



AWAKE FROM THE STRESS
Huaraz

AWAKE FROM THE STRESS
3 DAYS - 2 NIGHTS





Day 1: HUARAZ – ARRIVAL DAY

On arrival to bus station you will be met and transferred to your hotel. Dinner and overnight.

Meal	: Dinner
Hotel	: Cuesta Serena
Category	: Standard
Altitude	: 3080 m.a.s.l.
Average Temperature	: 24°C (75°F)





Day 2: HUARAZ YOGA CLASS - REIKE SESSION - RELAXING MESSAGES

Start the day with a private yoga class. At Cuesta Serena Boutique Hotel, we have a certified and highly experienced yoga instructor (beginner, intermediate and advanced), Hatha and Vinyasa Flow yoga classes both in private classes and in organized yoga retreats, both inside and outside the gardens.

Continue the day receiving some alternative therapies. Various alternative therapy specialists work with Cuesta Serena to provide services as desired by our guests or during our organized retreats. They have a shop that offers Ayurveda products sourced from the Peruvian Amazon jungle made by AMAVEDA. Using non-invasive techniques that allow the body to revert to its natural, healthy state:

Cranial Sacral Therapy: Equilibrate, improve the nervous and hormonal system functioning, while relaxing the body and promoting well-being. This therapy is recommended for allergies, autism, anxiety, rheumatic issues, asthma, insomnia, or depression, among many other health issues.

Neural manipulation: Identifies and liberates restrictions in the nervous system, returning elasticity to the nerves. This therapy is recommended for migraines, tics, hernias, and facial paralysis.

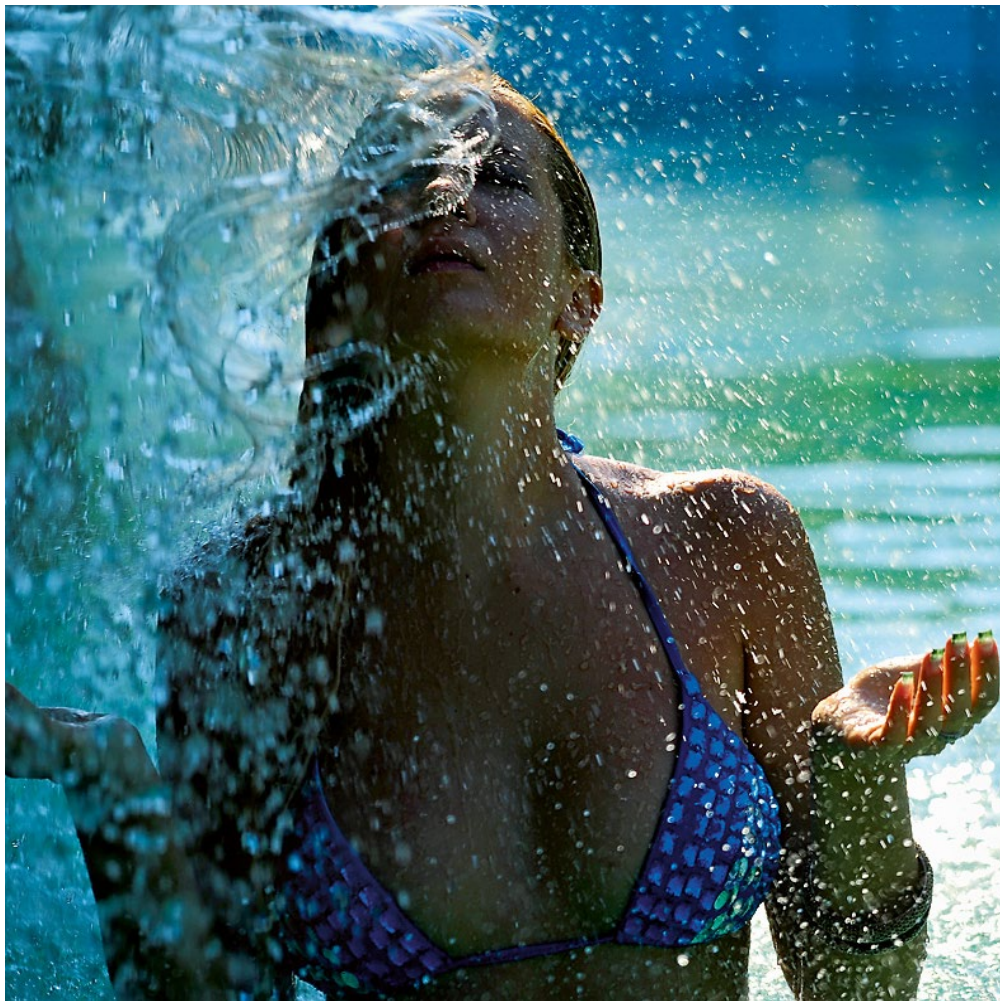


Visceral manipulation: Reestablishes the movement and functioning of interior organs such as the kidneys, liver, stomach or pancreas. Time to take a delicious lunch*

Finish the day with a relaxing massage and a reflexology session. It will help you to relieve tension in both the mind and body. They work with various certified professionals and with their peaceful grounds and facilities designed with these services in mind too. Our massages utilize creams and essential oils made from plants from our own gardens or those collected in the mountains that surround us. After an intense day exploring outdoors, there's nothing better than a massage to rejuvenate you.

