

WILD CHILD

RETREATS YOGA

# SACRED VALLEY | PERU

a Jivamukti Yoga Retreat

**NOV 23 - 30, 2019**

w/ JUAN SIERRA

& FERNANDA DE LA PUENTE

# RETREAT WITH US

We invite you to pause. observe. listen and reflect.

Explore your inner world and re-connect to nature and to the wild, creative flow of your life.

Journey with us to Peru to deepen your practice, elevate your heart and feed your soul with stillness, adventure and fresh mountain air. Wake up each morning to the sounds of nature, at our peaceful retreat location at the base of majestic mountains right below a beautiful waterfall nestled in the Sacred Valley of the Incas. Enjoy daily yoga, meditation, ancient ceremonies and wholesome plant based food.

This retreat is an immersion into a culture where PACHAMAMA, Mother Earth, flourishes. We offer you the opportunity to deeply connect to nature and give thanks to all the colorful layers of life.

Crafted for the spirit of discovery, oneness, and appreciation of mother earth, our locations are purposefully chosen for their ecological and sustainable practices. We donate a percentage to a local community project or charity and plant a tree to help set off our carbon footprint.

# RETREAT LOCATION

Home to ancient civilizations, vast archeological marvels in unforgettable settings, vibrant indigenous cultures, and natural wonders spanning from unspoiled Amazon rainforest to towering Andean peaks, **Peru** inspires awe at every turn.

In the Peruvian highlands of the Andes, on the shores of the Urubamba river lies the fertile "**Valle Sagrado**", once home to the heart of the Incan empire. The Sacred Valley, where it is said that the kundalini energy of the world currently resides, is filled with an atmosphere of peace, tranquility and wonder.

Centuries-old Inca terraces spill down green, misty hillsides. Women in traditional Andean dress stroll along the cobblestone streets of picturesque colonial towns. Colorful village markets display traditional textiles and vibrant native culture. Numerous well-preserved Inca ruins show us a glimpse of ancient life.

The breathtaking scenery of snow-capped mountains, flowering meadows, and deep blue lakes with a unique flora and fauna make the Valley an ideal place for self discovery and union with mother earth.

Our retreat location, an idyllic and serene hideaway, is nestled in the Sacred Valley between stunning mountains and beautiful waterfalls. Surrounded by a variety of flowers, native herbs and water streams, it offers the perfect setting to deepen your practice and connect with yourself and mother nature. **'Yoga Mandala'** has been designed to have the least possible impact on the surrounding ecosystem, maintaining an almost non polluting operation.

It offers:

- 9 tastefully designed rooms, inspired by the seven chakras
- Bright and spacious indoor Yoga Shala with majestic mountain views
  - Specially designed dome for sound healing ceremonies
    - Temazcal built after century old traditions
- Large outdoor grounds with many native flowers, herbs, water streams and hiking trails
  - Organic garden with local fruits and vegetables

# YOUR HOSTS



**Juan Sierra**, born in Peru and raised in NYC, is an Advanced Certified Jivamukti Yoga teacher and a Mentor for Jivamukti Yoga Teacher Trainings. He teaches at the Jivamukti School in NYC and Berlin and regularly travels to Lebanon and Luxembourg to share his teachings there. His classes are filled with “crisp” humor and endearing humility, skillful hands-on assists, and thoughtful choice of music. Juan offers a witty yet challenging practice that strives to inspire and empower, giving students tools to develop consciousness and maintain undisturbed when faced with the calamities of everyday life. [@yogijuankanobi](#)

**Fernanda de la Puente**, born and raised in Lima, Peru, is an 800-hour Jivamukti Yoga teacher, Eating Psychology Coach, Actress, and the founder of [Asana Groove](#). She began practicing yoga in 2005 and after graduating from the 300-hour Jivamukti Yoga Teacher Training in Costa Rica in 2014, she mentored under Rima Rani Rabbath and received her 800-hour Jivamukti Yoga certification in NYC. Her classes are very dynamic, characterized by graceful flowing sequencing, breathwork and pranayama, meditation, ancient yogic teachings, and Sanskrit chanting with the harmonium. She brings them forth with thoughtful curation of sound and music, often teaching classes alongside DJs, musicians, and sound therapists. She is currently based between New York City and Madrid.





