



## ***YES! We're going to Peru!*** ***A yoga holiday with Neha Duseja***

***Dates*** : ***July 6<sup>th</sup> – 15<sup>th</sup> , 2024***  
***Duration*** : ***10 days – 9 nights***  
***Exploring*** : ***Lima , Puerto Maldonado (Amazon) , Cusco , Sacred Valley , Rainbow Mountain***

### ***July 6<sup>th</sup> : Arrivals into Lima***

*Pick up and transfer to hotel. Check in and relax  
Opening circle and dinner in the evening.*

### ***Holiday Inn Lima Miraflores***

***Meals: Dinner***

### ***July 7<sup>th</sup> : Explore Lima***

*Start the morning with yoga and meditation with Neha.*

*After breakfast we will proceed on a sightseeing tour of Lima . We will visit the modern and colonial parts of Lima, known as The City of Kings, starting at the districts of Miraflores and San Isidro, passing by a pre-Inca sacred place, before heading to the Historic Center. There, you will explore some of the most historically important streets of the city, leading to the Plaza de Armas, enjoying the amazing colonial architecture that surrounds it. Then you will visit the impressive Convent of Santo Domingo, an astonishing building in colonial style. After exploring the Historical Center, you will head towards modern Miraflores to make a stop at the Parque del Amor, from where you can get beautiful views of the Lima Bay area.*

*We will be back for lunch at the hotel and followed by a relaxed afternoon.  
In the evening we will head out for dinner.*

### ***Holiday Inn Lima Miraflores***

***Meals: breakfast, lunch, dinner***

### ***July 8<sup>th</sup> : Departure to Puerto Maldonado***

*After breakfast head to the airport for our flight to Puerto Maldonado.*

*On arrival receive and transfer to hotel for check in, relax and join the activities.*



### *What to expect at the resort*

- *Arriving in Puerto Maldonado, capital of Madre de Dios, join the transfer of 1 hour by bus and 1 hour by boat to the lodge. Your first tasting of our Amazonian cuisine will be during the boat trip, while you leave the city behind and enjoy the incredible landscapes during the tour.*
- *A charming refuge in the middle of a chestnut forest, with a bar, massage room, and dining room service. With the Tambopata National Reserve behind him. This eco-hostel is the headquarters of Wired Amazon, the first citizen science project to turn its guests into citizen scientists.*
- *What is included in the Accommodation? – A 45 m2 room, with mosquito nets over the beds, a private bathroom, and a window open to the forest, which maximizes contact with nature.*
- *What is included during your stay? – Three daily meals, teas, coffee, activities and guided excursions, welcome drink upon arrival.*
- *A half-hour walk from the hotel takes us to the 35-meter-high canopy tower, a staircase with railings will provide us with safe access to the top of the tower, from which we can contemplate the impressive forest of the National Reserve of Tambopata. From the top, it is also possible to see different species of birds such as toucans, macaws, raptors among other species.*
- *You will have the option of taking a night walk through the jungle when most of the mammals are active but difficult to see. Easier to find are frogs with shapes and sounds as strange as their natural stories.*



### **Rainforest Refugio Amazonas Lodge**

**Meals: breakfast, lunch, dinner**



### **July 9th : Puerto Maldonado**

*Start the morning with Yoga and meditation in Nature.*

*After breakfast we will explore the forest. Dozens of large macaws and hundreds of parrots congregate on this large riverbank in a raucous and colourful spectacle that inspired a National Geographic cover story. Discretely located fifty meters from the cliff, we will observe Green-winged, Scarlet, and Blue-and-gold Macaws and several species of smaller parrots descend to ingest clay. Outings are at dawn when the lick is most active.*



*We will navigate around Lake Condénado, looking for wildlife such as the hoatzin or Shansho, who is said to be a pre-historic bird! Alligators, Martin fishermen among other species, if we are lucky we will be able to observe a family of otters that inhabit its waters and are difficult to see. You will be able to discover the difference between the ecosystem of a lake and a river and who knows, maybe you will be rewarded with macaws flying over the treetops.*

