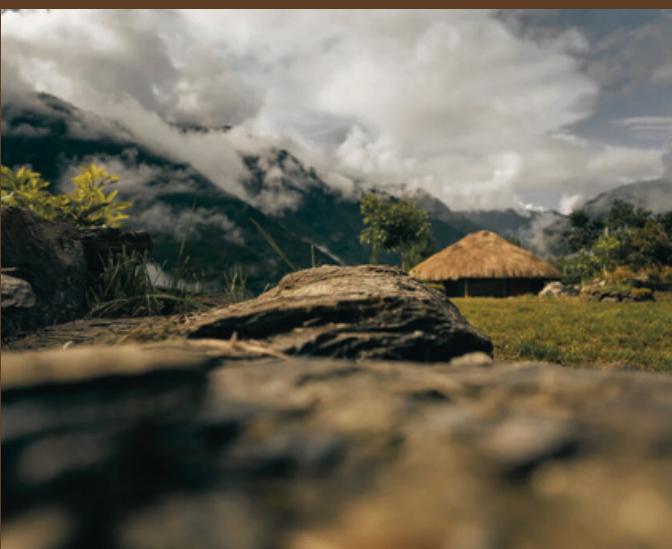


ITINERARY 7 DAY 6 NIGHT SHORT INCA TRAIL(3 AYAHUASCA CEREMONIES)  
(TREKKING & HEALING RETREAT WITH AYAHUASCA)



Onaya Wellness  
**PERÚ**

Journey Beyond  
Destinations



# ITINERARY

7 DAY 6 NIGHT SHORT INCA TRAIL(3  
AYAHUASCA CEREMONIES)

TREKKING & HEALING RETREAT WITH  
AYAHUASCA

## DAY 1

ARRIVAL IN CUSCO

PICK-UP FROM CUSCO AIRPORT (VARIOUS TIMES AVAILABLE) AND TRANSFER TO YOUR HOTEL IN CUSCO. SETTLE INTO YOUR SURROUNDINGS AND PREPARE FOR THE JOURNEY AHEAD.

5:00 PM

### MEET WITH YOUR GUIDE

MEET AT CUSCO'S MAIN SQUARE TO CONNECT WITH YOUR TOUR GUIDE, RETREAT COORDINATOR, AND FELLOW TRAVELERS. THIS WELCOME IS A CHANCE TO INTRODUCE YOURSELVES, DISCUSS THE WEEK'S ITINERARY, AND SET COLLECTIVE INTENTIONS.

### TODAY'S INCLUSIONS

AIRPORT PICKUP & GIFT BAG

NOT INCLUDED: HOTEL IN CUSCO, DRINKS OR FOOD AT THE MEETING

# DAY 2

## THE SHORT INCA TRAIL TO MACHU PICCHU

**4:00 AM**

### EARLY PICKUP

WE'LL PICK YOU UP FROM YOUR HOTEL FOR THE DRIVE TO OLLANTAYTAMBO'S TRAIN STATION. YOU'LL BOARD THE 6:10 AM TRAIN, WHICH FOLLOWS THE SCENIC URUBAMBA RIVER, ARRIVING AT KM 104 WHERE YOUR INCA TRAIL JOURNEY BEGINS. FOR A LATER PICK UP, YOU CAN STAY AT OLLANTAYTAMBO TOWN, PLEASE REQUEST INFORMATION ABOUT THIS OPTION.

### SHORT INCA TRAIL HIKE

YOUR TREK STARTS AT KM 104, ASCENDING THROUGH LUSH FORESTS AND ANCIENT RUINS. MARVEL AT WIÑAY WAYNA, AN EXTRAORDINARY INCAN SITE, SYMBOLIZING ETERNAL YOUTH, WITH TERRACES CARVED INTO MOUNTAINSIDES. HERE, OUR GUIDES WILL SHARE STORIES AND HISTORIES OF THE INCAS' SPIRITUAL RELATIONSHIP WITH THIS LAND.

### LUNCH & JOURNEY TO MACHU PICCHU

AFTER LUNCH, WE CONTINUE TOWARD THE SUN GATE FOR BREATHTAKING VIEWS OF MACHU PICCHU IN THE GOLDEN HOUR. BY THE TIME WE ARRIVE, MOST TOURISTS HAVE LEFT, ALLOWING YOU TO ABSORB THE QUIET, ALMOST MYSTICAL ATMOSPHERE. AFTER DESCENDING TO AGUAS CALIENTES, YOU'LL REST FOR THE EVENING AT A NEARBY HOTEL.

