YOGA RETREAT
SOQTAPATA May 6th - 12th

Detailed Program

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.

Conservation is our Why

SOQTAPATA's is a project that aims to protect and conserve these beautiful forests, aggresively threatened by illegal extractive activities such as mining, logging, hunting of mammals and informal agriculture. By joining the program you will not only enjoy a unique experience, but you will also contribute to the sustainable development of the tropical Andes through this kind of wellness/conservation tourism.

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.
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: Chakra Balancing.
13:00	Lunch.
15:30	Trekking: Bird Watching + Meditation & Pranayama.
19:00	Dinner.
20:00	Yoga Practice: Yoga Nidra.

DAY 3

05:00	Yoga Practice: 108 greetings to the sun, solar energy.
07:30	Breakfast.
09:30	Workshop: How to avoid injuries when performing Yoga and other physical activities.
13:30	Lunch.
15:30	Trekking: Wildlife sighting + River Bathing.
19:00	Dinner.
20:30	Activity: Night Jungle Walk.

DAY 4

05:00	Yoga Practice: Karma Yoga + Cleansing Activity.
07:30	Breakfast.
09:30	Full-day Excursion: Trekking + Conservation activity (species inventory).
13:30	Lunch (picnic during excursion).
19:00	Dinner.
20:30	Activity: Chanting of mantras and sonotherapy.

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

SEE YOU SOON!