

A Transformative Yoga Retreat and Teacher Training in the Sacred Andes of Peru

Surrender to yourself and leave behind any demoting habits. Experience the mystery of the ancient Inca and bask in the majesty of the Andean mountains.

Come with Sat Dharam Kaur, Tej Kaur and Nirmal Singh to participate in the acclaimed “Beyond Addiction” training program. This certified training will give you the opportunity to not only free yourself from addiction but to learn how to free others as well. Come with us to the healing wonder that is Peru...

About the program:

This course is designed for individuals seeking to develop healthy habits and overcome addictive behaviour, for health professionals who work with addiction and for certified yoga teachers who would like to teach a yoga-based addiction recovery program. The course outlines a 70 hour (or 16 week) recovery program which includes Kundalini Yoga, breathing techniques, meditation, relaxation, self-reflection, lifestyle and dietary guidelines, stress management, hydrotherapy, naturopathic detoxification and nutritional and herbal supplementation for neurotransmitter and glandular balance.

After having completed this program, you will have access to support from others that have completed the program as well as a network of professionals.

What we offer...

Sacred Valley, Machu Picchu and the Mountains:

Our home base will be in a restful and magical guesthouse, set in the charming Sacred Valley of the Inca. It is composed of bright and peaceful cabins, built from adobe with private bathrooms and hot water; each one has its own unique view of the mountains and the gardens. The roundhouse yoga studio has a hardwood floor and big windows overlooking the mountains. The surrounding gardens are filled with medicinal plants of the Andes and brilliant flowers. At any time, you can also enjoy a beautiful floral bath and visit the unique waterfall nearby. The menu can be vegetarian or not, including delicious and nutritious, protein-filled Andean cereals and legumes.

A few hours of Kundalini Yoga will be offered each day to help cover the very rich “Beyond Addiction” program. Time is set aside for course work and study as well as for some personal exploration or meditation in the garden and hiking in the mountains.

Apart from the training, the travel agency will be coordinating your stay in Peru, which will include a purifying temazcal (sweat lodge) at the beginning of the program and visits to some amazing sites. Among these, are the beautiful, salt ponds of Maras, the ruins of ancient Ollantaytambo and of course, no trip to Peru would be complete without a visit to the majestic Machu Picchu and the hot springs of Aguas Calientes!

The travel agency's package includes all nights in the Sacred Valley, one night in fascinating Cuzco City, one night in Aguas Calientes located near Machu Picchu, excursions to Maras and Ollantaytambo, all ground transport, hotel accommodation, entrance tickets and tourist train to Machu Picchu. All meals are also included.

The itinerary...

Day One: Sunday July 14th

The program begins in Cuzco, ancient capital of the Incan Empire. Airport transfer to a restaurant for a welcome lunch in town and we will head off to the Sacred Valley to our home base retreat centre. After a few hours rest, we will get an introduction to the Andean Life and to the “Beyond Addiction” program by Tej Kaur. You will be then invited to participate to a ceremony called locally Temascal or Sweat lodge for North American Native Tradition. It takes place in a small hut where hot volcanic rocks provide the purifying heat to cleanse the body and spirit. Various aromatic herbs are also burned on the rocks. It will be a healthy and very uplifting way to start our retreat together.

A healthy and organic dinner will be served after that.

Day Two: Monday July 15th

We will encourage you to start a new healthy habit by greeting the sun and connecting with yourself everyday with a yoga practice and meditations. It's called sadhana practice.

At 7.00 am, a breakfast will be served.

At 8.00 am, Tej Kaur will invite you to warm up with yoga and meditation into our program.

At 12.00 pm, it will be time for lunch and a free time that could be used for rest or walking in the surrounded mountains.

At 2.00 pm, Sat Dharam and Nirmal will arrive.

Introduction and classes led by Sat Dharam.

Day Three: Tuesday July 16th

It will be a rich day of yoga, diving into our transformative program.

4.00 am, sadhana.

