

# Discovering the Andean Codex

Sacred Travel in Perú - Signature Tour \$3950

**Tour Dates: May 30 – June 9, 2007**

*Discovering the Andean Codex* is a pilgrimage to sacred sites of the Peruvian Andes including Machu Picchu. Experience ten magical days of spiritual travel and shamanic training and explore new ways of thinking and living. During your journey, you will have the opportunity to participate in ancient ceremonies honoring the Earth, learn how to apply the five principles of Andean wisdom in your daily life, take part in ancient shamanic blessings and rituals, and be initiated into the secrets of the Andes. You will experience Andean culture, arts, music, and the healing properties of plants and stones. There will be opportunities to shop in traditional markets, enjoy Peruvian cuisine, and obtain healing stones, crystals, and hand woven alpaca articles for your personal altar. Join Santiago and Sebastian for an unparalleled transformative event and travel experience of a lifetime.

## **Day-by-Day Itinerary**

**May 29<sup>th</sup> Arrive in Peru: Lima** - Upon arrival in Lima (10:00 pm-12:00 midnight), our Peruvian guides greet you at the airport and arrange safe and comfortable transportation to the hotel in Miraflores. Our staff welcomes you at the hotel, facilitates check in, and gets you settled in your room. The next morning (May 30<sup>th</sup>), we meet at 8:00 am for breakfast, and after welcoming you to Peru, we are transported as a group back to the Lima airport for our domestic flight over the Andes to Cuzco.

**DAY 1 (May 30): Cuzco** - We arrive at 12 noon in Cuzco and are greeted with traditional Andean music and our Q'ero companions for the journey. After a short bus ride to the hotel and coca leaf tea, we have a light lunch together followed by an introduction to the tour group, guides and shamans. Afterwards, Julio, our main Peruvian guide, conducts a walking tour of the Plaza de Armas and central area of the city to familiarize you with Cuzco and its cathedrals, Incan temples, and winding stone streets. You can rest or explore and shop on your own for the remainder of the afternoon. We re-group in the evening for dinner together and Andean music and dance.

**DAY 2 (May 31): Sacsayhuaman** – We rise early for breakfast and followed by an orientation by Santiago, we leave by bus for Sacsayhuaman. Here we visit massive stone ruins composed, participate in a meditation at the site of the "Seven Windows", experience a coca leaf blessing, and learn the teaching of *Ayni*, the central Andean principle of reciprocity. From there we continue by bus to Pisac, lunch together, and enjoy the afternoon shopping in the famous Indian market. We return to Cuzco to rest and dinner on your own. In the evening, you have a unique opportunity to attend a special cultural event with Santiago, including a meditation and blessing, music, and get to mingle with Cuzco residents and dignitaries.

**DAY 3 (June 1): Sacred Valley** – After breakfast we depart for Moray, a series of concentric circles cut into the plateau above the Sacred Valley. Here we learn the teaching of *Pachamama* and experience the first of several major ceremonies or *despachos* led by Sebastian. Afterwards we visit Chincero and lunch together near Urubamba. From there we check into our hotel, rest, and have dinner together. In the evening we gather for informal discussion.

**DAY 4 (June 2): Ollantaytambo** – We rise early and after breakfast, we explore mysterious Ollantaytambo. Here you discover more of Incan history and the teachings from the *Andean Codex*. We participate in another *despacho* honoring the mountain spirits or *Apus*. We return to the hotel where you lunch on your own. In the afternoon we visit local sites including a *chiceria*, pottery making, and stone and crystal shops. We return to the hotel for dinner on your own and an evening for rest or massage and healing.

**DAY 5 (June 3): Machu Picchu** – We leave in the morning and traveling by train arrive at Aguas Calientes around 12:00 noon. After checking into the hotel, a short rest and lunch together, we are transported by bus to the sanctuary of Machu Picchu. Here you have a guided tour to familiarize you with the ruins. We re-group for teachings and a coca leaf blessing before descending to Aguas Calientes. We have dinner together. In the evening, we meet for an evening discussion with Santiago.

**DAY 6 (June 4): Machu Picchu** – In the morning, we return to the sanctuary for teachings and meditation. A boxed lunch is provided. For hardy individuals, we climb Wyna Picchu or visit the Temple of the Moon for another ceremony. We will also climb to the Sun Gate for additional teachings. There will be time for you to explore the ruins on your own. We regroup for a sunset meditation. In the evening, we dine together in Aguas Calientes.

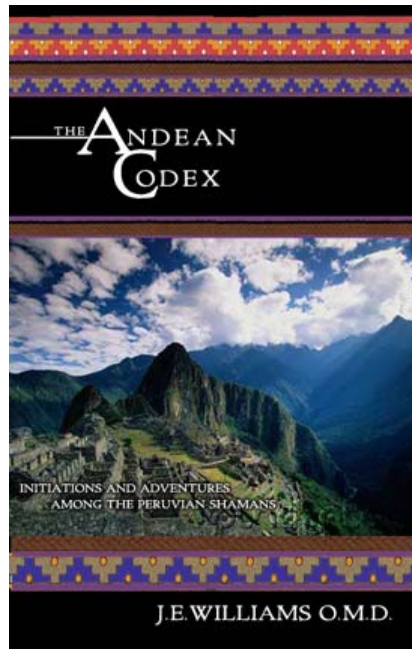
**DAY 7 (June 5): Machu Picchu** – This is our last day in Aguas Calientes. You can return to the sanctuary and explore or meditate on our own, or simply take in the beauty of the landscape. If you prefer, you can enjoy the local hot springs or nature trails at the hotel. Spa services and healing ceremonies are also available. We re-group for lunch and the return train to Cuzco. Dinner is on your own with the evening free for rest or a stroll in the Plaza de Armas.

**DAY 8 (June 6): Cuzco & Killarumiyog** – In the morning, we journey to Q'enco and the killarumiyog, the Temple of the Moon, for teachings and blessings. You will have the afternoon free for rest and shopping. Lunch and dinner are on your own. You have the evening free.

**DAY 9 (June 7): Cuzco & Sacrachakana** – We journey to an incredible site featuring caves and water and a remarkable sacred stone, the Sacrachakana, involved in ancient ceremonies of rebirth and personal transformation. Here we experience the main ceremony of the entire trip including a remarkable healing experience with Q'ero shamans. This grand ceremony is called a *karpay* in Quechua. Afterwards, we have a traditional outdoor feast called a *pachamanca* followed by a closing ceremony with Q'ero musicians and the final teachings presented by Santiago. We return to Cuzco and the remainder of the afternoon is free for shopping or rest. In the evening, we have a special dinner together.

**DAY 10 (June 8): Cuzco & Lima** - We leave for Lima in the morning, are transported as a group to Miraflores and check into the hotel. You have the afternoon for rest and shopping. Lunch is on your own. For those interested, a tour of the gold museum or historical Lima or a special culinary experience of Peruvian seafood can be arranged. Transport to the airport is between 8-10 p.m., depending on the time of your departure flight.

**June 9<sup>th</sup>, Return Home:** At your point of entry, you are responsible to provide all necessary travel documentation. For those going on to other destinations in Peru, services will be provided based on previous arrangements.



The cost for the trip is \$3950 based on double occupancy and inclusive, based on itinerary details, from your arrival at the Lima International Airport. For private room, add \$500.

**FOR MORE INFORMATION INCLUDING DETAILED INTINERARY AND TRAVEL TIPS**

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