

Sacred Valley Women's Mental Health Retreat

DAY 1: AIRPORT PICK-UP - GETTING SETTLED - SETTING OUR INTENTIONS

We will pick you up from the airport in Cusco and drive to the Sacred Valley, surrounded by breathtaking Andean vistas. Upon arrival, we will get settled into our rooms and gather over some snacks to get to know each other and set our personal goals and intentions for the retreat. You will have the opportunity to meet with an Andean Shaman and receive a cocoa leaf reading. You will also meet one-on-one with your retreat host, Corinna for a 13 sign astrology reading and counseling session. Today signifies the start of your immersive journey.

Included:

All activities mentioned above

Healthy Snack

Private airport pick-up and transfer to hotel in Sacred Valley

- Cocoa Leaf Reading with an Andean Shaman
- Accommodation at 3* hotel in Sacred Valley (Urubamba region)
- Guide/translator who speaks Quechua, English and Spanish

Not included:

- Meals (there is a restaurant at the retreat center)

DAY 2: VISIT TO ÑAUPA IGLESIA

We will start our day out with a lovely nourishing breakfast at our hotel, and then head down to the healing center for a meditation and shadow work workshop. Later after lunch, we will take our transportation and take a hike for 20 minutes to Ñaupá Iglesia, a very energetic place with Inca origins. Our personal guide will share some information about the history of this site. At the temple, we will have an opportunity to explore a little and then we will participate in an energy healing meditation and workshop. Later, we will drive back to the retreat center.

Included:

All activities mentioned above

- Breakfast at hotel

- Private transportation

- Accommodation at 3* hotel in Sacred Valley (Urubamba)

Not included:

- Lunch, dinner (there is a restaurant at the retreat center)

DAY 3: HORSEBACK JOURNEY TO PEROLNIYOQ WATERFALL

After breakfast, we will take our private transportation to the local community of Soqma. From there, we will ride horses for about 45 minutes (you can also choose to walk) to reach the incredible Perolniyoq waterfall. If energy allows, we can also ascend for 45 minutes to the Raqaypata archaeological site, a sacred location offering breathtaking mountain views. Here we will enjoy a nice picnic lunch, and participate in our inner child

workshop. After, we will return to the retreat center for dinner and close out the night with a guided meditation.

Included:

All activities mentioned above

- Breakfast at hotel
- Private transportation
- Guide who speaks English, Spanish and Quechua
 - Box lunch
- Horses for horseback riding to waterfall
 - Hiking activity

Not included:

Dinner (there is a restaurant at the retreat center)

DAY 4: - CUSCO - MOON TEMPLE

We will start the day out with a nice breakfast at our hotel and then commence in the healing center for a group workshop. After, we will drive to Cusco and check in at your hotel there. You will have some free time to grab lunch and explore Cusco. (The city is very safe and everything is easily accessible by foot.) Later, we will meet back at the hotel and take our transportation to the Moon Temple. This peaceful place is surrounded by ancient Inca ruins with great views of the city and wonderful natural landscapes. Our guide will show us various archeological sites and share their history. We will meet with our Andean Shaman to close out our healing journey with a beautiful healing ceremony with flowers and sacred herbs. We will take this time to release all that we have processed over the past few days. From there you will have free time to explore and connect with nature and we will return to our hotel. From there you are encouraged to go explore Cusco some more and visit one of the many beautiful restaurants for dinner.

Included:

- Breakfast at hotel
- Guide who speaks English, Spanish and Quechua
 - Private transportation to Cusco
 - Cleansing ceremony with shaman
 - Walk in Moon Temple area
 - Accommodation in Cusco at 3* hotel
 - Activities as mentioned in the itinerary

Not included:

- Lunch, dinner

DAY 5: ON TO NEW ADVENTURES!

After breakfast at the hotel, we will gather to discuss some tools moving forward that can be beneficial in assisting as you prepare to make the journey back home. The goal for today is to make sure everyone leaves feeling renewed and confident in their ability to handle what life will bring their way in the future.

After, we will bring you to the airport in Cusco and you will start your journey home! (There are also add-on options to extend your stay if you wish to visit Machu Picchu or any of the other breathtaking archaeological sites in the sacred valley)