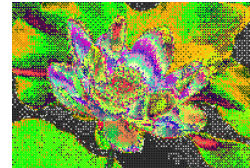
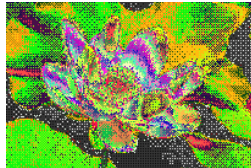
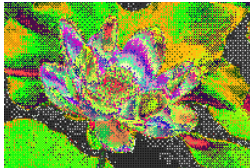


# Back To Bliss Yoga

Yoga in Peru with Jen & Harriet...October 22- November 2, 2009

## 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 Gaby, 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:

- Thursday, October 22nd- Depart for Cusco via Lima, Peru. You should arrive in Cusco Friday morning
- Friday, October 23- Cusco 1:00 welcome luncheon & orientation with a guided tour of Cusco & a visit to the Korikancha Temple. Spend the night in a downtown hotel. (L)
- Saturday, October 24- Buffet breakfast followed by a visit to the sacred sites of Saksaywaman overlooking the village of Cusco. (B)
- Sunday, October 25- - Cusco to the Sacred Valley & Willka T'ika. (B, D)
- Monday, October 26- A special day at Willka T'ika & the Sacred Valley. (B, L, D)
- Tuesday, October 27- Willka T'ika & the Sacred Valley to the spectacular ruins of P'isaq. Enjoy hiking & the colorful market with beautiful handmade goods. (B, D)
- Wednesday, October 28- 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)
- Thursday, October 29- Morning train to Aguas Calientes, the lively village situated below Machu Picchu Ruins. Our special 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)
- Friday, October 30- 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)
- Saturday, October 31- 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)
- Sunday, November 1- Fly Cusco to Lima late morning flight. Most flights from Lima leave late at night. (B)
- Monday, November 2- Sleep on the plane & you will arrive back home to Missoula or other city on Monday afternoon.

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

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 Lima or Lima to Cusco; 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.

Back to Bliss Yoga Magical Journey to Willka T'ika & Machu Picchu  
October 22-November 2, 2009

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

\$100 will hold your space, remaining deposit fee of \$400 is due by November 1, 2008.

Total balance is due by August 1, 2009.

\_\_\_\_\_ \$2900 per person Double Occupancy

\_\_\_\_\_ \$650 extra for Single Occupancy (\$3400)

(Luxury room upgrades are available upon request, subject to availability for an extra \$150/ person)

\_\_\_\_\_ Amount Enclosed, send to: Back to Bliss Yoga, P.O Box 3266, Missoula, MT 59806-3266

I will room with \_\_\_\_\_.

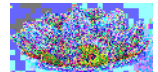
If you do not have a roommate we will try to match you with another person with the same request. If we are not able to do that, you may need to take a single occupancy level. All spaces are limited & will be on a first-registered basis.

**Cancellation Policy:** All cancellations must be in writing. If cancellations are made prior to June 1, 2009, a refund minus \$100 processing fee will be issued. If cancellations are made after June 1, 2009, no refund will be made on the \$500 deposit. No refunds on any amount will be made after August 1<sup>st</sup>, 2009 because we are unable to recover any funds paid to Peru providers at that point. Travel insurance recommended.

**Travel Arrangements:** Please confirm your registration with Jen or Harriet prior to making your flight plans. Please coordinate your flight plans with us. We will be working with Libby Baker, Senior Travel Agent at AAA Montana to arrange a group package from Missoula. If you plan 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. If you arrive at a different time than the group, there will be a transport fee of \$12 from the Cusco airport to the hotel.

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/therapist with Integrative Yoga Therapy and has many years of 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 @ 406.721.7309 email: halterowitz@hotmail.com

Visit our website at [www.backtobliss.com](http://www.backtobliss.com)

Send check payable to Back To Bliss Yoga, PO Box 3266, Missoula MT 59806-3266