stars! All will share one of their talents!**

**~ Nice Dinner!**

***Day 13:***

**~ 7- 7.50 am: Morning mediation & chanting**

**~ 7.50 -9 am: Yoga & yogic dance**

**~ 9 am: Breakfast**

**~ Packing & checking out….**

**~ 11.11 am: Closing Circle**

**Good byes….**

**We will end by 1 pm**

***THANK YOU SO MUCH FOR EVERYTHING!***

***WISHING EVERYONE THE BEST ON THEIR ONWARDS JOURNEYS!***