Rest of the day at your leisure. Dinner and Overnight.

Activity of the Day	: Yoga session (Private - 1 hour) - Reike session (Private - 1 hour) - Relaxing Massages (Private - 1 hour)
Meal	: Breakfast - Lunch - Dinner
Hotel	: Cuesta Serena
Category	: Standard
Altitude	: 3080 m.a.s.l.
Average Temperature	: 24°C (75°F)

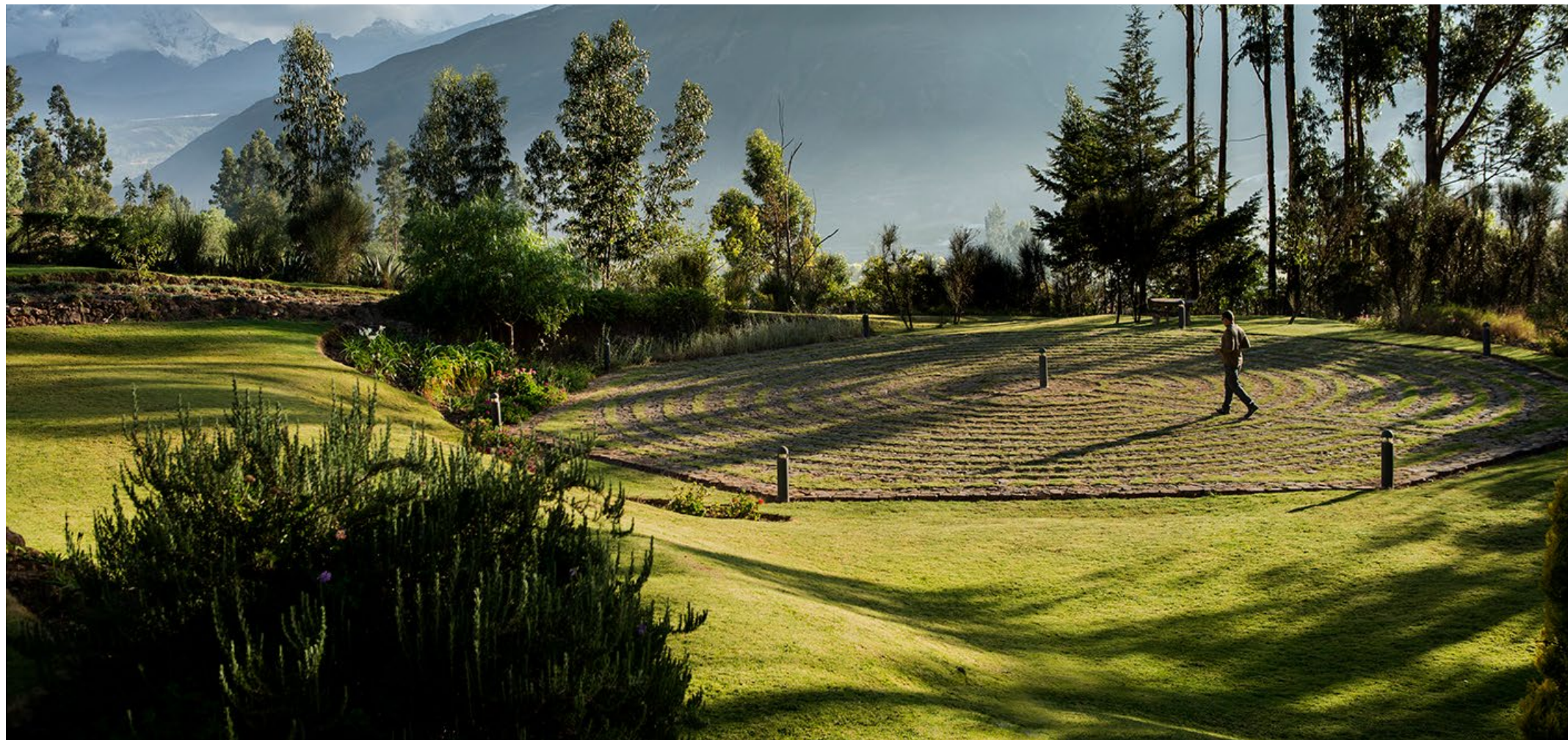


Day 3: HUARAZ DEPARTURE DAY

Start the day with a private yoga class. At Cuesta Serena Boutique Hotel we have a certified and highly experienced yoga instructor (beginner, intermediate and advanced), Hatha and Vinyasa Flow yoga classes both in private classes and in organized yoga retreats, both inside and outside the gardens.

At a coordinated time, you will be transferred to the bus station to board your bus to your next destination.

Meal	: Breakfast
Altitude	: 3080 m.a.s.l.
Average Temperature	: 24°C (75°F)





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