

# Renovate Your Heart

## Journey To Peru

OCTOBER 1-10 2010



*Join Renee Baribeau,  
The Practical Shaman  
on this Sacred Journey.  
Explore the magic of Peru  
on this life-changing experience  
where you will come back into  
balance in body, mind and spirit.*

Our group (limited to ten) will visit various temples, sacred sites, and meet with weavers and other local artisans. You will have the opportunity to participate in a traditional Despacho Ceremony with local Medicine People.

This is the spring (dry season) in Peru. The trip will include a four-day hiking exploration to Machu Picchu. We will spend the beginning of the trip becoming acclimated to the elevation by touring the colorful and ancient city of Cuzco and the Sacred Valley. On day four we will begin our journey accompanied by guides, porters and pack mules as we begin our ascent along the lush terrain of the mountain. We will travel by foot to Machu Picchu by way of Salkantay, one of the sacred majestic and holy mountains in the region which has been referred to as the Untamed Feminine. After arriving at our destination, we will relax and rejuvenate at the Luxurious Machu Picchu Sanctuary Lodge, the only hotel, located adjacent to the ancient citadel of Machu Picchu.

### ABOUT YOUR TOUR GUIDE

Renee has been to Peru four times and has hiked several peaks including Salkantay, Ausungate, Machu Picchu and Huayna Picchu. She has integrated the rites of passage given to her by the local Quero Indians into practical everyday tools for living. Her authentic love and familiarity for these mountains and people will help you acclimate and immerse yourself easily into the flow of this heart-warming community and culture. Along the way, she will be working with the group to open your vision and your hearts. She will encourage you to integrate this experience into your every day life. You will leave Peru with a new vision and an enlightened heart.

**Day 01**  
Group meets in Cuzco  
Time to adjust to the altitude.  
PM: Walking City Tour.  
Overnight in Cuzco

**Day 02**  
Ollantaytambo and Weavers.  
Overnight at Willka T'ika

**Day 03**  
Pisac Temple and Market.  
Overnight at Willka T'ika

**Day 04**  
Salkantay Trek: To Soraypampa.  
Overnight Camp

**Day 05**  
Soraypampa / Rayan-Niyoc Or Chaulay.  
Overnight Camp

**Day 06**  
Rayan-Niyoc Or Chaulay / La Playa.  
Overnight Camp

**Day 07**  
La Playa / Aguas Calientes.  
Overnight The Sanctuary Lodge  
Massages - Dinner

**Day 08**  
AM: Visit Machu Picchu.  
PM: Luxury Train to Ollantaytambo  
Overnight in Cuzco

**Day 9**  
AM: Altars: Sacsayhuaman,  
Tambomachay, Qenko, Puca Pucara.  
Closing Dinner. Overnight in Cuzco

**Day 10**  
Fly to Lima to connect with  
your international flight home.

**Price per person in US dollars for the 10 Day / 9 night program:**  
**Double Occupancy: \$3700. Single Supplement: Add: \$880.00**

all that is mentioned in the program above, one arrival and one departure transfer on the day of arrival and departure, 4 star hotels for 7 nights, including Cuzco, Willka T'ika and one night at Sanctuary Lodge just steps away from the entrance of Machu Picchu, 3 nights camping in tents, full board during the trek journey, private bus transportation to Mollepata (Soraypampa), horses to carry 22 pounds per passenger, cooks, tents, 1 Day Entrance fee to Machu Picchu, Luxury Hingham Bingham Train return to Cuzco, other entrance fees to archaeological sites, specialized guides, first aid, etc.

Reserve your spot today. 760-773-5870 • [Renee@deserthealingarts.com](mailto:Renee@deserthealingarts.com)

More information: [ThePracticalShaman.com](http://ThePracticalShaman.com)