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# 2013 Ashtanga Yoga Retreat at Yoga Mandala Sacred Valley, Peru

**June 15 - 22, 2013**

**\$1200.00** (not including airfare + a few other options)

How to get There:

MDT to CUZ = \$1200. - \$1300.

BWI or IAD to CUZ = just under \$1000.

If you have easy access to Florida, flights are cheaper from there -- especially Miami (MIA).

Taxi driver will be waiting outside the Cusco Airport to take you to the Sacred Valley.

We will be staying at Yoga Mandala in the Sacred Valley of the Incas located in the small village of Arin where native people still work their land and live in harmony with nature. The lodges are constructed by locals from local materials and are generously spaced to provide solitude.

[www.yogamandalasacredvalley.com](http://www.yogamandalasacredvalley.com)



The delicious Peruvian vegetarian meals are made from local and organically grown vegetables right from the gardens where we are staying and from local farms. The meals are prepared from scratch and home made by Melinda and some of her neighbors -- and many are baked in their clay oven.

The Sacred Valley of the Incas is high up in the Andes Mountains, at an elevation of about 14,000'.

Some people may experience altitude sickness the first day

(headache and/or nausea), this is usually gone in less than 24 hours.

Daytimes are warm (75°-80°), evenings and mornings are cold in the Valley. Due to morning temps practices will be at 10a or evening times. Heaters are available for the rooms upon request.

There is a powerful energy that is felt in this area of the Sacred Valley which is an ideal and conducive setting to reflect openly and to explore on a deeper level one's yoga practice. The fresh Andes mountain air energizes the mind and body and the inspiring views give a feel of a freedom from time. This provides a good atmosphere for an authentic and transformative connection to nature and self.





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## Schedule - schedule may vary according to group energy and the Sacred Valley

Saturday June 15 - Arrivals and adjust to altitude. Dinner together at Yoga Mandala

Sunday June 16 - Practice 10a. Hike to Waterfall. Optional trip to get food and supplies in Calca. Dinner at Yoga Mandala

Monday June 17 - Moray Fields, Salt Mines, Lunch in Urubamba (Lunch is not included in costs), Pisac Markets. Short evening practice OR Ayahuasca Ceremony (for those interested) at Yoga Mandala. Light Dinner at Yoga Mandala for those not doing ceremony.

Tuesday June 18 - Practice 10a. Temaszcal. Flower Bath. Dinner at Yoga Mandala.

Wednesday June 19 - Machu Picchu (lunch not included in cost). Dinner at Yoga Mandala.

Thursday June 20 - Practice 10a. Coca Leaf Readings. Massage. Dinner at Yoga Mandala

Friday June 21 - Winter Solstice Festival in Ollantaytambo. Morning or evening practice depending on schedule for the day. Meals eaten while at or going to the festival are not included in cost.

Saturday - optional trip to Saksayhuaman on the way back to the airport

### Costs Included in Price:

- Lodging -- 2,3,or 4 people per room. (Requests available -- first paid first choice )
- Breakfast and most dinners
- Waterfall hike
- Winter Solstice Festival
- Trip to Moray Fields, Salt Mines, Pisac
- Trip to Machu Picchu
- Yoga

### Costs NOT included in Price (optional):

- Taxi to Calca \$30 (round trip) to get extra food, etc for your rooms
- Meals eaten any place other than Yoga Mandala
- Temaszcal - \$30.00 includes a nourishing quinoa soup
- Flower Bath - \$20.00
- Ayahuasca ceremony - \$85.00
- Coca leaf reading - \$30.00
- Massage - varies according to therapist you choose
- Saksayhuaman - You can stop here on the way to the airport
- Taxi back to the airport \$31.00



REGISTRATION IS LIMITED TO 10 TO ALLOW PLENTY OF HANDS ON ADJUSTMENTS. If someone is bringing a partner for the retreat but not doing the yoga they will not count in the 10 (cost remains the same).