



Machu Picchu, Cusco and Amazon Jungle

with Gurutej Kaur

***Come on this journey
of awakening
in these sacred places***

April 14 – 20, 2014

The Spring Death and Rebirth celebrations are real. Die to what is killing you and awaken to what truly is. Take these 10 Days to steep yourself in the Blessings of these power centers and become the power you seek.

We will visit: Sacred Valley, Pumamarca, Ollaytambo, Pisaq, Maras, Moray, Machu Picchu, Iquitos the Amazing Amazon jungle.

**7 Day Tour \$2295.- (double occupancy)
10 Day Tour \$2695.- (double occupancy)
before January 31, 2014**

“LISTEN TO THE CALL - THE TIME IS NOW”

A program designed ESPECIALLY FOR YOU

For full program visit <http://gurutej.com/yoga-retreat>

Retreat Package Includes

- Spiritual leading and guidance by Gurutej Kaur
- Private transport for the tours and transfers
- All programs, ceremonies, excursions, entrance fees and tours outlined in the itinerary
- Private Bilingual guide services
- **Meals included on the itinerary (Vegetarian Diet)**
- **Cusco/Macchu Picchu Tour** 6 Nights Double accommodation (3 Stars Superior)
- **Cusco/Macchu Picchu/Jungle Tour** 8 Nights Double accommodation (3 Stars Superior and in Iquitos at the beautiful Lodge)
- Expedition train tickets: Ollantaytambo/Machu Picchu/Ollantaytambo
- Bus tickets in Machu Picchu
- Full day City Tour in Cusco
- Transfer IN/OUT in Iquitos to the

Does Not Include

- Flight tickets from you country to Lima/Cusco/Iquitos /Lima to your country
- The flights are around \$ 240 usd round trip (lima-Iquitos-Lima)
- Airport taxes
- Meals not described on the itinerary
- Peruvian taxes

Don't forget that SPACE IS LIMITED

Double Occupancy 7 day tour \$ 2,245 before January 31, 2014
After January 31, 2014 \$2,445 (double occupancy)

Double Occupancy 10 day tour \$ 2,695 before January 31, 2014
After January 31, 2014 \$2,895 (double occupancy)

For Single Occupancy additional \$500.-

Payment Method

- Log in to www.gurutej.com via Paypal
- By check (**Please mark 12.21 Retreat**)
To: Gurutej Khalsa
Address: 1310 Carmona Ave L.A. Ca 90019

For more information/questions please contact

Gurutej by mail: gurutej@ca.rr.com by phone: 310-734-6776

Day 1: Monday, April 14 - Tipon - Rumi Qolqa



Upon your arrival to Cusco before 9am we will be waiting for you for a drive along the Southern Valley of Cusco. We will be visiting Tipon an archeological group where you can see an exceptional hydraulic system with vertical and horizontal channels over staired terrace. The water flows from underground to a fountain that distributes through the channels mentioned. It was an important agricultural production center.

The Sacred Valley, at 2700 msnm, is 600m (2,000 ft.) lower than Cusco, making it much easier to adjust to for the high altitude.

Check-in at the Valle Sagrado de los Incas Hotel
Lunch - Time at leisure for relax.

Day 2: Tuesday, April 15 - Maras – Moray

Daily Meditation and Yoga

Breakfast

In the morning we drive across a high rolling plain with magnificent views of Andean snow peaks our first stop Moray, a unique archaeological site. Moray is a place of depressions or natural gigantic holes in the surface of the area that were used to construct in its contours farming terraces or agricultural platforms with their respective irrigation canals. What calls powerfully the attention is the difference of annual average temperature between the highest areas with the bottom of the depressions, which manages to have even 15°C in the principal depression of approximately 30 meters of depth. Moray, for its climatic conditions and other characteristics, was an important center of domestication, acclimatization and hybridization of vegetable and wild plants that were modified or adapted for the human consumption.

We then continue towards the famous salt ponds of Maras. There the local people have been processing and harvesting salt for over 1000 years.



Day 3: Wednesday, April 16- Ollantaytambo and Local House Visit

Daily Meditation and Yoga

Breakfast

We leave from Urubamba to the community of Pallata located about 20 minutes above the town of Ollantaytambo, afterwards we will visit a local house where we will have the opportunity to see and learn about their living style.

Shopping time at the regional artisans market in Ollantaytambo, where we would find wonderful artists. We continue our gentle hike from the water channel to the terraces of Conchapata, and then hike all the way back to Ollantaytambo, where our private bus will be waiting for us to drive to the Hotel for Lunch. Time for relaxation.



Day 04: Thursday, April 17 - Machu Picchu



Daily Meditation and Yoga

Breakfast

Depart from the Hotel to Ollantaytambo train station to board the Vistadome train to Machu Picchu. The rail journey is one of the most spectacular in the world. The rail line follows the Urubamba River through the spectacular Canyon of Vilcanota to the Lost City of the Incas. Arrive to Aguas Calientes. We will have a 25 minute drive to visit the Sacred Center. Our expert guide will share with you the most current information and personal insights of Machu Picchu.

Lunch at Aguas Calientes

Bus to Aguas Calientes.

Check in at the Hotel

Breakfast

Bus up to Machupicchu.

Daily Meditation and Yoga

Lunch in Aguas Calientes

Board the vista dome train.

Departure train to Poroy

Arrive to Poroy

Departure in private bus to Cusco

Dinner

Overnight in Cusco



Day 6: Saturday, April 19 - Cusco



Daily Meditation and Yoga

Breakfast

Full Day City Tour in Cusco, visiting Sacsayhuaman, Quenqo, Tambomachay, Cusco Cathedral and Qrikancha Temple. Transfer to the Cusco Airport to board our flight to Juliaca.

Private Bus from Juliaca to Puno

Check in at the Taipikala Hotel.

Day 7: Sunday, April 20 to Tuesday 22 - Iquitos Amazon Jungle

3-Day Iquitos Amazon Jungle Adventure



Spend three days in the Amazon Jungle on this exciting Iquitos adventure! You'll be picked up at the Iquitos International Airport and whisked away to the Heliconia Lodge by speedboat on an approximately 1.5-hour ride. Located on the Amazon River, Heliconia Lodge is where you'll sleep and eat all your meals. Your three days in Iquitos will be busy, yet fun! Hike into the Yanamono Reserve, cruise down the Amazon River, enjoy early-morning bird

Logistics to be considered

- Arrive at **Cusco** before **9:00 am** on **Monday, April 14, 2014**. You will need to depart one day before, the connection city is Lima, Peru.
- Make sure to book your flight from Cusco to Iquitos on Sunday, April 20, before 8:00 a.m.
- Local Flights to be booked Lima/Cusco/Iquitos/Lima
- Our retreat ends on **Tuesday, April 22, 2014** after 5pm **in Iquitos**.
- If you would like to visit Cusco before or after the Retreat you can contact the travel agency

Cancelling your booking

Due to the prepayments required for accommodations, transportation, guides, materials, staff and food on behalf of each participant, cancellation must be done in writing either per mail or email according to the following policy. When cancelling before than February 15, 2014 you will have to pay 10% of the retreat fee. Later than February 15, 2014 you will have to pay 25% of the retreat fee and, later than 1 week before 75% of the retreat fee. If you cancel the booking after the start of the retreat you will have to pay full price.