



**PERU**

**August 6 – 16, 2012**

## ***A Journey into Inspiration***

**You are invited to join us in Peru to learn and experience the rich culture, history and traditions of the Inkas. Explore the marvels of Machu Picchu and the Andes mountains and discover why the mysteries of the ancients still inspire awe today.**

This 10-day journey into the Sacred Valley of the Inkas is a timeless celebration of culture, nature, beauty and ingenuity. Whether you love architecture, politics, education, art, math, astronomy, spirituality, science, history, nature, textiles, agriculture, archeology, food, mystery, music, storytelling, hiking, adventure, or all of the above, you will find plenty to feed your mind, body and soul on this journey.

Yet as you go deeper and your understanding of the Inkas grows, you realize that the message of the Inkas is anything but ancient history. Just being in Cuzco and Machu Picchu clears your mind, shifts your perspective and awakens your creativity. Whether you seek a personal transformation or simply a cultural adventure, more meaningful relationships or a new way to commune with nature, this journey will help you set your intention, clarify your goals and see them through to fruition.

Even today, Machu Picchu and Peru's Sacred Valley continues to inspire people to reach their full potential, following the Inkas' example of honoring the accumulated knowledge and experience of civilizations that are thousands of years old.

### **Where will the journey take us?**

As we explore the variety and multitude of Inka sites, Evaristo and Ricardo will enlighten us on the multi-layered meaning behind the architectural structures and rich symbolism, as well as the messages that continue to be relevant to our modern culture. We will participate in exercises designed to enhance our experience of nature, strengthen our body-mind connection and ramp up our energy levels.

As we settle into the journey, you will develop a new, richer world perspective, enhanced by the wisdom and knowledge of the Inkas' ancient culture, that will help you gain a better appreciation for and understanding of our own modern society.

As you visit each sacred site, you will learn how to create your own personal mesa (tool) to carry the energies of the many Inkan sites with you when you leave. More powerful than memories or photos, this tool will allow you to re-connect to the Inkas, and the Andes, from anywhere in the world.

While we provide you with as much guidance and support as you need, there's still plenty of time to explore on your own, shop, get a massage, or do whatever else calls your attention. The journey is set up to provide the perfect balance between a group tour and an individual adventure.

This expedition to Peru will be led by Andean Cultural Experts and Nutritionist Lic. Evaristo Pfuturi, and Andean practitioners Ricardo and Kathy Sanchez.

*Inka Wisdom.org*

Web: [www.InkaWisdom.org](http://www.InkaWisdom.org) | Email: [info@inkawisdom.org](mailto:info@inkawisdom.org) | 703-785-5984  
P.O. Box 231354 – Centreville, VA 20120

## PROGRAM

**DAY 0:** Flight from home country to Cuzco (note: you may have to go through Lima).

**DAY 1 (Aug 06):** As the group begins to arrive at Cuzco airport during the morning, Evaristo, Ricardo and our travel agency crew will meet the group and transport everyone to our first-base hotel in Cuzco. Cuzco is 11,600 feet above sea level. It's important to give our bodies time to get used to the change before starting our adventure. In the afternoon, Ricardo and Evaristo provide an introduction to the program, giving us background information and a foundation for embarking upon our upcoming experience. Later, we celebrate our arrival in Cuzco with traditional food, music and dancing at one of the city's finest restaurants.



**DAY 2 (Aug 07):** We start our journey with brunch, some coca tea and a little relaxation to allow for our acclimatization to the altitude change. We will remain in Cuzco visiting Qorikancha (Golden Sanctuary), the most important Inkan sanctuary in the city, and two museums filled with amazing Inkan work. These visits will not only “set the tone” culturally for the upcoming days but also will awaken our curiosity about the WHY the Inkas viewed life from their peculiar perspective.

**DAY 3 (Aug 08):** We begin our journey by visiting Raqchi, a major political center and home to the Inka Wiraqocha temple, where male and female energies were balanced. Raqchi is located 2 hours away from Cuzco city. After lunch, we will visit Tipon, a magnificent agronomic-aqueduct-ceremonial master piece the Inkas left for the world to wonder.



**DAY 4 (Aug 09):** Back at the center of the world, Cuzco, we visit the strategic military fortress and ceremonial grounds of Sacsaywaman,. Our awareness of place and time is real, and we can almost visualize the many processions that took place there in ages past.

