

FROM MOUNTAIN TO SEA

“
YOUR SPIRITUAL
PILGRIMAGE TO PERU
”



| Sacred Valley
Machu Picchu &
Máncora Beach



MATTHEW LAMBIE
Divine Masculine Yogi



RENE' HEIDEN
Cosmic Shaman

JUNE 7th, 2024:

“Welcome, Everyone”



- We welcome you as you arrive at the **Casa Andina Catedral** Hotel, adjacent the town square, center of the historic city of Cusco
- Taking our first experiences gently as to acclimate to the altitude and adjust for the adventures ahead in the Sacred Valley. If you arrive early in the day, a walk through the beautiful cobblestone streets of this UNESCO heritage city or a seat in a cafe for a bite and coffee or dinner depending upon your arrival time, or maybe even a nap in the hotel, for it can be a long flight to Peru.
- If some guests are arriving prior to 6pm, please join Rene' & Matthew for casual walking introduction to the streets of the old town Cusco
- Later that night, we'll gather with our fellow retreat members and with our guide, Ulysses for a friendly and informative Meet and Greet & then early to bed...the journey has begun!!

JUNE 8th, 2024:

Off to the Valley!



- Enjoy a **beautiful breakfast buffet** at the hotel
- 7:45 a.m. We'll meet in the lobby with bags packed (you will be able to leave a large bag at the hotel, and shift to a two day bag, if you wish) as together we **head into the Sacred Valley**
- Bus Departure for **Ollantaytambo** (Old Inca Trail Town)
- We will tour the ancient temple in Ollantaytambo, this will begin to set the stage as we go back in time to the **Ancient Incan traditions** and consciousness.
- Walk around the town and enjoy a bit of cultural shopping, or grab a few snack items before we board our train to **Aguas Calientes** at the the foot of Machu Picchu
- Check into the hotel and we'll enjoy dinner together at a local restaurant
- Head back to the hotel to relax. All rooms have beautiful baths and showers. Relax the body and spirit with a beautiful warm bath to prepare for your sacred experience at dawn on Machu Picchu.

Day

2

JUNE 9th, 2024:

Morning at Machu Picchu



- 5:00 AM Early... very early... **breakfast buffet** at the hotel
- 5:45 AM Meet in the lobby with bags, of which we will keep locked at the hotel, as we board the shuttle to the top of the mountain to one of the most sacred sites in the world...Machu Picchu!! **Get your hikers on!**
- **Incan Sunrise Prayer & Coca Ceremony** as a group
- **Late Lunch - in Aguas Calientes** along the river gorge, gather bags and then board train back to Ollantaytambo
- Van gathers us at the station to take us on the second portion of our journey **through the Sacred Valley** seeing more sacred sites, mountain vistas, original peoples...and more!
- Check into **Hotel in Pisac** and enjoy a traditional Peruvian dinner together

JUNE 10th & 11th, 2024:

2 Days within the Sacred of the Valley

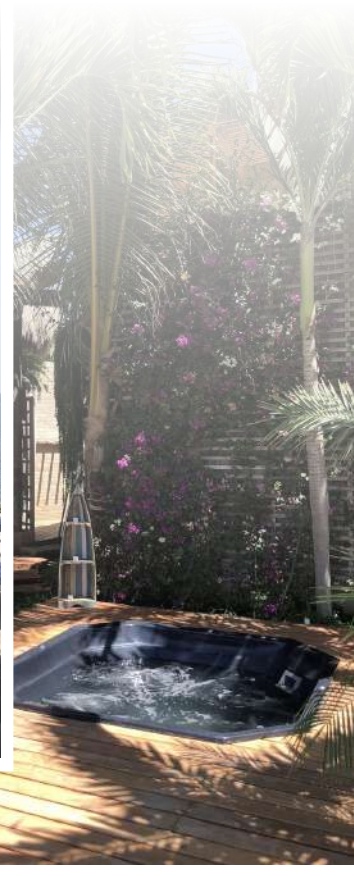


- Enjoy a breakfast at your hotel on the 10th and 11th before we gather to travel by van to the sacred sites of the valley
- Naupa Iglesia, ancient salt mines of Maras, Moray and its agricultural development, mountain ceremony and despacho...and more!!
- There will be ample opportunity to peruse the textile markets and shaman shops of Pisac over the course of the two days in the valley, so bring plenty of room in your suitcase for plenty of alpaca and spiritual medicine.
- Midday on the 11th we will return to Cusco and check into our original hotel.
- The rest of the dayfree to explore, museums, shop some more
- Ulysses will be available for a quick evening tour of Sacsamawan, just above the city of Cusco
- *Dinner not included, a list of recommended restaurants will be provided

4 Day
&
5 Day

JUNE 12th, 2024:

Mancora, Here We Come!!



- Enjoy a early breakfast buffet at the hotel
- 6:00 AM Leave for the airport
- Flights to Mancora and go-mins shuttle drive to the beautiful beach house
- Settle in, lunch, walk the beach & relax.....
- Sunset Meditation & Yoga
- Cosmic Shamanism & Preparation for SanPedro Ceremony
- Dinner
- Swim and enjoy the ocean....consciously relax & lovingly breathe to connect to all things

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6
Day

JUNE 13th, 2024:

Sacred Heart Healing



- Meditation & Tea....gentle breath and yoga
- SanPedro at Sea....healing the heart with nature, connecting to our own nature, and bringing expanded love to nature and to our soul's journey ahead
- Enjoy a collective dinner and sunset together
- Reset....respite....relax....be free
- Night sky readings with Rene'

Day

7

JUNE 14th & 15th, 2024:

Integration and Feeling Free



- Morning yoga, meditation and somatic integration
- Meals at the house
- Private Integration with Matthew & Rene'
- Surfing. Beach walking. Relaxing. Writing. Investing in new friendships.
- Swimming with sea turtles or riding horses on the beach (fees not included)
- Get a tuk tuk to go into the town of Mancora
- Night sky readings with Rene'



JUNE 16th, 2024:

Not Good-bye.... See You Soul Soon



- Enjoy the sunrise with yoga, meditation and integration
- Breakfast and beach walk and packed snacks/lunch
- Shuttle will pick us for Airport early afternoon

Day
10

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SOUL LOVE & LIGHT