*A visit to the organic farm of our dear neighbor Don Manuel, located just five minutes by river from the hostel, will show you the various crops typical of the area and you will be surprised with fruits that you did not know!*

### **Rainforest Refugio Amazonas Lodge**

**Meals: breakfast, lunch, dinner**

### **July 10th : Departure to Sacred Valley**

*Start the day with Yoga and meditation with Neha*

*After Breakfast we will leave for the airport to take our flight to Cusco.*

*Upon arrival, you will be assisted at the airport and transferred to the hotel.*

*Enroute to the resort we will stop at an Alpaca farm. Check in at hotel and relax .*





**Overnight : Casa Andina Premium Valle Sagrado Hotel y Villas**  
**Meals: breakfast, box lunch, dinner**

**July 11<sup>th</sup> : Explore Sacred Valley : Misminay & Ollanta**

*Early morning Yoga and Meditation with Neha .*

*After breakfast we leave to explore Sacred Valley: Misminay & Ollanta. We will head to the Raqchi viewpoint, from where you will have an impressive view of the Sacred Valley. Then, you will visit the Misminay community, where the residents will give you a warm welcome with music and typical dances. There, you will participate in one of the community's traditional activities along with some residents. Afterwards, you will enjoy a delicious lunch prepared with local products. At the end of your meal, you will head to the town of Ollantaytambo, where you will find one of the most representative architectural complexes of the ancient Inca Empire and one of the few places where the Spanish conquerors lost an important battle. You will tour the town, visit the ruins and see the Inca's wonderful architectural work. Before leaving, you will stop at the traditional town market, where you will have the opportunity to buy some local handicrafts. Return for dinner at the hotel.*



**Casa Andina Premium Valle Sagrado Hotel y Villas**  
**Meals: breakfast, lunch, dinner**



### **July 12<sup>th</sup> : Machupicchu**

*Start the morning with Yoga and meditation with Neha*

*After breakfast transfer from hotel to Ollanta station to catch the Machu Picchu Vistadome trains. You will visit one of the most important tourist destinations in the world: Machu Picchu. Your excursion starts aboard a train towards the town of Aguas Calientes, also known as Machu Picchu Pueblo. The natural beauty of the surroundings makes the train ride the best way to start your visit. Once you arrive, you will begin the ascent to the ruins. This visit will, without a doubt, be one of your most memorable experiences. After you reach the top, you will take a tour of Machu Picchu, learning the history and mysteries of one of the Seven Wonders of the World. And, with amazing sceneries all around, you will surely have more than one spectacular photo-op. Then, it's back to Aguas Calientes. Lunch at a local restaurant.*

*Finally, you will board the train for the return journey.*

**Novotel**

**Meals: breakfast, lunch, dinner**

### **July 13 : Cusco**

*Morning Yoga and meditation with Neha .*

*After breakfast we will visit the city of Cusco, also known as the Imperial City and declared a World Heritage Site by UNESCO. You will start your tour at the Koricancha Temple, an ancient Inca palace and cult center of the Sun God, above which the order of the Dominicans built a church, which remains standing to this day. Then, you will visit the Plaza de Armas, where you will visit the Cathedral, the most important temple in the city. Continue ascending to the Fortress of Sacsayhuaman, an impressive example of Inca military architecture. Afterwards, you will visit Kenko, an archaeological site where the Sun, Moon and Stars were celebrated. Continue with a visit to Puca-Pucara, place that would have served as "tambo" or resting place and lodging of the Inca. Finally, you will be transferred to your hotel.*

*In the evening we will leave to pay our offerings to Mother earth / A ritual with the Shaman. We will head to Llaullipata National Park, where you will participate in a traditional payment ceremony to Mother Earth. In this beautiful place, you will be in touch with nature and have the perfect setting to perform your ritual. The rite of payment to the land is an ancestral tradition of the Peruvian Andes and is based on reciprocity, giving an offering to Pachamama as a thank you for her blessings. At the end of the*



