

PERU-MACHU PICCHU

1 - 10 SEPTEMBER PLUS 10-14 SEPTEMBER TO AMAZON



Trip of a Lifetime

Peru -Machu Picchu (1-10 Sept 2012)

\$2950 shared occupancy (includes airfare from Lima-Cusco)

Payment Options: Pay in full at time of registration and pay by check to receive 5% discount. Sign-up with a friend to receive an additional \$200 off. Or, break payment up into two or three payments. Balance due by June 1st.

Late registrations accepted, but please check with JJ or Laura first.

A limited amount of Single/Private rooms available for an extra charge.

Add-on Excursion to Amazon (10-14 Sept)

\$1250 shared occupancy (includes airfare from Lima to Amazon)

Sorry no discounts available for this excursion. Full payment for excursion due by June 1st.

International airfare is not included (please book flights in/out of Lima, Peru). All meals are included as well as water, tea or coffee with provided meals. Airport and local transfers are included. Passport must be valid at least through 31 March 2013 and contain at least one totally blank page. Travel & Health Insurance recommended. Detailed itinerary sent upon request or with registration.

To register or for more information or questions please contact

Laura Vanderberg:
lvanderberg@bresnan.net or

JJ Gormley:
yoginijj@yahoo.com

A Yoga Vacation with jj gormley & laura vanderberg

Come join jj & Laura in Peru where you'll spend 8 days in the **Sacred Valley of the Incas**, the cultural center of Peru. We'll learn about Andean textiles, local culture, partake in a Peruvian cooking class, hike and explore a wide array of Incan Ruins, and, of course, enjoy daily yoga (no prior experience necessary) in this amazing locale. Surya-Chandra trips have become known for having lots of "extras" included in the price that if you were to price the entirety of the trip and go on your own, this trip would easily be \$4500. Instead, enjoy group discounts, English-speaking guides and a personalized tour of some of the most beautiful scenery in the world with like-minded individuals looking for a healthy and fun vacation.

We'll all meet and begin our trip in Lima then fly on to Cusco (**round-trip airfare Lima-Cusco included**). While in the Cusco area (the Sacred Valley) we will visit an Andean Textile Center, explore a fortress, take a train to Aguas Calientes (Machu Picchu) where you can hike the last part of the Incan Trail into the Sun Gate at Machu Picchu or explore the hot springs and local market. We'll take in the sunrise at Machu Picchu and spend the day there. From Machu Picchu we transit via train to a lovely resort-spa. While here, we'll have time to explore the local area or pamper oneself with a healing treatment (additional cost), take a short 10 minute walk along the Urumbamba River which leads to the Pisac Market where Indians travel to sell their wares. We'll take local excursions to the unusual salt pans and terraces in nearby towns.

For the add-on excursion to the Amazon (**round-trip airfare Lima-Amazon included**) on September 10th. We arrive in Iquitos, here we'll explore the Amazon River Walk. Then, we travel by boats up the Amazon and the tributary YanaYacu River. We'll stay at the Amazon Refuge Wildlife Conservation Center, a unique accommodation elevated above the flood plain, where we'll stay in fully outfitted bungalows. There will be opportunities for rainforest excursions, birding, wildlife viewing and photography. Here our yoga practice will be "off the mat as we explore the sacredness of the rainforest."

The ARWCC's mission, in cooperation with the San Juan de Yanayacu Indians, includes providing employment for the local people so they may live productive and sustainable lives, in harmony with nature and to strengthen the rainforest ecosystem of the Yanayacu area by facilitating sound conservation principles and supporting protection of the community reserve.