### TODAY'S INCLUSIONS

**ACCOMMODATION:** HOTEL IN AGUAS CALIENTES

**MEALS:** BREAKFAST, LUNCH

**SERVICES:** PRIVATE TRANSFER TO OLLANTAYTAMBO, PROFESSIONAL GUIDE

**TICKETS:** TRAIN, ENTRANCE FEES, INCA TRAIL PERMITS

**NOT INCLUDED:** DINNER

# DAY 3

## MACHU PICCHU GUIDED TOUR & FIRST AYAHUASCA CEREMONY

**6:00 AM**

### **MACHU PICCHU TOUR**

YOUR GUIDE WILL LEAD A PRIVATE, IN-DEPTH EXPLORATION OF MACHU PICCHU, DISCUSSING ITS HISTORY, ARCHITECTURE, AND SPIRITUAL SIGNIFICANCE. FOLLOWING THIS, YOU'LL HAVE PERSONAL TIME TO ABSORB THE SITE'S BEAUTY AND ENERGY.

**12:30 PM**

### **JOURNEY TO THE RETREAT CENTER**

AFTER YOUR TOUR OF MACHU PICCHU, YOU'LL BOARD A TRAIN TO THE HIDROELECTRICA STATION, A SCENIC 35-MINUTE JOURNEY ALONG THE RIVER AND LUSH FORESTED HILLSIDES. UPON ARRIVAL, OUR PRIVATE DRIVER WILL MEET YOU FOR A COMFORTABLE 1.5-HOUR DRIVE THROUGH THE STUNNING ANDEAN LANDSCAPE, BRINGING YOU TO THE TRANQUIL ONAYA RETREAT CENTER. HERE, YOU'LL BE WARMLY WELCOMED BY OUR SHAMAN, WHO WILL GREET YOU WITH A REFRESHING, AROMATIC FLOWER BATH—A TRADITIONAL CLEANSING RITUAL TO HELP YOU TRANSITION INTO THE SERENE, SACRED SPACE AND PREPARE FOR THE EVENING'S AYAHUASCA CEREMONY.

**7:00 PM**

### **YOGA & MEDITATION**

CENTER YOURSELF WITH YOGA AND A CALMING MEDITATION SESSION BEFORE THE NIGHT'S AYAHUASCA CEREMONY.

**8:30 PM**

### **FIRST AYAHUASCA CERemony**

GUIDED BY OUR SHAMAN AND SUPPORTED BY OUR CARE TEAM, THIS INITIAL AYAHUASCA JOURNEY INVITES YOU TO EXPLORE INNER REALMS WITH HUMILITY AND COURAGE.

## **TODAY'S INCLUSIONS**

**MEALS:** BREAKFAST, LIGHT LUNCH

**ACCOMMODATION:** SHARED ROOMS BY TWO, SINGLE ROOM WITH OUTSIDE BATHROOM, PRICE DONT VARY.

**STAFF:** TOUR GUIDE, COORDINATOR, YOGA INSTRUCTOR, SHAMAN, PSYCHOLOGIST.

**OTHERS:** PRIVATE TRANSPORTATION, TRAIN TICKETS

# DAY 4

COMMUNITY CONNECTION, COFFEE FARM TOUR & SECOND AYAHUASCA CEREMONY

**8:30 AM**

## **BREAKFAST & GROUP INTEGRATION**

BEGIN WITH BREAKFAST, FOLLOWED BY A GROUP MEETING WITH THE SHAMAN AND PSYCHOLOGIST TO SHARE INSIGHTS FROM THE FIRST CEREMONY AND SET INTENTIONS FOR THE DAY'S ACTIVITIES.

**11:00 AM**

## **COFFEE FARM TOUR & CULTURAL EXCHANGE**

VISIT AN ORGANIC COFFEE FARM MANAGED BY WOMEN FROM BEECAUSE WE CARE, A LOCAL NON-PROFIT SUPPORTING SUSTAINABLE COFFEE PRODUCTION. LEARN ABOUT TRADITIONAL FARMING PRACTICES AND ENJOY FRESHLY BREWED COFFEE IN THE COMPANY OF THE COMMUNITY MEMBERS.

**5:00 PM**

## **YOGA & MEDITATION**

EASE INTO THE EVENING WITH YOGA AND MEDITATION AS YOU PREPARE FOR YOUR SECOND AYAHUASCA CEREMONY.

**6:30 PM**

## **SECOND AYAHUASCA CEREMONY**

THE SECOND CEREMONY OFTEN DEEPENS THE INSIGHTS FROM THE FIRST, FOSTERING HEALING AND CONNECTION WITH ANCESTRAL WISDOM.

# DAY 5

## NATURAL HOT SPRINGS HEALING WATERS AND GRATITUDE DANCE NIGHT



THE EVENING CULMINATES WITH A SPIRITUAL DANCING NIGHT AROUND A SACRED FIRE, WHERE YOU'RE INVITED TO RELEASE, CELEBRATE, AND OFFER GRATITUDE TO PACHAMAMA. THROUGH MOVEMENT AND SHARED ENERGY, THIS DANCE BECOMES A JOYFUL EXPRESSION OF THANKS, BRINGING CLOSURE TO THE DAY'S JOURNEY IN A SPIRIT OF CONNECTION AND REVERENCE.