*At the end of the*



*ceremony, you will enjoy a traditional cherry punch and bread roll while appreciating the beauty that surrounds you.*

**Novotel**

**Meals: Breakfast, lunch, dinner**

### **July 14<sup>th</sup> : Hike to rainbow mountain**

*You will leave your hotel in Cusco early in the morning, crossing the South Valley, towards Cusipata. From there, you will be transferred to Phulawasipata where you will begin your walk. After some time to prepare, you will start with the ascending route to Vinicunca, the Rainbow Mountain. The place will amaze you with its vivid colors and natural beauty. There, you will have time to take photos and fill yourself with the energy of the place. At the end of this visit, you will walk back to the starting point. Finally, you will be taken back to your hotel in Cusco.*

*Total walking distance: 10 km*

*Minimum height: 4652 m.a.s.l.*

*Maximum height: 5,020 m.a.s.l.*

*Walking hours: 3.5 hours*

*Degree of Difficulty : 3 to 5*

**Novotel**

**Meals : Breakfast , Lunch & Dinner**

### **July 15<sup>th</sup> : Day of Return to Lima**

*Start the morning with yoga and meditation with Neha.*

*After Breakfast we leave for the airport in time for our flight to Lima. On arrival you will be transferred to the airport to catch your flight back to Dubai.*

**END OF RETREAT**



**Investment for the experience – 10 days & 9 nights (all inclusive)**

Double / Twin Occupancy: USD 3335/- per person

Single room supplement: USD 720/-

**Domestic Flights (booking will be made by us)**

LATAM AIRLINES - Airfare : USD 420/- per person ( for 3 flights )

8<sup>th</sup> July : LIM – PEH : 6.30 am – 8.10 am

10<sup>th</sup> July : PEM – CUZ / 1250 pm – 2.15 pm

15<sup>th</sup> July : CUZ – LIM / 12.30 PM – 15.50

**\*Subject to change if booked late\***

**Recommended Flights from Dubai ( to be booked individually)**

Airlines: KLM

6<sup>th</sup> July: Dubai – Lima

12.55am -3.25 pm

15<sup>th</sup> July: Lima – Dubai

5.30 pm – 11.00 pm

**Inclusions in the package**

- Yoga and meditation with Neha
- Accommodation as mentioned for 9 nights and 10 days in shared or single occupancy as reserved by you.
- All meals as mentioned in the itinerary above.
- Train Tickets to Machu Picchu
- Airport transfers in all cities as mentioned above.
- All transportation for tours
- All excursions as mentioned above
- Entrance fees and tourist ticket costs to all sites.
- Excursions come with a guide in the English language.
- All hikes & Treks listed.
- Shaman Visit & ceremony

**Exclusions in the package**

- Early check-in, late check-out.
- Hotel extras and personal expenses.
- Domestic and international airfare.
- Tips for guides, drivers, and waitresses.
- Insurance
- Visa costs





*Please note that we have only 12 slots available for this retreat. It will be on a first come first serve basis.*

*When making your reservation do email us*

- 1. Copy of your passport.*
- 2. Your Contact Number*
- 3. Any dietary restrictions that you may have.*
- 4. Choice of occupancy.*

*To confirm your spot, you will need to make a deposit of USD 1000/-. The balance can be paid later.*

*Please do use the conversion of 3.7AED as requested by the hotels.*

*Payments need to be made to the given bank details.*

*Name: SCE TECHNOLOGIES FZE*

*Account No.: 0352538961001*

*IBAN No: AE580400000352538961001*

*Bank Name: RAKBANK*

*Swift Code: NRAKAEAK*

*Once the payment has been made do mail us at [sophia@sugarcaneelephants.com](mailto:sophia@sugarcaneelephants.com) or drop a message to 050.1050125 -Sophia; so the payment can be tracked against your reservation.*