



YOGA JOURNEY TO PERU

MAY 13-20, 2017

Dive into ancient culture in the Sacred Valley, Aguas Caliente, and Cusco
Hike Machu Picchu and Huayna Picchu
All levels of yoga experience and ability are welcome



TRIP ITINERARY

- May 13: Arrive into Cusco, and transfer to Sacred Valley
- May 14: Pisac Market and Incan ruins
- May 15: Maras, Agricultural terraces of Moray, and Salt mines
- May 16: Chinchero Market and Lake Piuray
- May 17: Travel to Aguas Caliente, Hot springs
- May 18: Hike Machu Picchu and Huayna Pichu, Travel to Cusco
- May 19: Free day in Cusco
- May 20: Cusco and Departure

LOGISTICS

The itinerary listed gives a general layout of the day and schedule. It is subject to change.

We will have one yoga session per day. In Urubamba we will practice indoors or in the hotel garden. In Cusco, we will practice in the living room of our apartment. Conditions permitting, we will have the chance to practice yoga in Machu Picchu. A Spanish/English speaking guide will accompany us for the duration of our trip. All travel will be by private transportation, except when we travel by public train from Urubamba to Aguas Caliente and bus to Machu Picchu.

May in Peru is considered summer, with weather conditions dry and sunny. Daytime temperatures in the high 60s (Fahrenheit), and at night temperatures range from 30-40s.



INVESTING IN YOU

\$1650 for double occupancy with private bathroom (for single occupancy, add \$450)

*please note in Cusco there are 2 triple occupancy rooms while the rest are double occupancy; two rooms will share a bathroom

Included: Accommodations in hotels (Urubamba and Aguas Caliente) and apartment suites (Cusco) with AC, one daily yoga session, meals (7 breakfasts, 6 lunches, 7 dinners; some meals are vegetarian), all inter-country transportation, airport transfers, a professional tour guide, planned excursions, all bus and train tickets, and entrance fees to Machu Picchu and Huayna Picchu. Tips and personal expenditures are not included.

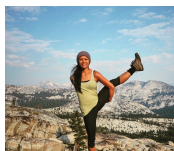
\$300 deposit is required to reserve your spot. Balance is to be paid by March 12, 2017.

Payment plans are available. To register, please email: chiati@onelovewellness.com or call: 917-348-5757

Your passport must be valid for 6 months before the expiration date for this trip. If you hold a US Passport, you do not need to apply for a visa for Peru; you will be issued one upon arrival.

Cancellation Policy: Retreat fee minus the \$300 deposit will be returned if you cancel before 45 days of the retreat. Between 44-15 days of the retreat, you will receive 50% of the retreat fee. If you cancel within 14 days of the trip, the entire retreat fee is forfeited. No refunds issued due to inclement weather or unforeseeable events. Travel insurance is recommended.

Airfare to Peru is not included. Your final destination is Cusco (CUZ). Please plan to arrive into Cusco no later than 2 pm on May 13. On May 20, you can book your departing flight anytime after breakfast.



Chia-Ti Chiu is a certified yoga teacher and Thai bodyworker. She received her first teacher certification in Bangalore, India and has been teaching for almost 15 years in New York City and around the world. She teaches elders, adults, and court-involved youth. She believes that yoga is a privilege that should be accessible to all.