



RAINFOREST THERAPY
Puerto Maldonado

RAINFOREST THERAPY
3 DAYS 2 NIGHTS





Day 1: LIMA - PUERTO MALDONADO AMAZON RAINFOREST Meditation Session & Yoga

Your experience begins with the reception at Puerto Maldonado Airport from where you will be transferred to the Amazon Yoga Centre. On arrival, you will be welcomed and receive a brief on our services. After lunch, you will walk into the Amazonia where you will have a meditation session and sunset Yoga in front of the Tambopata River. Afterwards you'll return to the lodge for dinner. Overnight.

Activity of the Day	: Meditation Session & Yoga
Meals	: Welcome drink - Lunch - Dinner
Hotel	: Amazon Yoga Centre
Category	: Standard
Altitude	: 183 m.a.s.l. / 600 ft.
Average Temperature	: 30°C / 86°F





Day 2: PUERTO MALDONADO

Meditation Session & Hatha Yoga –Organic Farm visit & Jungle Walk - Ayurvedic Cooking & Massage classes

Early, in the morning and after an ayurvedic infusion, you will have a meditation and yoga class. After breakfast, you will embark by feet through the organic farm to get to know the different Amazonian products and continuing through the forest to introduce you into some learning of the ecology of the Amazon forest. This activity involves a tour and explanation of our organic farm, where you can see the fruits and vegetables offered by the Peruvian Amazon. Then, you will take a walk through the tropical forest where you can see the different species of trees that exist in the region (some as high as 30 meters) and bamboo forests as well as discovering the fauna that exists in them, like different types of birds, as well as monkeys.

You will finish with an Amazonian ayurvedic cooking class. This traditional dish of ayurveda cooking brings together two very important properties for health. Easy digestion and the combination in equal parts of a cereal (rice) and a legume (green mung beans). This combination helps make this high protein dish 'par excellence'! After, Lunch, you will enjoy an ayurvedic massage with essential oils followed by a Ceremony of floral cleansing.
Dinner & Overnight.

Activity of the Day	:Meditation Session & Yoga – Visit to Organic Farm & Jungle walk Ayurvedic Cooking & Massage classes
Meals	: Breakfast – Lunch - Dinner
Hotel	: Amazon Yoga Centre
Category	: Standard
Altitude	: 183 m.a.s.l. / 600 ft.
Average Temperature	: 30°C / 86°F



Day 3: AMAZON YOGA CENTRE - PUERTO MALDONADO – DEPARTURE DAY

Parrot Clay Lick – Hatha Yoga & Meditation - Circle of caring to
renew our vows to live

Early, in the morning, you will walk towards the river to embark on boat to observe the Collpa parrots.

The first parrots approach the area of the clay lick, usually in pairs and they make a lot of noise and then land on the trees around the clay lick. They perch on the higher branches while waiting for the rest of parrots to check if there are predators in the area. Little by little, the trees fill with more and more parrots. After a while, they begin to fly slowly in circles in front of the clay lick or descend towards some area of vegetation that is lower and once they feel sure that there are no predators, they congregate in groups in the lick to consume the clay. It is fascinating! Return to the Amazon Yoga Centre where you will have breakfast. Today will be your last day with a meditation and yoga class that will end in a circle of caring to renew your vows to live connected with nature and yourself. After lunch, transfer to the airport and back home.

Activity of the Day	: Visit to Parrots Collpa - Meditation Session with Yoga - Circle of caring to renew our vows to live
Meals	: Breakfast - Lunch
Altitude	: 183 m.a.s.l. / 600 ft.
Average Temperature	: 30°C / 86°F





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