



Reconnect: a yoga and wellness retreat

March 10-16, 2024

Sacred Valley, Peru





Reconnect to
body, mind, and
soul through
movement,
creativity, and
spiritual practice
in the quiet
serenity of the
Andes mountains.





Located 1.5hrs outside the city of Cusco, Samadhi Sacred Valley is where you will call home for this week of yoga, movement, meditation, cultural experiences, & connection.



Your hosts



Lesley Leake works full-time in the public health field in Charleston, SC. She is an E-RYT 200-hour yoga instructor and NCHCEC-certified health education specialist. Lesley is great at keeping mindfulness at the forefront of every yoga practice and challenges students to stay present with their bodies. She has experience in teaching a range of abilities and meeting people where they are in their yoga journey. When she's not teaching or taking yoga, Lesley enjoys climbing, stand-up paddle boarding, and snuggling with her cats.



Shelly Mamo is a full-time Wellness Coordinator in Denver, CO. She is an ACE-certified group fitness instructor, personal trainer, and health coach. She teaches a range of fitness formats to a variety of fitness levels. Shelly is great at making movement fun for everyone, offering options to make everyone feel successful, and creating a welcoming environment to nurture new friendships. Shelly is a ball of energy, but has discovered a sense of grounding and peace through yoga & mindfulness. She hopes to create that same space for others through her yoga & meditation classes. Outside of the wellness world, she enjoys obsessing over her pup, hiking, eating cookies, or laughing at memes.

Double/Triple Occupancy - \$2,250

Single Occupancy - \$2,650



What's Included?

- Day trip to Machu Picchu (a \$375 value)
- 2.5-hour sound healing experience
- 2-hour native shaman ceremony
- 2-hour pottery class
- 3 abundant vegetarian/vegan meals per day*
- Coffee, tea, and snacks all day
- Lodging (6 nights/7 days)
- Airport transfer to/from Cusco to Samadhi Retreat Center
- 2 movement classes each day (mats & props provided)
- Meditation & journaling sessions
- Bonfires
- A welcome bag with goodies
- New friends and memories to last a lifetime!

*Except one breakfast and lunch on the day we travel to Machu Picchu. Those meals will be purchased in town.



What's Not Included?

- Flights
- Additional (optional) excursions or activities
- Alcoholic beverages and any additional food/beverage
- If you plan to come early or stay later, lodging and meals are not included
- Gratuities for Samadhi staff
- Personal Expenses
- Travel Insurance



reconnect
with yourself



and connect
with others

Included Activities

A spiritual journey to Machu Picchu

We leave the retreat center early in the morning in our private transport to the train station in Ollantaytambo, where we will take a train to the city of Aguas Calientes. The train journey will take approximately 1h45m. We will have breakfast in Aguas Calientes before arriving at Machu Picchu. Before entering our Spiritual Guide, we will ask permission from mountain spirits in the INCA language and the languages of their ancestors. We will follow our heart to the different energy points and share the sacred leaves of Coca to open our heart and mind while doing some exercises to feel the Machu Picchu energy. In the afternoon, we return to Aguas Calientes for lunch & travel back to Sacred Valley.

Time Commitment: all-day

Sound Healing - Experience sound vibrations as it promotes deep relaxation and potential healing.

Time Commitment - 2-2.5 hours

Native Shaman Experience -We will set our intentions at the beginning of our retreat with a ceremony lead by native shamans.

Time Commitment - 1.5-2 hours

Pottery class - Feel the earth and connect with your first Chakra as you make your own pottery to take home.

Time Commitment - 2-2.5 hours

Additional Activity/Excursion Options

*these prices are subject to change, as they reflect 2023 pricing.

Painting in the Mountains - \$50 per person:

After a meditation express yourself painting in the middle of the Andean Mountains, you will be able to take the painting back home.

Time Commitment- 2-2.5 hours

Vegan Peruvian cooking class - \$50 per person:

Learn to cook one typical Peruvian dish with their vegan chefs. You will be able to pick up some of the ingredients from their organic garden and enjoy the process until you taste.

