

SOUND HEALING AND TEMAZCAL EXPERIENCE IN THE SACRED VALLEY



*Onaya Wellness*  
**PERÚ**

Journey Beyond  
Destinations



# ITINERARY

SOUND HEALING AND TEMAZCAL EXPERIENCE  
IN THE SACRED VALLEY  
ONAYA GETAWAYS

## FULL DAY

RECONNECT WITH YOURSELF AND NATURE IN THE SACRED VALLEY WITH A DAY OF RELAXATION, HEALING, AND CONNECTION. BEGIN WITH A REJUVENATING SOUND HEALING SESSION, FOLLOWED BY A TRADITIONAL TEMAZCAL CEREMONY TO CLEANSE THE BODY AND SPIRIT. END THE DAY WITH A DELIGHTFUL DINNER IN THE CHARMING TOWN OF PISAC, SAVORING ANDEAN FLAVORS UNDER THE STARRY SKY.

### MORNING: SCENIC DRIVE TO THE SACRED VALLEY

DEPART FROM CUSCO IN THE MORNING WITH A PRIVATE SCENIC DRIVE TO THE SACRED VALLEY..

### SOUND HEALING SESSION (1.5 HOURS)

- BEGIN THE DAY WITH A DEEPLY RELAXING 1.5-HOUR SOUND HEALING SESSION IN A SERENE OUTDOOR SETTING.
- LET THE VIBRATIONS OF TRADITIONAL INSTRUMENTS SUCH AS TIBETAN BOWLS, GONGS, AND CHIMES GUIDE YOU INTO A STATE OF BALANCE AND INNER PEACE.

### AFTERNOON: TEMAZCAL CEREMONY (3 HOURS)

- PARTICIPATE IN A TEMAZCAL CEREMONY, A TRADITIONAL SWEAT LODGE RITUAL USED FOR PHYSICAL DETOXIFICATION AND SPIRITUAL RENEWAL.
- GUIDED BY AN EXPERIENCED FACILITATOR, ENTER THE TEMAZCAL, WHERE HEAT, AROMATIC HERBS, AND PRAYERS CREATE A TRANSFORMATIVE EXPERIENCE OF PURIFICATION AND INTROSPECTION.

## RETURN TO CUSCO

AFTER THE TEMAZCAL SESSION, HEAD BACK TO CUSCO, ARRIVING BY LATE AFTERNOON (AROUND 5:00 PM).

## EVENING: DINNER IN CUSCO

- ENJOY A DELICIOUS DINNER AT A CAREFULLY SELECTED RESTAURANT IN CUSCO, OFFERING A VARIETY OF ANDEAN-INSPIRED DISHES IN A COZY AND INVITING ATMOSPHERE.
- REFLECT ON THE DAY'S TRANSFORMATIVE EXPERIENCES OVER A SATISFYING MEAL.

## HOTEL DROP-OFF

AFTER DINNER, YOU'LL BE CONVENIENTLY DROPPED OFF AT YOUR HOTEL IN CUSCO.

## INCLUSIONS

- PRIVATE TRANSPORTATION
- SOUND HEALING SESSION
- TEMAZCAL CEREMONY
- SNACK, WATER AND TEA
- DINNER IN CUSCO ( MAIN COURSE,DESSERT)
- HOTEL DROP-OFF IN CUSCO

## EXCLUSIONS

- PERSONAL EXPENSES
- ALCOHOLIC AND NONE ALCOHOLIC BEVERAGES
- TIPS