



MOTHER EARTH  
Sacred Valley of the Incas



MOTHER EARTH  
Sacred Valley of the Incas

3 Days - 2 nights

Country: Peru

City: Sacred Valley

Type of Service: Short Breaks



## Day 1: CUSCO - SACRED VALLEY OF THE INCAS – URUBAMBA VIBRATIONAL ENERGY CLEANING

Transfer from Cusco to Urubamba Valley. On the way you will enjoy the magnificent Andean Range and snow peaks surrounded by the Inca platforms.

Welcome at the Hotel, time to relax before you will start your first Vibrational Energy Cleaning with Sacred Smoke and herbs that help to release accumulated stress caused by over-thinking and negative emotions.

### **Optional Activities: Shamanic Therapeutic Yoga (1h 30min)**

You will have the chance to have a yoga session for working body strength and flexibility in contact with nature. It comprises exercises to connect with the Andean energy and mythical animals - archetypes that strengthen health and develop personal power and self-esteem: intonation of mantras - sacred chants emanating harmonic vibrations for our welfare, practicing breathing techniques to balance the cerebral hemispheres and meditation that stimulates concentration, mental calmness and deep relaxation. Musical instruments and scent are used. Overnight.

---

Activity of the Day	: Vibrational Energy Cleaning (Private service - 45 min) Additional Activities to choose
Hotel	: Villa Urubamba
Category	: Standard room
Altitude	: 2 800 m.a.s.l. / 9,187 ft.
Average Temperature	: 16°C / 61°F

---





## Day 2: SACRED VALLEY OF THE INKAS - URUBAMBA ENERGY ALIGNMENT MASSAGE AND AWAKING OF THE LIGHT BODY

Today, you will enjoy a Therapeutic massage with facial biotherapy with crystals and herbs. It releases joints and spine stress. Inspired by Yoga, Ayurveda, Acupressure and Reiki healing techniques. It includes therapeutic touches taught by GUARANÍ indigenous communities that promote subtle bodies realignment with deep cell harmonization and amplify detoxification and relaxation.

---

Activity of the Day	: Energy Alignment Massage and Awaking of the Light body (Private service - 1h 30 min)
Meals	: Breakfast
Hotel	: Villa Urubamba
Category	: Standard room
Altitude	: 2 800 m.a.s.l. / 9,187 ft.
Average Temperature	: 16°C / 61°F

---



### Day 3: URUBAMBA – SACRED VALLEY OF THE INCAS – CUSCO ANDEAN MEDITATION OF THE THREE PACHAS

On this day, you will have a Therapeutic session and meditation led by Andean music therapist. Performing healing sound with ancestral Andean instruments, participants are induced to a deep meditation, harmonization and connection with the three Andean Worlds (HANAN PACHA - the upper world, KAI PACHA - the world of here and UQU PACHA - the world below).

At a coordinated time, you will be picked up from your hotel and transferred to Cusco city.

---

Activity of the Day	: Andean Meditation of the Three Pachas (Group service – 1 hours)
Meals	: Breakfast
Altitude	: 2 800 m.a.s.l. / 9,187 ft.
Average Temperature	: 16°C / 61°F

---





PERU  
wellness  
TRAVEL



**ADVENTURE TRAVEL**  
TRADE ASSOCIATION

Email: [info@peruwelness.travel](mailto:info@peruwelness.travel)

Telephone: 511 3722121

Web: [www.peruwelness.travel](http://www.peruwelness.travel)