Time Commitment - 2-2.5 hours

Massage - \$88 per person:

Relax and release while enjoying a full body massage with customized essential oil blends and the beautiful setting of the Andean Mountains.

Time Commitment - 1 hour

Human Design Therapy - \$88 per person:

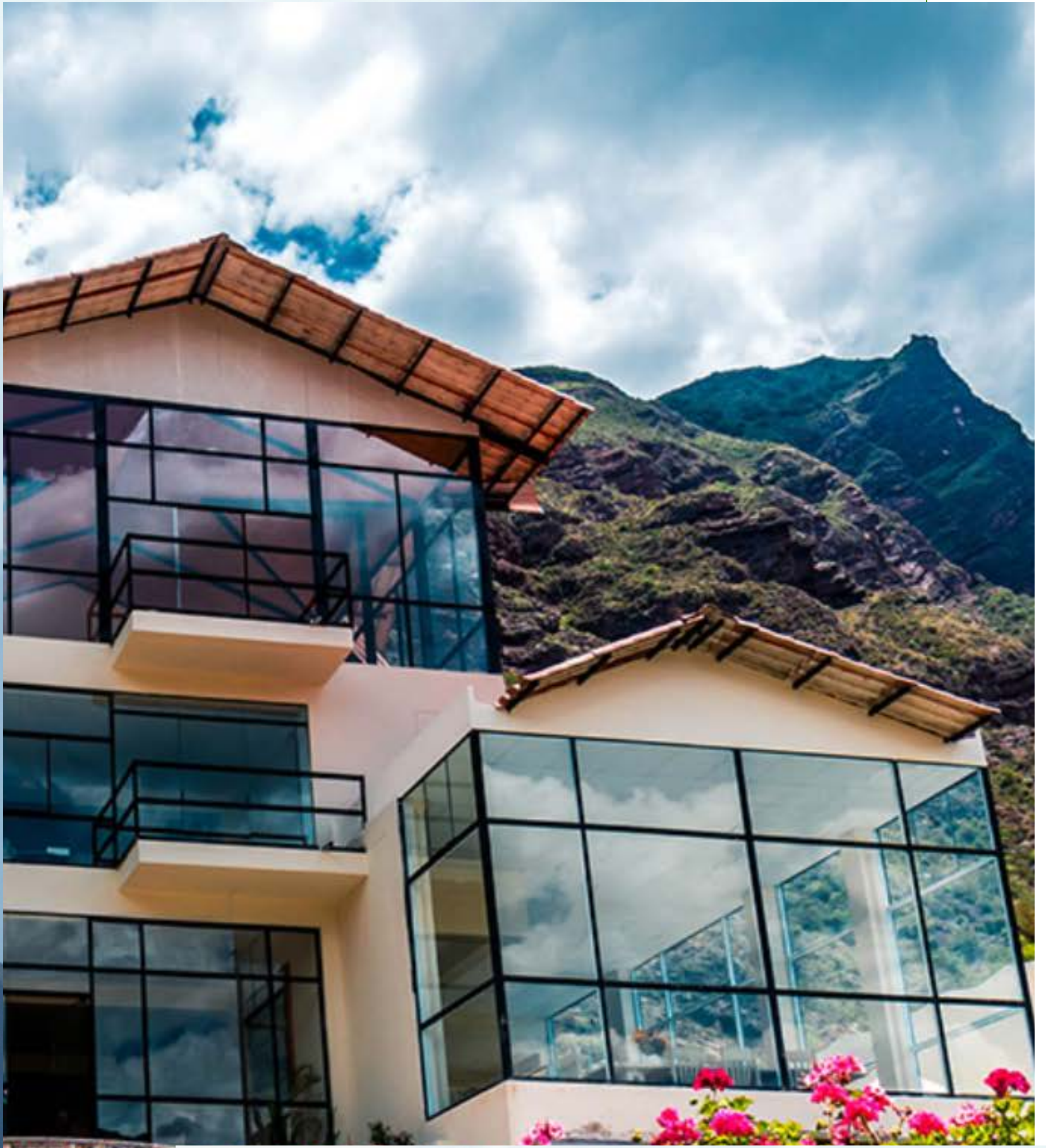
Using your birth date/time/place to discover your unique Human Design. You will learn how you can utilize it to tap into your intuition & create more joy, freedom, and love in your life.