**DAY 5 (Aug 10):** We travel into the Sacred Valley, one of the Inkas mythical “birthplaces” before their arrival to Cuzco to create the greatest commonwealth of the Americas know as Tawantinsuyo (The four quarters of the world) in the XII century A.D. In our way to the Sacred Valley we will visit Q'enko and Tambomachay. Two important Inkan sanctuaries, the first one dedicated to the connection and “zig-zag” ascension process, and the second one dedicated to honoring our connection with the element of water. At the valley, we establish our second-base hotel in an area surrounded by the beauty of the majestic Andes mountains, the life-giving, rushing Urubamba river, and the lush, green landscape.



**DAY 6 (Aug 11):** First, we visit the botanical garden of Moray, also known as the Sanctuary of Life. This is the site where the Inkas created ingenious mini-climates to adapt plants to growth at many altitudes. It is also known to be a place of healing, with the power to change lives.

Across the Urubamba river we arrive in Písaq, which doubles as a mighty fortress for strategic defense and a temple for nurturing one's soul. Music-playing guides walk the paths, and the mountain air resonates in sound as you hike and explore this giant natural playground for body, mind and spirit. Nature has never been closer and more peaceful than in Písaq.

We return to the town of Písaq in time to explore the huge outdoor marketplace and find a few choice treasures to take home to our loved ones, and maybe even one to cherish for ourselves. At the hotel, you may choose to indulge in an Inka massage, relax in the swimming pool, enjoy live music as you sample the local beer, or all the above!

**DAY 7 (Aug 12):** Deeper into the Valley, we continue our journey as we come to the crossroads of the Sacred Valley, the commercial center of Ollantaytambo. There, hold onto your hat as we witness the stunning view at the Temple of the Wind, nestled between several magnificent mountain peaks! At the base of the Temple, we view the spring-fed streams and lush, plant-filled landscape, which deepens our understanding of the Inka's appreciation of the four elements of nature: Air, Water, Earth and Fire.



**DAY 8 (Aug 13):** We continue on our journey by train, heading towards the town of Aguas Calientes (Hot Springs), located at the base of Machu Píjchu. After lunch, we visit the entrance to Machu Píjchu, making our formal entrance at Inti Punko, or the Gateway of the Sun. Upon our return to Aguas Calientes, we head to the hot springs for a cleansing swim and a relaxation ritual in preparation for our entrance into the sanctuary of Machu Píjchu the following day.



**DAY 9 (Aug 14):** We head to the sanctuary of Machu Píjchu and hike up the beautiful Inkan staircase to the top of the mountain of Wayna Píjchu early in the morning. It looks impossible, but with their typical architectural genius, the Inkan stairway makes it much easier than it looks. Here we take time to cleanse our lungs with the fresh mountain air and enjoy the breathtaking view and purifying energy of the entire condor-shaped sanctuary. After our hike, which at a slow, leisurely pace, takes 2-3 hours, we return to the sanctuary of Machu Píjchu for a full tour before taking the train back to Cuzco.

**DAY 10 (Aug 15):** Our final stop is to visit the Temple of the Moon, led by the Q'eros elders, who are among the very few remaining direct Inka descendants and who are known locally and abroad as the keepers of the ancient knowledge. After this crowning event, we celebrate with a farewell dinner and a live music, dance and folklore show in one of Cuzco's finest restaurants.



**DAY 11 (Aug 16):** We share breakfast and our experiences, and have a closing session that allows us to ask any remaining questions and helps us say farewell to Cuzco. It is the beginning of our transition back to our own world, but with our new insights and a higher understanding of our own path and purpose. We ride back to the Cuzco Airport in the afternoon, depart from Cuzco to Lima, and travel from Lima to our final destination.



**DAY 12 (Aug 17):** Arrival to home country.

## Recommended Airplane itinerary:

When purchasing your airline tickets make sure your **arrival city in Peru is Cuzco**. In other words your ticket should be like this:

**Leaving From: Dulles (IAD) or Reagan National (DCA)**

**Going TO: Cuzco (CUZ) - via Lima (LIM)**

**Departure date: August 05**

**Time: Afternoon or evening**

Airlines will make a stop in Lima, before going Cuzco. Make sure you arrive to Cuzco between 5:00 AM and 11:00AM.

By leaving from the U.S. the afternoon or night before, it will allow sufficient time for airport stops and switch airlines in Lima. The flying time from DC to Lima is about 8 hours and from Lima to Cuzco 1 hour and 45 min.

**To return** to your final destination after the programs has ended, it is **from Cuzco**. In other words your ticket should be like this:

**Leaving From: Cuzco**

**Going TO: Dulles (IAD) or Reagan National (DCA)**

**Departure date: August 16**

**Time: Morning or afternoon (in previous trips most participants left Cuzco between 8 AM and 11:00 AM)**

By leaving Cuzco in the morning you may catch the international connection in Lima around noon or early afternoon and arrive to the U.S. by evening

In addition to the U.S. airlines we know, there are a couple of Central American airlines that offer competitive prices. They are COPA and TACA. I would recommend comparing rates with [expedia.com](http://expedia.com) , [travelocity.com](http://travelocity.com) or each airline directly. The sooner you make your airline reservation, the better, rates tend to go up as the departure time approaches.