# RETREAT PACKAGE

7 nights in single or shared room

2 Yoga Classes Daily

Daily Guided Morning Meditation + Journaling

Pranayama Breath Work

Delicious plant based and peruvian cuisine (daily breakfast, lunch & dinner) prepared with organic ingredients from Yoga Mandala's garden and organic farms within the area.

Unlimited alkaline water, infusions, tea, coffee

Daily room cleaning service

Use of Yoga mats & props

Transfer from/to Cusco

Activities (see below)

# ACTIVITIES

included in the Retreat Package

| Traditional Despacho Ceremony With Local Shamans (Offering to Mother Earth)

| Temazcal Ceremony (Sweat Lodge, approx 3-4 hours)

| Excursion to the Ancient Ruins and Charming Village of Ollantaytambo + visit of the pre-Inca Salineras Salt Mines

| River/Lake Swims + Waterfall Hike

| Creativity Workshop

| Sound Healing Baths + Chakra Tuning

| Satsang, Bonfires + Sharing Circles

| Lots of personal time to reflect, explore and connect

\*\* Massages, Paddle Boarding & Traditional Native Ceremonies can be booked extra at Yoga Mandala

# ROOM OPTIONS

**Triple: 1470 EUR | \$1,650 \*\*** per person

(Shared room + Bath, 3 Twin beds) **one spot left**

**Double: 1998 EUR | \$2,245** per person

(Shared Room + Bath, 2 Twin Beds or 1 King Bed)

~~**Single: 2475 EUR | \$ 2,780**~~ per person **sold out**

(Personal Room + Bath, King/Queen Bed)

All rooms are tastefully designed according to the seven Chakras, highlighting textiles & materials from the Sacred Valley. Each room features views and access to the surrounding gardens with a variety of flowers, native herbs and water streams. All rooms come with plenty of closet space and a large private bathroom with rain shower.

\*\*only 1 Room available

# SCHEDULE \*

## **SATURDAY, November 23, 2019**

3pm Arrival & Check In

7 pm Dinner + Intro

## **SUNDAY, Nov 24 - FRIDAY Nov 29, 2019**

7am Meditation (optional)

7:30 - 8:30am Breakfast

9:00 - 11:30am Yoga Practice

12:00 - 1pm Lunch

1- 5pm Group Activities and/or Free Time

5 - 6:45 pm Evening Yoga

7:30pm Dinner

8:30pm Evening Activities (optional)

## **SATURDAY, November 30th, 2019**

9am Breakfast

11am Check out + transfer to Cusco

\* Subject to Change



# RESERVE

To sign up for our retreat, fill out the registration form and make a non-refundable deposit of 500 EUR | \$500 to secure your space.

**SIGN UP:**

[http://bit.ly/wildchild\\_Peru](http://bit.ly/wildchild_Peru)

50% of payment is due by September 1st 2019

Final payment due by October 1st 2019

**EARLY BIRD**

Register before August 1st and save \$150 on the retreat price!

# GETTING THERE

- Airfare & Travel Insurance not included in retreat price-

Yoga Mandala is in the Heart of the Sacred Valley only a 1hr drive away from the ancient Inca City of Cusco, and 2 hrs from the majestic Archeological site of Machu Picchu.

Book your flight to Cusco (airport code CUZ) via Peru's capital Lima.  
Transfer from/to Cusco is included on Nov 23 and Nov 30 to/from Yoga Mandala.

The altitude of Yoga Mandala is approximately 2928m/9,606ft above sea level. We recommend arriving 1-3 days prior to the retreat to acclimate to the altitude. We also recommend a trip to Macchu Picchu, seeing the many interesting sights in Cusco as well as the ancient ruins of Pisac and Moray (in the Sacred Valley). This can be booked through the hotel OR we can help you set it up on your own.

Please note that travel, cancellation and health insurances are at your own responsibility.

# QUESTIONS?

For further questions regarding the retreat, please contact us at

[wildchildyogaretreats@gmail.com](mailto:wildchildyogaretreats@gmail.com)