

SACRED ELEMENTS



JOURNEY TO PERU



NOVEMBER 12 - 21 · 2020

Itinerary subject to change (due to weather or delays) but never disappoint

Day 01 THURSDAY NOV 12 Welcome to Cusco!	10:00 am	Arrive to Cusco no later than 10am
	12:00 pm	Lunch at Shaman Restaurant
	1:30 – 2:30 pm	Qorikancha Tour with Miguel Belota
	3:00 – 5:00 pm	Meridian Therapy & Agni Hotra with Dr. Jens
	7:00 pm	Dinner at Qura
	Sleep	Selina Hotel Cusco

Day 02 FRIDAY NOV 13 Outreach Day	8:00 – 9:00 am	Breakfast
	9:00 – 10:30 am	Yoga & Meditation at Selina Hotel
	12:00 – 1:00 pm	Lunch at La Bodega
	2:00 – 3:00 pm	GirlSportWorks Sports Class
	3:30 – 5:00 pm	Shopping with Iris (Optional / Donation Suggested)
	7:00 pm	Dinner
	Sleep	Pachananda Retreat Center in the Sachsayhuaman Ruins

Day 03 SATURDAY NOV 14 Sacred Mountains & Ruins	Bright and Early	8-Day Participants, arrive as early as possible or the day before to acclimate
	5:00 am	Agni Hotra Meditation (Optional)
	8:00 – 9:30 am	Yoga & Meditation
	10:30 – 2:00 pm	Inkilltambo Tour with Miguel Belota
	1:30 pm	Picnic Lunch in the Ruins
	5:00 – 6:00 pm	Meditation & Group Connection
	7:00 pm	Dinner
	Sleep	Pachananda Retreat Center in Sachsayhuaman Ruins

Day 04 SUNDAY NOV 15 EARTH ✪ The Way of the Healer	5:00 am	Agni Hotra Meditation (Optional)
	8:00 – 9:00 am	Yoga & Meditation
	9:30 – 10:30 am	Breakfast
	10:45 am	Depart for Samadhi Sacred Valley
	1:00 pm	Lunch at Samadhi
	3:00 – 4:30 pm	Pago a la Tierra with Q'ero Victor Chura Quispe
	5:00 – 7:30 pm	Yoga & Meditation
	7:30 pm	Dinner
	Sleep	Eco-luxury Samadhi Sacred Valley

<p>Day 05</p> <p>MONDAY NOV 16</p> <p>WATER ☼</p> <p>The Way of the Teacher</p>	5:00 am	Agni Hotra Meditation (Optional)
	7:00 – 8:00 am	Yoga
	8:00 – 8:30 am	Breakfast
	8:45 – 1:00 pm	Chupani Ruins Trek: Breathwork, Herbs & Cleanse
	1:30 pm	Lunch at Samadhi
	5:00 – 7:00 pm	Cacao Ceremony and Tribal Dance with Medicine Woman Marcela Pantigozo
	Sleep	Eco-luxury Samadhi Sacred Valley

<p>Day 06</p> <p>TUESDAY NOV 17</p> <p>FIRE ☼</p> <p>The Way of the Visionary</p>	5:00 am	Agni Hotra Meditation (Optional)
	8:00 – 10:00 am	Yoga & Breathwork
	10:00 am	Breakfast
	1:30 pm	Lunch
	10:00 – 2:00 pm	Free Time
	2:00 – 3:00 pm	Group Connection
	4:00 – 6:00 pm	Fire Ceremony with Shaman Teresa
	6:30 pm	Pit stop for Organic Cacao and Coffee from Carlos
	7:00 pm	Dinner at Samadhi
	Sleep	Eco-luxury Samadhi Sacred Valley

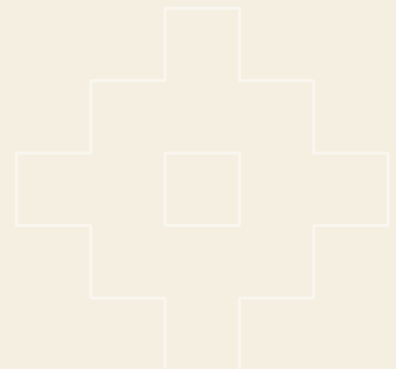
<p>Day 07</p> <p>WEDNESDAY</p> <p>NOV 18</p> <p>AIR ✦</p> <p>The Way of the Warrior</p>	5:00 am	Agni Hotra Meditation (Optional)
	8:00 – 9:30 am	Yoga & Meditation
	9:30 – 10:00 am	Breakfast
	10:30 – 1:30 pm	Hands on Traditional Weaving Activity
	1:30 pm	Lunch
	1:30 – 3:30 pm	Free Time
	3:30 – 4:30 pm	Group Connection
	5:00 – 7:00 pm	Voice & Sound Healing with Alexandra Ostos
	7:30 pm	Dinner at Samadhi
	Sleep	Eco-luxury Samadhi Sacred Valley

NOTES



Day 08 THURSDAY NOV 19 ETHER ✦	5:00 am	Agni Hotra Meditation (Optional)
	7:00 – 8:00 am	Yoga & Meditation
	8:45 am	Depart Samadhi for Ollantaytambo
	10:00 – 12:00 pm	Temazcal with Medicine Woman Marcela Pantigozo
	12:00 – 1:00 pm	Snacks
	1:00 pm	Depart for Apu Veronica Nature Sanctuary
	2:00 pm	Lunch at Sanctuary
	2:00 – 6:00 pm	Nature walk, Silence, Integration
	6:30 pm	Dinner
	7:15 pm	Bonfire, Breathwork, Release & Integration
	Sleep	Camp or Bed Options at Apu Veronica Nature Sanctuary

NOTES



Day 09 FRIDAY NOV 20 Machu Picchu Wonder of the World	5:00 am	Agni Hotra Meditation (Optional)
	8:00 – 8: 30 am	Breakfast
	9:00 am	Depart Apu Veronica Nature Sanctuary
	11:15 am	Train from Ollantaytambo to Aguas Calientes
	1:00 – 6:00 pm	Private tour at Machu Picchu with Miguel Belota, Boxed Lunch Provided
	7:00 pm	Light dinner, snacks provided
	10:00pm	Arrive in Cusco
	Sleep	Selina Hotel Cusco

Day 10 SATURDAY NOV 21 Depart Cusco	5:00 am	Agni Hotra Meditation (Optional)
	9:00 – 10:30 am	Closing Ceremony
	11:30 am	Shopping with Iris (Optional / Donation Suggested)
		Optional: Organize a Group Breakfast/Lunch
	Depart Cusco, inspired, renewed and aligned between body, mind and heart	

I hope you will join me on this magical, mystical and transformative journey.

With love,
Kat Narvaez