**8:30 AM**

### **BREAKFAST & INTEGRATION MEETING**

START THE DAY WITH BREAKFAST AND ANOTHER INTEGRATION SESSION TO REFLECT ON YOUR AYAHUASCA JOURNEYS.

**11:00 AM**

### **EXCURSION TO NATURAL HOT SPRINGS**

WE WILL HEAD TO THE NATURAL HOT SPRINGS OF SANTA TERESA. THE MINERAL-RICH WATERS OFFER RELAXATION AND REJUVENATION FOR BOTH BODY AND SOUL.

**6:00 PM**

### **DINNER & GROUP SHARE BY THE BONFIRE**

GATHER AROUND A BONFIRE TO SHARE REFLECTIONS, STORIES, AND LAUGHTER WITH YOUR GROUP, ENDING THE DAY IN A SPIRIT OF TOGETHERNESS.

# DAY 6

## SELF-REFLECTION, YOGA, & THIRD AYAHUASCA CEREMONY

**8:30 AM**

### **BREAKFAST & DAY OF REFLECTION**

SPEND THE MORNING CONNECTING WITH NATURE, MEDITATING, OR JOURNALING IN THE BEAUTIFUL SURROUNDINGS OF THE RETREAT CENTER. THIS DAY IS INTENDED FOR INTROSPECTION, ALLOWING YOU TO ASSIMILATE YOUR EXPERIENCES BEFORE THE FINAL CEREMONY.

**12:00 PM**

### **LIGHT LUNCH**

**2:00 PM**

### **YOGA & MEDITATION**

A GENTLE YOGA AND MEDITATION SESSION TO PREPARE YOUR MIND AND BODY FOR THE CLOSING AYAHUASCA CEREMONY.

**3:00 PM**

### **FLOWERING BATH**

**7:00 PM**

### **THIRD AYAHUASCA CEREMONY**

THIS LAST CEREMONY SERVES AS A CULMINATION OF YOUR JOURNEY, INVITING YOU TO RECEIVE AND PROCESS ALL THE HEALING AND INSIGHTS GATHERED OVER THE PAST WEEK.

# DAY 7

## RETURN TO CUSCO

7:00 AM

### BREAKFAST & FAREWELL INTEGRATION MEETING

AFTER BREAKFAST, JOIN A FINAL GROUP MEETING WITH THE SHAMAN AND PSYCHOLOGIST TO DISCUSS YOUR JOURNEY'S HIGHLIGHTS AND SHARE GUIDANCE FOR INTEGRATING THESE EXPERIENCES INTO DAILY LIFE.

11:00 AM

### DEPARTURE TO CUSCO

WE'LL RETURN TO CUSCO WITH AN ESTIMATED ARRIVAL TIME OF 6:30 PM. UPON ARRIVAL, YOU WILL BE DROPPED OFF AT YOUR HOTEL, WHERE YOU CAN REST AND REFLECT ON YOUR PROFOUND JOURNEY.

## INCLUSIONS SUMMARY

**TRANSPORTATION:** AIRPORT PICKUP, PRIVATE TRANSFERS, TRAIN TICKETS, AND INCA TRAIL PERMITS.

**ACCOMMODATION:** SHARED ROOMS AT THE RETREAT CENTER AND A 3-STAR HOTEL IN AGUAS CALIENTES (UPGRADES AVAILABLE).

**MEALS:** ALL MEALS INCLUDED DURING THE RETREAT, PLUS BREAKFAST AND LUNCH ON DAY 2.

**GUIDED TOURS:** MACHU PICCHU, COFFEE FARM TOUR, AND NATURE HIKES.

**CEREMONIES & WORKSHOPS:** THREE AYAHUASCA CEREMONIES, YOGA, MEDITATION, COMMUNITY EXCHANGE, AND COFFEE ROASTING WORKSHOP.

**SUPPORT TEAM:** PROFESSIONAL GUIDES, SHAMAN, PSYCHOLOGIST, YOGA INSTRUCTOR, CHEF, AND SUPPORT STAFF.

THIS JOURNEY INVITES YOU TO CONNECT WITH THE NATURAL AND SPIRITUAL BEAUTY OF PERU, IMMERSE YOURSELF IN SACRED INCAN SITES, AND EXPERIENCE PERSONAL TRANSFORMATION THROUGH ANCIENT PLANT MEDICINE AND INTENTIONAL PRACTICE. EACH DAY WILL BRING NEW INSIGHTS, CONNECTIONS, AND A DEEPER AWARENESS OF YOURSELF AND THE WORLD AROUND YOU.