Time Commitment - 1 hour



Samadhi Sacred Valley

Check out their official website [here](#).



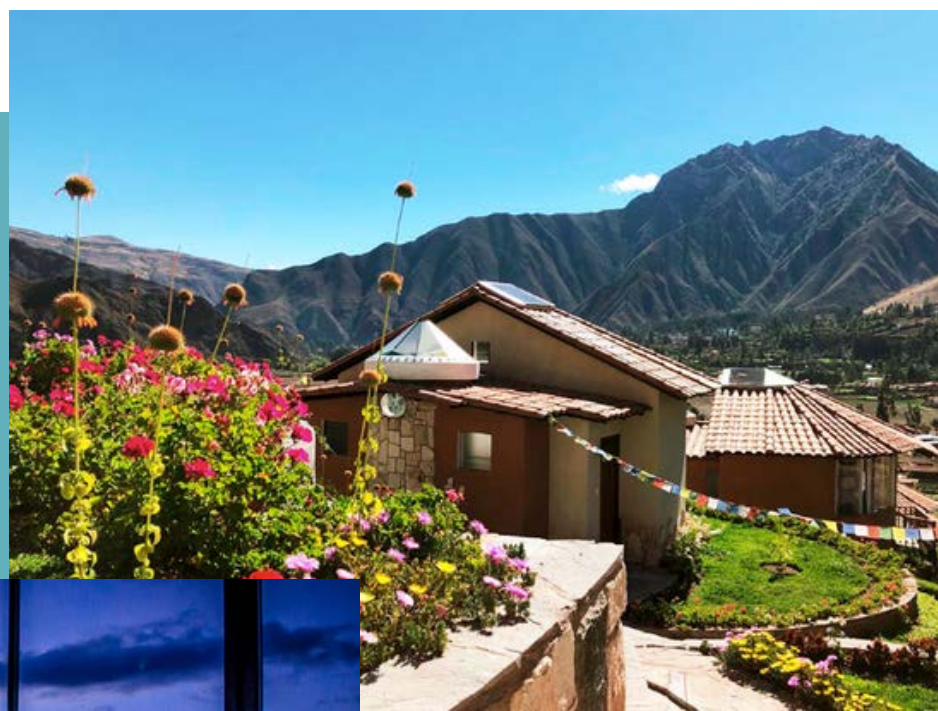
The Resort

Samadhi Sacred Valley is a holistic center located in the heart of the Sacred Valley of the Incas in Cusco Peru.

Their mission is to hold space with love for everyone who arrives and to encourage self-realization. They base this purpose on daily practices of yoga, meditation, art, and sustainable food in a space that is comfortable and welcoming where each guest can enjoy these experiences in the middle of the Andean Mountains.

Samadhi Sacred Valley's main lodge has a large living room, dining room, and two yoga studios with sweeping views of the surrounding mountains. The resort also has a meditation garden, a painting terrace, and an organic garden that supplies food for our daily meals.

Single, double, or triple occupancy is available in the bungalows and suites around the property. All rooms have a private bathroom.



Are you
ready?



Alpaca my
bags...

I'm ready, what are my next steps?

Reserve
your
spot!

Fill out registration form and pay \$350 deposit

Two options to pay:

1. Pay via credit card and fill out form [here](#)
2. Pay via Venmo @Shelly-Mamo or @Lesley-Leake and fill out registration form [here](#)



Payment Plans

*Flexible/monthly payment plans are available. If you sign up after the dates below have passed, we will create a new payment plan for you.

