



Legendary PERU

MYSTICISM

	SERVICE	LENGTH	DEPARTURE	PAX	SEASON	LEVEL	TYPE*
Cusco (Sacred Valley)							
Flourishing & healing baths	PVT	30min	Daily	1/4	All year round	Easy	E
Coca leaf reading	PVT	1h	Daily	1	All year round	Easy	E
Yoga	PVT	1h-1.30h	Daily	1/25	All year round	Easy	E
Offering to the Mother Earth	PVT	1h-1.30h	Daily	1/20	All year round	Easy	E
Sound healing circle	PVT	1.30h	Daily	1/14	All year round	Easy	E
Temazcal	PVT	3-5h	Daily	1/20	All year round	Easy	E

*S = standard; A = adventure; E = special; L = luxury

B Breakfast **Bl** Box lunch **L** Lunch **D** Dinner

FLOURISHING & HEALING BATHS

This sensational baths not only serve to detoxify our body but also if made in a ritual way, stimulates spiritually to persons who cross a cycle of low-energy and are used for cleaning of the aura that surrounds each one of us.

COCA LEAF READING

Communicate with the gods through the Andean oracle, the coca leaf and the region's traditional spiritual Masters. Within a reading, the participant asks a question, an oracle is engaged, and a Shaman who is gifted and has been trained in these techniques interprets the answers. The answers you receive enable a better understanding of your destiny and inspire positive and constructive action.

YOGA

This ancient discipline explores, develops, and integrates the body, mind, and soul. Yoga systematically stretches and strengthens muscles throughout the body, increases circulation to internal organs and glands, quiets the nervous system, and improves concentration. This ancient system of self-care brings vitality, health, deep relaxation, and peace of mind.

OFFERING TO THE MOTHER EARTH

The offering ceremonies, commonly known by the Andean population like *pagos* to the Pachamama or *despachos* to the Apus, are rituals with ancestral origin; they are part of a system of reciprocity between the material world and the spiritual world.



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The offerings to the Mother earth have as a fundamental origin the relationship between the Andean man, specifically the farmer with the mother earth or Pachamama. The *ofrenda* is a symbolic way in which the man gives back to the Pachamama what he has taken out from her. The main objective is the re-establishment of the reciprocity between the human being and nature. With the offering or *pago*, the farmer asks permission to the Pachamama to be able to open it and give back in a symbolic way something of his fruits.

SOUND HEALING CIRCLE

Have a unique with sound circle healings at the archeological site of Urcos. It is a magical experience with crystal bowls, ancient Peruvian instruments as well as other native instruments around the world. The powerful energy of this site will help you balance all your chakras and go to a deeper level of healings within your body.

TEMAZCAL

It is a natural therapeutic experience of heat and steam, which is inspired by pre-Hispanic ancient practices of traditional medicine. Its use through history has been therapeutic and as a ritual/ceremony, practice has survived through the years as a tradition of the various indigenous communities in South America. Relaxation that generates experience urges us to a profound state of peace, introspection, reflection and full attention. Temazcal therapy is a well beautiful and powerful moment in our life, an opportunity to reconcile us with ourselves, a unique experience of purification and re-connection with our internal source of wisdom and unconditional love. Closing a cycle and opening a new one in our lives, we release attachments, negative thoughts, fears and mental conditioning, delivering them to the heat of the stones Mama Willka Rumicuna grandmothers of the Earth.

THE PROGRAMS INCLUDE

Activities with English-speaking assistance

THE PROGRAMS DO NOT INCLUDE

Transfer to the Sacred Valley / Overnights at Cusco and Sacred Valley