

Marta Berry *Yoga* & Alison J. Kay, PhD.

International Vinyasa Yoga and Pilates Teacher *Holistic Life Coaching Through Energy Medicine*

Peru Adventure 2012

Machu Picchu - June 16th - 24th



- ✓ Celebrate the Summer Solstice with the Shamans in a very special sacred site
- ✓ Practice Pilates and yoga, and stay connected with your body-mind
- ✓ Step into the great ruins of South America, Machu Picchu, Sacred Valley, etc. . . .
- ✓ Chakras energy healing and clearing
- ✓ Vibration raising



Depart from Denver with Marta ,from Florida with Alison on **June 15th**, or from any other part of the world and **meet in the Lima airport on June 16th**.

Total payment is \$3000, includes accommodations, transport in Peru, most of the meals and activities, excursions and all the Yoga and Pilates you can do. **It does not include the airfare**; please make arrangements on your own to arrive in Lima on the morning- afternoon of June 16th.

To reserve your spot a **50% payment (\$1500) is due by March 1st**. Payments can be made by check, Visa, cash or money order. Please contact by email to ensure a secure transaction.

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Partial Itinerary

June 16

Arrive in Lima
Fly to Cusco
Arrive to hotel in Sacred Valley
Afternoon for rest, dinner together

June 17

Yoga/Pilates/Meditation
Tour ruins in the Sacred Valley
Lunch together at train station
Afternoon train to Machu Picchu
Spend night in Aguas Calientes

June 18

Yoga/Pilates/Meditation
Bus to Machu Picchu
Late lunch together then free time
Late train to Ollantaytambo

June 19

Yoga/Pilates/Meditation
Tour sacred sites in route to Cusco
Lunch together on the way
Dinner on your own
Spend night in Cusco

June 20

Yoga/Pilates/Meditation
City Tour of Cusco
Spend night in Cusco

June 21

Yoga/Pilates/Meditation
Shaman Solstice celebration
Lunch together
Free time for shopping
Spend night in Cusco

June 22

Yoga/Pilates/Meditation
Fly to Lima
Go to hotel and tour Mira Flores
Dinner on own
Spend night in Mira Flores

June 23

Yoga/Pilates on the beach/Meditation
Lunch together
Tour Lima - Basilica, Plaza de Armas
Trip to Circuito Magico de Aguas

June 24

Yoga/Pilates/Meditation
Leave Lima to return home.