



Sianna and Masood Peru Itinerary

Aug 1 - 7, 2024 (Machu Picchu: Aug 7-9)

Thursday, Aug 1 - Arrival Day!

12:30pm	Unpack & Settle In
TBD	Spa time
TBD	Opening ceremony/Welcome Practice
7:30pm	Dinner

Friday, Aug 2 - Despacho Ceremony and Waterfall Hike

7:30	Morning Yoga
9am	Breakfast
10:00am - 12:00pm	Waterfall Hike .
1:00pm - 2:00pm	Lunch
4:00pm - 6:00pm	Despacho Ceremony
7:00pm - 8:00pm	Dinner

Sat, Aug 3 - Cultural Day Moray Excursion

TBD	Morning Yoga
TBD	Breakfast
9:00am - 2:30pm	Moray Tour
7:00pm - 8:00pm	Dinner

Sun, Aug 4 - Karma Service Day

While on your retreat you will also have the opportunity to work in the local community.

TBD	Morning Yoga
TBD	Breakfast
9:00am - 12:30pm	Karma Service Day
1:00pm - 2:00pm	Lunch
2:30pm	Yoga -
7:00pm - 8:00pm	Dinner



Mon, Aug 5 - Pisac Excursion

TBD	Morning Yoga
TBD	Breakfast
9:00am - 2:30pm	Pisac Tour
1:00pm - 2:00pm	Lunch
7:00pm - 8:00pm	Dinner

Tues, Aug 6 - Free Day

TBD	Morning Yoga
TBD	Breakfast
	Free Day
1:00pm - 2:00pm	Lunch
TBD	Dinner
TBD	Sound Healing
TBD	Full Moon Ceremony

Weds, Aug 7 - Travel to Machu Picchu

7:30am - 8:30am	Breakfast
9:00am	Leave Retreat for train to Ollantaytambo
Around 3:00/4:00pm the night	Train ride from Ollantaytambo to Aguas Calientes to stay
TBD	Dinner in Aguas Calientes

Thurs, Aug 8

5:00am	Depart for Machu Picchu
3:20/4:20pm	Depart for journey back to Cusco
	Stay overnight in Cusco

Fri, Aug 9

TBD	Depart to airport
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