



Yoga con Sentido
physical, mental and spiritual practice

YOGA RETREAT
(Nov 14th-18th, 2019)

ABOUT US





Purpose

We aim to preserve + 9,000 hectares of virgin forests in one of the most biodiversity hotspots in the tropical Andes of the region.



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Since 2007, this project located in Camanti - Cusco; with the collaboration of professionals from different specialties and supported by the Peruvian State, seeks conservation through the execution of programs interested in scientific research, social participation, environmental education and ecotourism. The purpose of this project is to help mitigate the negative impact of human activity on the forest, protecting and restoring its natural balance and well-being.

A photograph of a sloth hanging from a tree branch, surrounded by dense green foliage. Sunlight filters through the leaves, creating a dappled light effect. The sloth is positioned on the left side of the frame, facing right.

Conservation

We are convinced that in order to generate well-being we must combine conservation efforts with social and economic development. Our work focuses on (1) put in value the benefits of the forest, in order to (2) exploit them in a sustainable manner, generating a harmonious relationship between people and nature.



(1) Research

We seek to value the benefits of the forest, and its relationship with people, from research projects led by specialists in various fields: biologists, botanists, anthropologists, economists, architects, etc.



(2) Ecotourism

We offer unique experiences of natural re-connection to all those who look for adventure, rest, science, mysticism and more. Everyone who visits SOQTAPATA become an essential part of the conservation of forests and the development of their influence zone.

YOGA RETREAT

- Ecotourism -





Natural Connection

We have designed a retreat away from the distractions of the city, in the middle of a forest of millenary trees, so that everyone has the opportunity to connect with himself through nature.



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This retreat program has been designed by **Francisca Hunting**, instructor of "*Yoga con Sentido*" and the conservation team of **SOQTAPATA**, offering a spiritual experience in one of the best natural settings of Cusco. This 5-day experience will take your body, mind, and soul in a journey towards balance whilst witnessing the beauty of an untouched forest that harbors a variety of flora, fauna (orchids, heliconias, Andean bears, jaguars, and deer) and breathtaking waterfalls and natural crystal pools of healing water.



Rest & Relax

This is the perfect place for those who seek to experience the calm of nature in its maximum expression.



Yoga

Daily yoga practice, meditations and sonotherapy, workshops, asanas, philosophical yoga talk, and more.



Gratitude

"Offering to the Mother Earth" Ceremony guided by a local Chaman to entrust the hole retreat.



Sightseeing

Nature walks and excursions guided by our forest interpreters; looking for birds, insects, plants, and even mammal tracks.



Organic Food

Organic and vegetarian-friendly food every day; provided by our local suppliers and our organic farm.



Fun

After every yoga sessions, there is nothing better than enjoying in natural pools, with pure and crystalline water to energize the soul and body.

Detailed Activities.

DAY 1

- 05:00** Trip Cusco-SOQTAPATA. Travel through the Andes, ascending up to 4,700 m.s.m. before descending to 900 m.s.n.m.
- 07:30** Visit to a High-Andean town and have a delicious Breakfast with local products.
- 10:00** Arrival at the entrance of the SOQTAPATA Reserve / Briefing Meeting and Security Instructions.
- 11:00** Trekking to Base Camp.
- 12:00** Welcome Ceremony + Welcome Drink / Accommodation.
- 13:30** Lunch and Rest.
- 15:30** Yoga Talks - The Philosophy of Yoga: 8 limbs of Yoga Patanjali.
- 18:00** Yoga Practice: Chakra Balance
- 19:00** Dinner.
- 20:00** Ceremony "Pachamama's Offering".

DAY 2

- 05:00** Trekking: Waterfall, Bird Watching (Cock of the Rocks) and Optional energy bath.
- 07:00** Breakfast.
- 09:00** Yoga Practice: Vinyasa Flow.
- 13:00** Lunch.
- 15:30** Trekking: wildlife sighting and river bathing.
- 19:00** Dinner.
- 20:00** Yoga Practice: Yoga Nidra.

DAY 3

- 05:00** Yoga Practice: 108 greetings to the sun and solar energy.
- 07:30** Breakfast.
- 09:30** Activity: Pranayama and chanting of mantras
- 13:30** Lunch.
- 15:30** Workshop: How to avoid injuries when performing Yoga and other physical activities.
- 19:00** Dinner.
- 20:30** Activity: Night Jungle Walk.

DAY 4

- 05:00** Yoga Practice: Ashtanga Vinyasa
- 07:30** Breakfast.
- 09:30** Activity: Healing Bowls
- 13:00** Lunch (picnic during excursion).
- 15:30** Trekking: wildlife sighting and river bathing.
- 19:00** Dinner.
- 20:30** Activity: Storytelling.

DAY 5

- 05:00** Yoga Practice: Vinyasa Flow
- 07:30** Breakfast
- 09:30** Activity: Meditation and thanks to the earth
- 12:00** Light Lunch
- 13:30** Departure Trek
- 20:30** Arrival at Cusco City



Includes

Private transportation (Cusco - SOQTAPATA - Cusco)
Amazing 04-hour journey (from the Andes to Amazonia)

2,370 PEN

USD 720

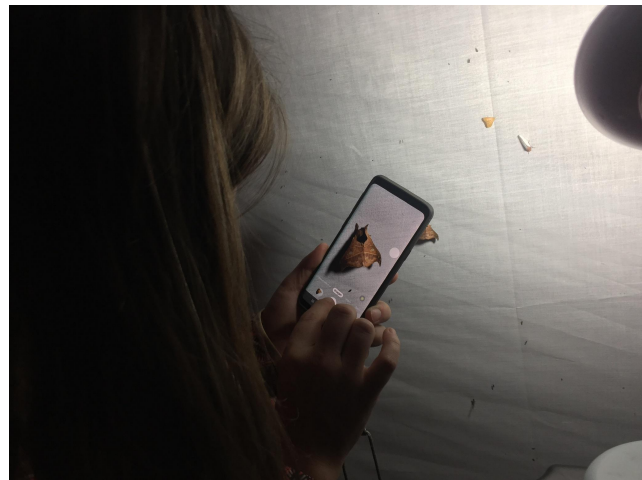
(*) Taxes are not included

4 Nights accommodation in the reserve
All meals - vegetarian-friendly
Daily yoga practice
5 Days excursions and activities in the reserve
Meditation & sonotherapy
Talks: yoga philosophy
"Offering to the Mother Earth" Ceremony



Our Last Retreat





A photograph of a man and a woman hiking through a dense, sun-dappled jungle. The woman, on the left, has short grey hair and is wearing a dark jacket. The man, on the right, is wearing a red and white plaid shirt. They are both looking towards the right side of the frame. The background is filled with thick green foliage and tree trunks. The text "iSEE YOU SOON!" is overlaid in the center in a large, white, sans-serif font.

iSEE YOU SOON!