

MUNAY

Step into Love

Peru

June 8th - 15th, 2024

"Munay" is a Quechua word that implies an action, the power of love. There is no exact translation in Western terms, in that it goes deeper than unconditional love. The energy of Munay is located at the heart center. To walk in Munay is to walk in the power of love; living the path of Love.

Disconnect from daily life and re-connect with mother Earth, and through her, step into your own nature, the Love within. The time spent here is an opportunity to change perspective, to see more clearly that our purpose in life is bigger, yet simpler, than what we think.

We will spend time by the water, feeling the sand under our feet, the sun on our skin, and the breeze on our faces. We will move to the mountains, where their powerful energy will help ground us. The crisp air will infuse our bodies with fresh life as we take the chance to let our guard down and open up to a more connected way of life.

We will begin our journey in the Peruvian northern beaches of Mancora, in an oceanfront luxury boutique hotel - Kichic - where we will enjoy delicious yoga practice, sustained by the calming sound of the ocean. The move on to the Andes, in the Sacred Valley, where we stay at another curated boutique hotel, Andenia. We spend our last day in the city of Cusco, staying at Palacio del Inka, a hotel of Marriott's Luxury Collection. All along we will nourish our bodies with nutrient rich, fresh, clean foods prepared especially for us.

RETREAT ACTIVITIES

Private Yacht Excursion with chef on board

One Bodywork session (by Shaman)

Cooking Workshop

Dance / Embodied Movement Workshop (by Anahi)

Cinema by the pool night Daily Yoga

Daily Pranayama & Meditation

Guided Inca Site Visits:

Huchuy Qosqo (half day hike)

Maras Salt Mines

Moray, the Inca Agricultural Lab

Sacsayhuaman

Visit to the market of Pisac Cacao Ceremony + Kirtan

Soundbath at local Yoga Shala

Star Gazing Guided Tour (Inca Cosmology)

Included:

- * 3 Daily meals: breakfast, lunch, and dinner
- * Daily non alcoholic beverages
- * All transfers, Lima-Mancora-Cuzco-Lima
- * 8 Days - 7 Nights lodging at luxury boutique hotels, all rooms are shared
- * All ground transportation to and from airports and retreat visits
- * All ceremonies, therapies, yoga classes, and activities that are part of the program

Not Included:

Alcoholic beverages, extra meals and/or snacks, room service, spa services, phone calls, additional transport not part of the program, air fare US-Lima-US, anything else not mentioned in the "included" section above.

**Airlines to consider: Latam, AA, Avianca, Copa, Sky. Flights can be purchased for an average of \$500 - the sooner you buy the better.

Early Bird Rate: \$4,399 - Paid in full by February 29th** (Reserve with Non-Refundable \$1,000 Deposit, balance paid by February 29th)

Regular Rate After February 29th: \$4,750**

Payment Plan: Reserve your spot with Non Refundable

\$1,000 non-refundable deposit + \$3750 balance in monthly installments. All balance must be fully paid by April 30th 2024.

Additional Information:

The group travels together. Any missed transfers will be the responsibility of the participant. Participants are encouraged to purchase travel insurance, both for health needs or missed flights or lost luggage, lost passports/documents or any other mishaps.

To reserve your spot now with deposit, click [here](#).

Cancelation Policy: Deposit of \$1000 is NON REFUNDABLE (NO EXCEPTIONS).