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## Facilitators

*Ricardo Sanchez* is an artist, Andean musician, practitioner of the Native traditions and a facilitator of Native cultural events. Born in Arequipa, Peru, Ricardo grew up living the teachings passed on from his Quechua speaking parents, grounded by a love and reverence for nature and an awareness of the interconnectedness of his community and his fellow human beings.

He was initiated in Andean healing arts in 2002 by the most renowned Inka priests in the Cuzco area. Founder of Inka Wisdom.org, Ricardo regularly leads workshops, performs sacred ceremonies, and gives multifaceted presentations incorporating music and wisdom-sharing about the Inkas' culture and traditions, to audiences of all ages in the U.S. Since 2005, he has led groups from across the U.S. and South America on spiritual journeys to Peru. He is currently pursuing a masters degree in Counseling and Human Development at George Mason University and completed a graduate certificate in Grief, Loss and Life Transitions at The George Washington University.



*Evaristo Pfuture* - Mystic, and a college professor of nutrition and Quechua (the language of the Inkas). Born in the community of K'ana, Cuzco. With life-long experience in the Inka traditions and way of life, Evaristo's wisdom and knowledge, passed on to him by his ancestors and life experiences, add a rich perspective to understanding the Andean traditions.

As founder of the Centro Cultural Andino Tupaq Amaro (CCATA), Evaristo teaches the Andean traditions, performs ceremonies and teaches Runasimi, the Inka language.

*The Paucar Q'ero family* - Victor, Hilario and Juan, two brothers and their father, are members of the Q'ero nation, one of the last remaining communities of direct Inka descendants. They are the keepers of the ancient knowledge. Pampamesayoq, holistic healers and medicine men, whose wisdom and teachings restore physical, mental and spiritual well-being. Masters of the energies of the Andes, they lead the group in rituals and sacred ceremonies in Cuzco.



*Kathy Sanchez* - Practitioner of the Andean tradition, with more than 20 years of experience and training in communications, nutrition, fitness, health and wellness. Kathy was initiated into the Andean tradition in 2005. She has since served as a Spanish-English interpreter, writer and editor on many topics.

**INKA WISDOM**

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**REGISTRATION FORM**

Please type or print clearly and mail this page only to the address below with your deposit.

**Journey to Peru PROGRAM**

**August 6-16, 2012** Cost: \$ 2,490 **(Subtract 10% if registered by March 30, 2012)**

NAME (as it appears on passport) \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

TELEPHONE ( ) \_\_\_\_\_ (h.) ( ) \_\_\_\_\_ (o.) ( ) \_\_\_\_\_ (cell)

( ) \_\_\_\_\_ (fax) E-MAIL ADDRESS \_\_\_\_\_

PASSPORT NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

BIRTHDATE (required by Peruvian law for hotel reservations) \_\_\_\_\_

PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE ( ) \_\_\_\_\_ (h.) ( ) \_\_\_\_\_ (o.) ( ) \_\_\_\_\_ (cell)

Vegetarian:  Yes  No Special requirements: \_\_\_\_\_

Includes 2 large meals per day, all accommodations in 3 and 4 Star hotels, ground transportation within Peru & entrance fees to all sites. (Does not include airfare to and from Peru).

I prefer a single room (single supplement required add 20% of trip cost)

I want to share a room with \_\_\_\_\_

Check dates carefully; failure to pay on time may disqualify your trip participation.

Full payment due 45 days prior to travel date. All participants required to carry full Emergency Medical Insurance.

My \$ 500 deposit for registration in this program is enclosed. Please make checks payable to Inka Wisdom and mail with this form to:

Inka Wisdom  
P.O. Box 231354  
Centreville, VA 20120

A hard copy or a scanned image (PDF) of your passport will also be required to make hotel reservations. Upon receiving this application, we will send you information on travel tips, airline recommendations, etc.

**Cancellations/Refund Policy**

If cancellation is received in writing more than 60 days prior to departure date will be refunded less a \$100.00 administrative fee.

If cancellation is received in writing between 60 and 30 days prior to departure you will be refunded in full less a \$300.00 cancellation fee. No refunds can be made if cancellation is made less than 20 days prior to departure. If allowable by third parties, (airlines, etc.) you may substitute another person in your place if you should have to cancel.

You, however, are still responsible for payment. Any unused tour feature is non-refundable and no exchangeable once the journey is in progress.