

From: "Eman Moss"

To: "undisclosed recipients:" <@>

Subject: Simbiosis Planet - Explorers Journey 19th - 30th March 2010

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Pls forward on to friends, family and fellow adventure travellers!

Many Thanks

Emanuelle :)

~Welcome to Simbiosis Planet!

For the discerning traveller in search of adventure and insight into the mind, body, spirit connection.

We invite you to join us in an 11 Day Retreat in the Peruvian Amazon and Cusco & Machu Picchu for journeys incorporating:-

***Adventure**

***Yoga**

***Shamanic Healing**

***Relaxation**

We offer a choice of Two Journeys;

***10 Day Amazon Rainforest Journey - <http://www.simbiosisplanet.org> to view itinerary & journey video**
or

***12 Day Explorers Journey - Amazon & Cusco/ Machu Picchu - (See below Itinerary - video available on website)**

The Journeys aim is for individuals to rediscover balance and harmony within their physical and energy bodies through yoga and shamanic healing and adventure the magical sites of Peru!

Shamanism is a tradition that is centuries old and dates back to our indigenous ancestors.

~'Ayahuasca' is considered the 'Mother of all Medicines' (see following link for info on ayahuasca -

<http://simbiosisplanet.org/shamanism/>) by many of the indigenous shamans of the Amazon. It is a purification process that reaches deep into the subconscious mind and energy body, removing emotional blockages, resulting in new insights and life awareness. Many participants come away with life altering experiences.

~Imagine learning to live with one foot in this world and one foot in the next.

~Imagine travelling to many worlds beyond this one and returning to tell the tale.

~Imagine fully experiencing and developing deep respect and connection with the infinite power of Spirit.

~Yoga helps develop core strength, with a stronger core and increased flexibility and strength you are more likely to 'stand tall'. The physical poses called 'asanas' stretch your muscles, releasing the lactic acid that builds up causing stiffness and fatigue, increasing the range of motion in the joints.

The outcome is a sense of ease and fluidity throughout the body, inducing calmness and tranquility.

~'Pranayama' is a series of breathing techniques which increases vital energy and inducing physical and mental relaxation.

[EXPLORERS JOURNEY - 11 DAY RETREAT](#) - 19th - 30th March 2010

AMAZON 7 Days & CUSCO/ MACHU PICCHU 5 Days

£2,300 GBP (\$3,760 USD)

Food and board all inclusive. Flights not included.

ITINERARY

* **Arrival** - From Lima -Peru you will catch a domestic flight to Iquitos, where you will be met by staff at the airport (morning arrivals are recommended). After breakfast in Iquitos you will be taken upriver by boat to *the Refugio Altiplano*' (Spanish for *High Refuge*), where you will stay in a modern private maluka or tree house. All have bathrooms and are fully screened. Spend the rest of the day settling in.

* **Lunch** at the Refugio.

* **Evening** 'Ayahuasca' ceremony.

Days 2 - 7 Mornings begin with a fresh fruit platter and herbal tea that is served at your house.

9am Pranayama - a series of breathing techniques which stimulate and increase vital energy, inducing physical and mental relaxation.

10.30am Breakfast - in the main building

Daily Activities - You have a choice of various activities to choose from daily;
(Excursion on Day 4)

* **Trek through the jungle with a guide**

* **Kayaking**

* **Bird watching** - The Refugio also has an observation deck above one of the ponds where you can observe the animals come to drink.

* **Visit the botanical gardens with over 500 plant varieties.**

* **Visit the lagoon or swim in the river - if you are lucky you catch sight of a pink dolphin!**

* **Contemplate in your hammock with a good book, overlooking spectacular views of the Amazon.**

* **A sweat lodge is also available for those wanting to relax and assist their body to purge toxins.**

2pm Lunch in the main building

17.30pm Iyengar Yoga - Suitable for all levels. Remember to bring your own yoga mat and comfortable clothing to move and stretch in (leggings and/or shorts and T-shirts & vest are suitable.)

20.30pm Ayahuasca ceremony commences

Day 4 - A day excursion sightseeing, visiting an authentic indigenous tribe, a butterfly conservatory and medicinal plant market.

***Lunch** at a local restaurant for a traditional Peruvian meal. Back to the Refugio.

* *Guests are welcome to explore the nearby town of Tamishakyu to interact with the locals, purchase artisanal crafts or local paintings.*

Day 7 - Morning Departure from the Amazon. Catching a domestic flight from Iquitos to Cusco. Short transfer to 3* hotel (luxury Boutique hotel is available at an extra cost) and make our way to an old Inca ruin '*Sacsayhuaman*', which translates to '*Decorated head of the Puma*' - the ruling Palace of the Incas, where the living God directed people from it's temple. Spend the rest of the day visiting Cusco city around the colonial *Plaza de Armas*, the Cathedral and the *Temple of the Sun*, '*Koricancha*'.

Evening - Dinner and overnight in Cusco.

Day 8 - Morning - Free to visit the local town and handicraft shops.

Midday - We invite you to participate in an optional '*San Pedro*' ceremony next to 'The Temple of the Moon' in

the mountains overlooking Cusco. (see shamanism on our website for more info on San Pedro).

Day 9 - Morning - Sacred Valley Tour - We take a private bus to *'The Sacred Valley'*. *'Pisac'* is situated 31km from Cusco, we follow an ancient trail stopping for kodac moments, we will visit a most colourful scene the *'Pisac market'*. Drive to *'Ollantaytambo'*, it is an Inca town situated 76km from Cusco. Hike to the Inca Temples and visit smaller sites in the surroundings.

Midday - From Ollantaytambo station, we will board the Vista Dome train to *'Agua Calientes'* (Spanish for Hot Waters)- with the best views through the canyon seeing magnificent Inca sites, snow capped mountains and the tropical forest spectacular.

* Transfer to 3 *star hotel with private bathrooms, free afternoon to visit the city hotsprings for revitalizing baths, explore the markets, request a trek to a waterfall.

Evening - 6.30pm briefing with a specialist tour guide at the hotel reception for the following day journey to *'Machu Picchu'*.

Day 10 - Morning (early rise) - Travel by bus up to *Machu Picchu* with tour guide to capture the sunrise and more kodac moments of the spectacular views of Machu Picchu (an early rise is recommended to miss the crowds). Guided tour of the sacred sites, free time to explore the city.

Midday - Lunch meeting point and 4pm return to Ollantaytambo via the Vista Dome train.

* Private bus transfer back to Cusco, arriving back at 7pm.

Evening - Farewell dinner.

Day 11 - Transfer to the airport and flight back to Lima.

<http://www.simbiosisplanet.org> or email us at info@simbiosisplanet.org