Single Occupancy room - \$2,650

\$350 non-refundable deposit to reserve your spot

\$770 due Sept 4

\$765 due Nov 6

\$765 due Jan 8

Double/Triple Occupancy room - \$2,250 per person

\$350 non-refundable deposit to reserve your spot

\$640 due Sept 4

\$630 due Nov 6

\$630 due Jan 8

Referral Discount:

Get \$50 off for each person you refer that attends the retreat.

Cancellation policy:

Any cancellations within 90-30 days prior to the trip (Dec 12-Feb 9), 50% of payments will be refunded. Any cancellations made less than 30 days prior to the trip (Feb 10 and after), no refunds will be given. We recommend purchasing travel insurance with [World Nomads](#) in the event that you need to cancel.



FAQs



When should I arrive in Cusco, Peru?
When should I leave?

Arriving

A group shuttle from Alejandro Velasco Astete Cusco International Airport (CUZ) in Cusco will take us to the Samadhi Retreat Center in the early afternoon on Sunday, March 10th. The group shuttle is the only transportation provided in the cost of the retreat. If you choose to arrive in Cusco on Sunday, March 10th, flights should arrive no later than 12:00 pm so that you have time to collect luggage and travel to the shuttle meet-up spot.

Departing

A group shuttle, included in the price of the retreat, will take guests from Samadhi Retreat Center to Alejandro Velasco Astete Cusco International Airport (CUZ) in Cusco on Saturday, March 16th. If you choose to leave Cusco on Saturday, March 16th, flights should depart no earlier than 1 pm.

Note: If flying from the U.S., it is generally cheaper to fly directly into and out of Lima, Peru, and then buy a separate domestic flight on a regional airline from Lima to Cusco. Flights coming into Lima from the US tend to arrive between 11pm and 4am, which means you may need to depart the US on Saturday, March 9th. Flights occur hourly from Lima to Cusco starting around 5am, so you can stay in a hotel overnight in Lima or plan for a shorter layover and stay in the airport until your flight to Cusco.

FAQs



What currency do I need?

Peruvian Soles and US Dollars are widely accepted in Peru. Cash is your friend in Peru – some places will not accept credit cards. It's also recommended to bring smaller denominations of bills, preferably no larger than \$20 bills. We recommend bringing enough cash to cover any spending money, tips, taxi rides, and any meals not included in the itinerary. There are plenty of ATMs available in Lima and Cusco.

*(For your reference – the latest currency exchange rates is 1 US Dollar = 3.7111 Peruvian Nuevo Sol).



What are the visa and passport requirements?

Guests traveling from the USA and Canada (and many other countries) do not need a visa, but will need to provide a return ticket or evidence of onward travel. Your passport must have at least 6 months of validity remaining to enter the country.



What clothes should I bring?

Guests should bring clothes for daytime activities, such as yoga/workout clothes, hiking sandals/shoes, flip flops, and casual wear such as shorts, t-shirts, and sundresses. Daytime temperatures are mild year-round (highs in the low 70s), but nighttime temperatures can be brisk (low 40s) so bring layers and a warm jacket. To protect from the bugs, loose-fitting long sleeve tops and light pants are recommended. We also recommend bringing a rain jacket or poncho (March is the end of the rainy season) and comfortable walking shoes for Machu Picchu & nature treks around the Samadhi property.

FAQs



Is Peru safe?

Peru is safe to visit. You can view current travel advisories [here](#). There are areas of Peru that are not recommended to visit, including certain areas of Lima. Crime does exist; you need to be aware of your surrounding, protect your belongings, and be smart if you're traveling alone.

However, when Shelly visited in Oct 2022, she felt very safe. The other tourist areas of Peru especially felt safe – the people are very kind and helpful. If you're in a tourist area, just be prepared to be approached by locals to purchase their goods. Kindly say "no gracias" if you're not interested and keep walking.



