

Travel Program

Sacred Valley

Week 1

Day 1 — Cusco → Sacred Valley

Soft landing · First Andean breaths.
Gentle discovery of Cusco, its alleys, its colors.
Drive to the Sacred Valley at sunset.
Arrival and calm evening.

Day 2 — Opening

Opening circle · Resonating gong.
Strolling through the village of Pisac · Crafts & smiles.
Fire and stars evening.

Day 3 — Yoga & Pisac

Morning yoga.
Hike up to Pisac · Ancient stones & panoramic views.
Free afternoon.

Day 4 — Moray · Maras · Salt Mines

Journey into the heart of the Andes: Moray, Maras, shimmering Salinas.
Vegetarian lunch break.
Gentle return home.

Day 5 — Nature & Cacao

Nature walk · Forests, rivers, silence.
Ceramics workshop with a local community.
Cacao ceremony · Voices rising.

Day 6 — Hot Springs

Road trip to the highlands.
Thermal baths · Body unwinding.
Return under a peaceful sky.

Day 7 — Integration

Light brunch · Time for yourself.
Preparation for the medicine.
Soft outdoor evening.

Week 2

Day 8 — Kirtan & Hike

Morning kirtan · Cacao warming the heart.
Peaceful hike · Panoramic view.
Quiet evening.

Day 9 — Chinchero & Poc-Poc

Red lands of Chinchero.
Trail to Urquillos · Poc-Poc waterfall.
Sauna & dinner.

Day 10 — Huachuma

Yoga & juice.
Kinscocha hike · Medicine path.
Sharing with an Andean family.

Day 11 — Workshop & Temazcal

Inner exploration · Connection's Workshop .
Temazcal · Heat, prayer, purification.
Night fire.

Day 12 — Wool & Sirenachayoc

Traditional weaving · Hands that transmit.
Hike to Sirenachayoc · Shared chanting.
Quiet night.

Day 13 — Return & Cusco

Exploring Uchuyqosqo.
Drive to Cusco · Gentle transition.
Free dinner.

Day 14 — Rainbow Mountain

Departure at dawn.
Mineral colors · Short breath, full soul.
Return at the end of the day.

Day 15 — Departure

Goodbye Sacred Valley.
Full heart · Flight toward what comes next.

Practical Notes & Options

Accommodation: guesthouses, homestays, small hotels (private or shared, depending on your preference).

Meals: 2 meals or 3 meals per day included (breakfast + lunch and/or dinner depending on the day). Local cuisine, fresh ingredients, often organic/local.

Included transportation: transfers, taxis, or private bus depending on the group. International flight not included.

Included activities: yoga (morning or evening depending on the day), meditation, group breathwork, cultural workshops, visits and hikes as described. Massages and individual treatments available à la carte (not included).

Level: accessible to everyone. Varied but adaptable walks, yoga practices tailored to all levels.

Estimated price: €1,500–€1,700 depending on accommodation choices and options. Final price to be confirmed.

Payment / booking: pre-booking by private message to Marie-Emmanuelle; initial deposit €250.