

Yoga and Meditation in the Sacred Places of Peru

July 10th – 20th, 2008

Sponsored by: The ACEER Foundation, and
West Chester University of PA

Day 1 **USA/LIMA**
July 10th
Thursday

Travel to Lima. We will **arrive in Lima around 10:30 pm and will transfer to the Hotel Bolivar.**

Meals in flight
Overnight in Lima at Bolivar Hotel

Day 2 **LIMA/PUERTO MALDONADO/RESERVA AMAZONICA**
July 11th
Friday

After breakfast we **transfer to the airport** where we will board a **plane to Puerto Maldonado** via Cusco. Greetings upon arrival in Puerto Maldonado by Inkaterra. Once in Puerto Maldonado we will travel by bus to visit the local market. Afterwards we transfer to the docks for a 1 hour boat ride to ACEER-Tambopata-Inkaterra (ATI).

ATI is located on a 340-hectare private reserve that joins the Tambopata Reserve and Lake Sandoval. After check in and lunch, we will begin the tour at the Interpretation Center. Here we will view a new exhibit: Madre de Dios; A River of Change designed and constructed in part by the National Geographic Society and the ACEER. The exhibit, composed of 9 stations will provide an orientation to the site and region. The introduction culminates with the visitor walking on a satellite image (to scale) of the area's beautiful sites. We will take a walking tour of the Medicinal Plant Gardens focusing on some medicinal plants. The afternoon session will conclude with the Bath of Tranquility Ceremony in the medicinal plant gardens.

We will do a Walking Meditation before dinner. Gathering after dinner to connect on our impressions so far.

Breakfast – Bolivar Hotel
Lunch and Dinner - ATI
Overnight – ATI

Day 3
July 12th
Saturday

ACEER-TAMBOPATA AT INKATERRA (ATI)

After breakfast we hike to Lake Sandoval, an oxbow lake known for its concentration of birds and butterflies, and home of the endangered giant river otter. Wildlife viewing will include a wide variety of birds, turtles, caimans and monkeys. The lake is surrounded on three sides by marsh palms. You will see that many macaws make their nests in the trunks of these trees, and the fruits are used to flavor ice cream. There will be a meditation on the lake before leaving.

After our hike back to ACEER-Tambopata-Inkaterra (ATI) for lunch, there will be time for relaxation, before our boat ride to Reserva Amazonica to visit the Canopy Walkway to explore the "roof of the rainforest."

Yoga at the river before breakfast. There will be yoga and meditation before dinner if there is time.

Breakfast, Lunch, and Dinner – ATI
Overnight – ATI

Day 4
July 13th
Sunday

PUERTO MALDONAD / CUSCO / SACRED VALLEY

Following breakfast a boat ride takes us back to Puerto Maldonado where we will board a bus to the airport for our **flight to Cusco. We should arrive in Cusco around 12:00 noon.**

Our guide awaits us at the airport to take us by bus to the Sacred Valley. Along the way we will stop to visit the Center for Traditional Textiles of Cusco, a non-profit organization aiding the survival of Incan textile traditions. After the demonstration at the Center, we make our way by bus out of the city and into the historic Urubamba Valley. We will see small town life in the Andes, and then continue to our hotel in the Inca town of Yucay.

Yoga at the River before breakfast. Before dinner, time with our guide, and a discussion on Inca Spirituality and customs.

Breakfast – ATI
Lunch – box lunch on the way
Dinner at Casona Yucay
Overnight at Casona Yucay.

Day 5
July 14th
Monday

YUCAY

Bus and guide remains with the group the entire time in the Sacred Valley. Morning hike at Pisac and visit to ruins. Afternoon: free time to explore Yucay.

Yoga and meditation before breakfast. Meditation before dinner. After dinner, time to share Insights.

Breakfast, lunch, dinner – Casona Yucay
Overnight at Casona Yucay

Day 6
July 15th
Tuesday

YUCAY

The day is spent in the Sacred Valley. **Morning hike with guide in the Sacred Valley to the salt mines, and a visit to explore Ollantaytambo – bus and guide needed.** After Lunch, time to relax in Yucay.

Yoga and Meditation before breakfast. Afternoon spent as free time to explore, write in journals. Yoga & Meditation before dinner.

Breakfast, dinner – Casona Yucay
Lunch - Ollantaytambo
Overnight at Casona Yucay

Day 7
July 16th
Wednesday

SACRED VALLEY TO MACHU PICCHU

After breakfast, we leave the hotel for the train station where we **board the train for Machu Picchu.** After the hour and a half ride, we reach Aguas Calientes Village (Machu Picchu.) After an early lunch, we will spend the rest of the **day at Machu Picchu with a guide.** The topography, geology, and hydrology of the site create nine life zones, and create a wide diversity of flora and fauna species. Upon Return from the ruins you have the opportunity to visit the hot springs.

Yoga and mediation at the ruins.

Breakfast - Casona Yucay
Lunch – Pizza Place in Aguas Calientes
Dinner – local restaurant in Aguas Calientes
Overnight – Machu Picchu Inn

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Total Cost: \$4291 all inclusive from Philadelphia (international air, hotels, food, transportation, guide service) Deposit of \$500 and registration forms are due by April 6th, 2008. Final payment for the remaining cost is due May 6th, 2008. Mail checks to:

The ACEER Foundation
P. O. Box 2549
West Chester, PA 19383

For West Chester University students – WCU will pre-pay the workshop travel costs. Set up a payment plan through the Bursar's Office. Credit is also available for this workshop, contact Dr. Roger Mustalish for a syllabus.