Can I drink the water?

No. Don't drink the water unless you want a serious colon cleanse. There are plenty of places to purchase affordable bottled water. You can also bring a lifestraw or iodine tablets if that brings you comfort, but you won't need any water purification items at the retreat center. If you visit before or after the retreat, also be aware that you should not drink the ice (you can say "no hielo" or "sin hielo"). And be cautious when eating raw vegetables and fruits as they may have been washed in unfiltered water.



What else should I bring?

Packing can be stressful sometimes, but have no fear – you can purchase anything you forget when you arrive in Peru. Other than an open mind and positive attitude, you might also want to bring bug spray, sun screen, a bathing suit for the jacuzzi, and a good book.

FAQs



How is the altitude?

Cusco sits at 11,000 ft. and the Sacred Valley sits around 9,000 ft. If you don't currently live at high altitude, it might take a day or two to get acclimated. Stay hydrated, bring some ibuprofen, and consider getting altitude sickness pills if you're really worried.



How are the bathrooms in Peru?

This may seem like a weird question, but the bathroom situation is not what it is in the U.S., so sometimes it's nice to have a heads up. Obviously the bathrooms at the retreat center will be great. In regards to the rest of Peru, be prepared that you may have to pay a few soles, bring your own toilet paper, and be aware there is often no actual toilet seat. Do your squats now to prep those thighs for some squats - you got this. It's all part of the experience. :)



Do I need any vaccines?

Always check with your doctor to make sure you have the necessary vaccines. Check the [CDC's](#) recommended vaccines - you should at least be up to date on all of your regular vaccines and receive Hep A and Hep B. Some of the recommended vaccine's on the CDC's website are not necessary for the Cusco region.

In regards to COVID, to enter Peru, U.S. citizens don't currently need proof of vaccination or a negative test. However, [these guidelines](#) change frequently, so please check requirements at least a week before departure. You are responsible for staying up to date on current requirements.

FAQs



I'd like to stay longer in Peru before/after the retreat. Do you have any recommendations?

Yes! Shelly spent 2 weeks in Peru in October 2022 and would love to chat if you have specific questions. Here are some tips to consider:

- Cusco is definitely worth spending some time. It's such a charming town surrounded by mountains! Bring cash as you walk through town so you can snag pictures with the locals who walk their alpacas!
 - Lodging Rec: Selina Plaza De Armas hostel (perfect location, clean, cute, & affordable)
- Lima is great for history lovers and foodies; it is home to many Michelin-star rated restaurants, but plan ahead and make a reservation because they book up months in advance.
 - Lodging Rec: Miraflores and Barranco (art district) are the safest options and have a fun night scene.
 - If you're not too interested in history and don't plan on making a restaurant reservation, I'd skip Lima if you're limited on time.
- Rainbow Mountains is a fun day trip from Cusco! There are so many cute alpacas along the way. It was a relatively short hike, but the altitude can get to you - I'd do this after the retreat so you're acclimated. There's an option to take a horse most of the way up too.
- Sandboarding in Huacachina was a cool experience. It would be worth staying a night there; otherwise, just be prepared for a long day trip from Lima to get there.
- The Amazon. Definitely worth a visit, but only if you have at least 3-4 days.
- Peru is huge! There are endless places to visit and you can't do it all in one trip. Here are a few other places we didn't visit, but we heard good things from others: Lake Humantay, Haurez, Arequipa, & Puno.

Other noteworthy tips:

- It takes awhile to get from one destination to the next in Peru, so don't try to squeeze in too much.
- Airbnb is a cheap lodging option in Peru.
- It is generally cheap to be in Peru - what a relief!
- Learn some basic Spanish. A lot of locals spoke English, but many did not. However, they are kind, so they will have the patience to laugh with you until y'all figure it out together. :)
- Save a little room in your luggage - you'll want to buy the cute items that locals are selling!

*We travel not to
escape life, but for
life not to escape us.*



Questions?

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