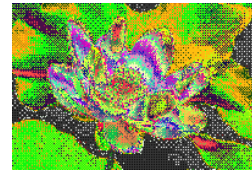
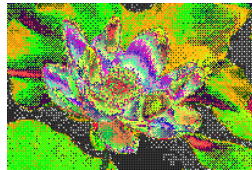
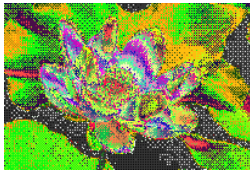


Back To Bliss Yoga

Yoga in Peru with Jen & Harriet...April 10-20, 2012

A Magical Journey to Willka T'ika & Machu Picchu

*Stress slips away and your true nature returns, bringing you
back to peace, back to balance, back to bliss.*



We invite you on a spiritual journey to the ancient & mysterious land of Peru, with Willka T'ika Garden Guesthouse as your home base. Set in breathtaking gardens in the Sacred Valley of the Inka, Willka T'ika was designed specifically as a yoga & spiritual retreat center. Our entire journey will be led by an experienced Andean guide who is fluent in English, Spanish, & local dialects. Complement your yoga practice with a spiritual & cultural adventure for mind, body, & soul. Yoga is always optional & non-yoga spouses, partners, & friends are welcome!!! Retreat is not suitable for children under 16.

Retreat Itinerary:

- Tuesday, April 10, - Depart for Cusco via Lima, Peru.
- Wed, April 11- Your Back to Bliss Magical Journey starts when you arrive in Cusco Wed morning. Check into your beautiful downtown hotel for 2 nights. Free day to rest and relax.
- Thursday, April 12 – Enjoy the buffet breakfast at your hotel. At 11:00, our guide will meet us for an orientation, followed by lunch and a guided tour of Cusco & a visit to the Korikancha Temple. (B, L)
- Friday, April 13 -Buffet breakfast followed by a visit to the sacred sites of Saksaywaman overlooking the village of Cusco. Afternoon transport to Willka T'ika. (B,D)
- Saturday, April 14- A special day at Willka T'ika & the Sacred Valley with orientation to the seven chakra gardens. (B, L, D)
- Sunday, April 15 - Willka T'ika & the Sacred Valley with a trip to the spectacular ruins of P'isaq. Enjoy hiking & the colorful market with beautiful handmade goods. (B, D)
- Monday, April 16 - We will have a special visit to an Andean mountain school in a remote community where few tourists are privileged to visit. After the visit to the school, we will stop at the Ollantaytambo Ruins with its wonderful stonework & temple. (B, L, D)
- Tuesday, - April 17 - Morning train to Aguas Calientes, the lively village situated below Machu Picchu Ruins. Our guide will lead a tour of the "Lost City of the Inka." We will enjoy a shamanic healing ceremony, followed by dinner in one of the finest restaurants in Aguas Calientes. (B, D)
- Wednesday, April 18- A full morning free to wander through colorful town of Aguas Calientes followed by return by train back to Willka T'ika in time for dinner. If you desire a second entrance into the ruins, plan an extra \$52. (B, D)
- Thursday, April 19 - A day of yoga & mindfulness, time to unwind, massages & crystal bed healing sessions, or you may wish to hike into the village of Urubamba. A farewell dinner celebration at Willka T'ika. (B, L, D)
- Friday, April 20 – Depart Willka T'ika by bus to Cusco to catch our flight to Lima. Most flights from Lima leave late at night. (B)
- Saturday, April 21- Sleep on the plane & arrive back home to Missoula or other city on Saturday afternoon.

You will receive a complete packet with detailed daily itinerary & how to plan for this trip upon registration.

See registration details on back.

Name _____ Phone _____
 Address _____ Cell Phone _____
 City _____ State _____ Zip _____
 Email _____ (print clearly please)

Retreat Fee:

_____ \$3125.00 per person Double Occupancy

_____ \$3825.00 per person for Single Occupancy

Luxury room upgrades are available upon request, subject to availability, for an extra \$150.00 per person. Any registration received within 45 days from departure will incur a \$150 late fee.

Retreat fee includes meals as listed in itinerary: (B= breakfast, L= Lunch, D= Dinner), 9 total nights accommodations, all group transfers, tours, & excursions, all site entrance fees as listed, workshops with authentic healers, train tickets to Machu Picchu, yoga & meditation classes with Jen & Harriet.

Retreat price does not include your flight from home city to Cusco, Peru; meals not specified in the itinerary; tips; departure tax; personal expenses such as drinks, laundry, or massage; insurance against theft, loss, illness, or accident; & other extras not specified.

To Register:

A \$100 retainer will hold your space immediately with the remaining deposit fee of \$400 due by June 30, 2011. Another \$500 is due by November 30, 2011. The remaining balance is due by February 1, 2012.

_____ Amount Enclosed, send to: Back to Bliss Yoga, 113 McLeod Ave, Missoula, MT 59801.

I will room with _____.

If you do not have a roommate we will try to match you with another person with the same request. If we are not able to do that, you will need to take a single occupancy level at the increased rate.

All spaces are limited & will be on a first-registered basis.

Cancellation Policy: All cancellations must be in writing. If cancellations are made prior to June 30, 2011, you will forfeit your \$100 retainer fee. If cancellations are made after June 30th & prior to February 1, you will forfeit your \$500 registration fee. No refunds on any amount will be made after February 1, 2012. Refund policy is absolutely adhered to as we will not be able to recover funds paid to Peru providers at those points. Travel insurance highly recommended.

Travel Arrangements: **Please confirm your registration with Jen or Harriet prior to making your flight plans!** Please coordinate your flight plans with us. If you arrive at a different time than the group, there will be a transport fee of \$15 from the Cusco airport to the hotel & similarly with departure.

If you plan to use frequent flyer miles &/or are flying from another city, please synchronize your flight times with the group to avoid any extra transport charges. Any additions or changes to the plan will be at your expense.

This trip is for people in good health. Altitudes are up to 11,000 ft. & this is not suitable for people with heart or respiratory conditions. If you have any questions about your ability to do this trip, please contact your doctor.

Jennifer Brooke is certified as a yoga teacher/therapist with Integrative Yoga Therapy and is also a Physical Therapist specializing in spinal health. Jen teaches an integrated blend of hatha yoga focusing on alignment, breath, self-discovery, and fun.



Harriet Alterowitz is a certified yoga teacher with Integrative Yoga Therapy and has many years experience teaching movement, dance and yoga to both individuals and groups. She specializes in guiding students toward a more peaceful and heart-felt yoga practice.

For more information call Jennifer Brooke @ 406.721.3905, email: jbrookemt@aol.com
 or Harriet Alterowitz @ 406.370.6464, email:hattieyoga@gmail.com
 Visit our website at www.backtobliss.com