

## **Peru Itinerary (June 23 to July 9, 2011)**

***(Note: All Breakfasts are included with your payment.)***

Day 01 - Arrive at the Lima International Airport and transfer to your hotel in Miraflores.

Day 02 - Rest until our early evening flight from Lima to Iquitos, in the heart of the Peruvian Amazon. A van will bring us to our hotel. Join the group for a walk along the river and for dinner.

Day 03 - After breakfast, we will visit the local market to see the herbs, medicine, fruit and vegetables so unique to the rainforest. The rest of the day is free to walk around Iquitos.

Day 04 - Depart at 9:30 a.m. on board the boat carrying us from the hotel to our jungle lodge. Travel for three hours along the Amazon River and then take a left onto a small tributary, where last year we were greeted by scores of beautiful white birds. After lunch we will go with our guide to explore some of the virgin rainforest nearby. All meals are included while at the lodge.

Day 05 - Start the day with an early morning boat ride to see the birds as they wake up for the day; bring binoculars if you have them. After breakfast, our guide will take us back to the Amazon River where you can swim with the pink freshwater dolphins. In the evening you will have an opportunity to participate in an ayahuasca ceremony with our shaman, Cesar Panduro, who will accompany us from Iquitos and be with us for our entire stay in the jungle.

Day 06 - Our guide will meet us at breakfast and ask us what we would like to do together. We can explore, go looking for various types of monkeys, or if you want, you can go fishing for piranha! In the evening Cesar will guide us once again in the ayahuasca ceremony.

Day 07 - Time for one more trip through the jungle before we have our lunch and leave for Iquitos at 1 p.m. Breathe deeply of this pristine air and beauty as we leave, knowing that the spirits of the Amazon have blessed us profoundly and filled us in a new way. Upon reaching Iquitos, those who choose can visit our brother, Golbert Grandez, a well known Amazon healer, specializing in the use of the Amazon herbs. Golbert does an intuitive scan of your body, mind and spirit using the tarot cards as his medium and suggests herbs that you can take to strengthen you. The purchase of any herbs from Golbert is extra and may average around \$300. Breakfast and lunch included.

Day 08 - Free day in Iquitos! (Anyone who hasn't taken the opportunity to visit with Golbert may do so today.)

Day 09 - An early morning flight from Iquitos to Lima. We will transfer to our hotel in Lima and have the day to do some shopping, walking, or just rest and be.

## **Itinerary (continued)**

Day 10 - Early return to the Lima airport for our flight to Cusco, the ancient capital of the Inca Empire. Upon our arrival in Cusco a van will be waiting for us to take us to the Pacha Mama Wasi, our spiritual center in the Sacred Valley of the Incas. We'll have the balance of the day to explore the Center, have a massage or facial and enjoy the beauty all around. The healing feminine energy of the Andes will fill us with beauty and awe. Breakfast and dinner are included.

Day 11 - Today we will work with Wayra, our Andean shaman. Wayra will guide us in a "despacho", a payment to Mother Earth and be available to do a coca reading for us. In the evening Claudia and Ananda Gopal will lead us into a sweat lodge. This will help prepare us for entering the sanctuary of Machu Picchu the following day. All meals are included.

Day 12 - We will be up early so we can reach Ollantaytambo in time to take our train to Machu Picchu. We pray our brother and spiritual guide at Machu Picchu, Kucho, will be available although his itinerary is unknown at present. I understand from my last conversation with him that he will be present in Machu Picchu at this time of the year. Either way, we will enter the sacred sanctuary of Machu Picchu today. With open hearts and minds we will be blessed by the beauty and power that we find there.

Day 13 - Free day for you to return and explore Machu Picchu on your own. (Please note that today's entrance tickets and bus fees are out-of-pocket.) You may choose to visit the hot springs or go shopping in the local crafts market.

Day 14 - Take our train back to Ollantaytambo where a van will be waiting to bring us to Cusco. We will have lunch together and then walk around the city.

Day 15 - Meet for our farewell luncheon. Ananda will be available to help you look for anything specific that you might have in mind. Breakfast and lunch included.

Day 16 - Return flight to Lima, check into your hotel and explore Lima together.

Day 17 - Arrive at the airport to fly home...refreshed, renewed, rebirthed!