



Retreat to Machu Picchu, Peru  
with Ted McDonald  
October 1-10, 2009

Ted McDonald and Adventure Yoga Retreats invite you to the Sacred Valley of the Incas for 10 days of exploration and adventure!

Escape to the magical and mystical Valle Sagrado, one hour from the ancient ruins of Machu Picchu. Reclaim your innocence with the amazing children of Casa de Milagros and practice yoga and Nia at the beautifully handcrafted Hanaq Pacha Retreat Center.

This retreat is for the active yogi with an adventurous spirit and the ability to withstand high altitudes and rugged terrain.



Hanaq Pacha (Where Heaven meets the Earth) Retreat Center is located in the Sacred Valley of the Incas just outside the city of Cusco. It is nestled in a site of unparalleled beauty near ancient ruins, trails and the drool-inducing marketplace of Pisac. We will spend 2 days exploring Machu Picchu. We will practice heart-opening yoga in the mornings. Afternoons will be spent exploring Peru, visiting the orphanage of Casa de

Milagros, partaking in an ancient plant medicine ceremony and other excursions. Plus varied meditation, yin yoga, thai massage and other workshops in the evenings.

**ABOUT CASA DE MILAGROS:**

Casa de Milagros is an orphanage in the Sacred Valley serving over 3,500 children. It provides shelter, food, medical care and a progressive education that fosters a positive sense of self. Each guest is asked to bring 1 bag of donated goods. Please visit [www.chandlersky.org](http://www.chandlersky.org) for more information and wish list.

10% of the proceeds of this retreat will be donated to Casa De Milagros.

**TENTATIVE ITINERARY:**

Day 1 - arrive Cuzco, Peru, bus to sacred valley + hanaq pacha; opening feast.

Day 2 - day trip to the Salt Mines and Agricultural center.

Day 3 - visit casa de milagros

Day 4 - hike to pisac ruins + market

Day 5 - morning train to aguas caliente; machu picchu

Day 6 - sunrise ceremony with kucho at machu picchu; evening return to sacred valley

Day 7 - free day, optional shamic ceremony

Day 8 - visit casa de milagros

Day 9 - free day, closing ceremony, bus to Cuzco

Day 10 - retreat ends, travel on!



Join us for Amazing Yoga – Meditation – Massage – Hiking – Plant Medicine Ceremony – Machu Picchu – and of course...Pure Bliss!

**Cost: \$2250** per person (\$2550 if paid in full)

after 8/6/09) Prices DO NOT include airfare

Peru Retreat 10-09 Early Bird Price - \$2250

[Pay Now](#)

**10%** of all the proceeds will be donated to Casa de Milagros.

### RETREAT INCLUDES:

all ground transportation + transfers from the Cuzco International airport  
 9 nights accommodations at hanaq pacha retreat center  
 1 night hotel accommodations in Aguas Caliente  
 3 organic, vegetarian meals most days. Meals in Machu Picchu and some lunches are not included.  
 sunrise pranayama + meditation  
 morning vinyasa flow  
 evening restorative yoga  
 shamanic ritual ceremony led by native shaman  
 opening + closing ceremonies

### FLIGHT INFORMATION:

If you are traveling from the West Coast you will have to stay in a hotel in Lima one night. Your connection to Cuzco will be the following morning. Please let us know if you have questions.

### TRAVEL INSURANCE:

Adventure Yoga Retreats recommends



Please click the logo to purchase the insurance policy best for you.

### WEATHER IN PERU:

Days are usually hot (75<sup>a</sup>-85<sup>a</sup>F) filled with beautiful sunshine and crisp air. This is the dry season and with altitude (9,000+ ft.), the nights are cold (as low as 35<sup>a</sup>F). Bring warm clothing.

**Call Now to Register!**

Limited space available.

\$1000 non-refundable deposit required to hold your space.

Contact Adventure Yoga Retreats  
310-455-6681 or 877-624-6308  
or [info@ayretreats.com](mailto:info@ayretreats.com)

Visit [www.ayretreats.com](http://www.ayretreats.com) to sign up for newsletters and about events, workshops and upcoming adventures!

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Ted McDonald is a yoga teacher, endurance athlete, freelance writer and founder of Adventure Yoga Retreats. Educated in both Iyengar and Ashtanga styles of yoga, he teaches a Vinyasa flow class with upbeat music creating a fun and safe environment for his students to

strengthen, loosen and rejuvenate. He regularly contributes to the Yogitimes. Formerly an Elite Adventure Racer, Ted still thrives on the adventurous outdoors competing in marathons and triathlons.