7.00 am, Breakfast.

8.00 am, Sat Dharam Kaur will lead our morning program.

12.00 pm, Lunch and break.

2.00 pm, Afternoon program.

6.30 pm, Dinner

7.30 to 9.00 pm, Meditation and end of the program for the day.

The yoga classes will be led now by Tej Kaur and Nirmal Singh. There is time set aside around lunch and dinner to rest and enjoy the mountains scenery.

After dinner we will end the day with a meditation.

Day Four: Wednesday July 17th

We will start the day with a few hours of yoga. Then we will leave to visit the salt ponds of Maras, less than an hour drive from our retreat centre. These ancient Inca salt mines offer an incredible celebration of man's work and Nature. The effect of the sunlight reflecting off of the maze of ponds is quite stunning.

If time allows it, we will also visit nearby, the Incan agricultural terraces at Moray which will demonstrate the sophisticated science of the Inca culture. Mid-afternoon we will come back to our centre to continue our yoga program. Dinner is usually served at 6.30 pm and followed by a meditation.

Day Five: Thursday July 18th

The yoga classes will be led now by Tej Kaur and Nirmal Singh. There is time set aside around lunch and dinner to rest and enjoy the mountains scenery.

After dinner we will end the day with a meditation.

We will do a full day of yoga. The studio allows us to feel immersed in nature as the walls are made of glass from floor to ceiling. A very inspiring space to feel renewed and energized!

Day Six: Friday July 19th

After our ritual sadhana and breakfast, we will start the day with a couple of hours of yoga. Then with our bus, we will drive to

Ollantaytambo, one of the most beautiful Inca villages of Peru. We will take our lunch in a restaurant surrounded by mountains and Inca ruins. This is where we will catch our train to the village of Aguas Calientes, final destination and starting base for Machu Picchu. We will spend the afternoon visiting the village and to enjoy the natural hot springs in the middle of the cloud forest jungle. Then we will have a nice dinner at a quaint restaurant before our night at the hotel.

Day Seven: Saturday July 20th

We will have an early breakfast at the hotel in order to take the first bus to catch the sunrise over Machu Picchu. There, before most tourists arrive, we will settle in a privileged spot to meditate and absorb the wondrous and healing energy of this sacred site. Our talented guide will then tell us the fascinating story and history of Machu Picchu and the Incan culture.

For the ambitious ones there is the possibility to climb Wayna Picchu, the tall mountain always seen in the photos. From there you get an incredible view of Machu Picchu, the surrounding mountains and the whole cloud forest.

Beginning of afternoon we will start our descent back to Aguas Calientes where we will have a light lunch before catching our train and bus back to our retreat centre. We will end the day with another beautiful meditation.

Day Eight, Nine and Ten: Sunday 21st, Monday 22nd and Tuesday 23rd

We will cover the rest of the “Beyond Addiction” program.

Tuesday end of afternoon, we will leave our retreat centre to go back to Cuzco where we will have our farewell dinner in a restaurant serving beautiful organic food.

We will accompany you to your hotel with rooms with balconies overlooking the beautiful city.

Day Eleven: Wednesday 24th

It's our farewell day. Transfer to the airport will be organized for you. But as you wish you could also take the opportunity before your flight to visit the ancient city of Cuzco.

Payment...

Price for the Beyond Addiction Program:

CDN\$ 1660.00 (no tax) with registration by April 12, 2013, three months before departure date, and **CDN\$ 1910 (no tax)** after that deadline.

CDN\$ 500.00 (no tax) is required to hold a space.

This is to be paid directly to Tom Russell. See website for payment details.

Price for the Venue, Meals & Excursions:

CDN\$ 840.00 (no tax)

Cost includes meals, all quality hotels, transport, and all entrance tickets. This will be paid directly to the travel agency Atalaya by the April 12 deadline. Contact Magda at www.atalayaperu.com for details.

Not included...

International return flights from your country to Cuzco via Lima. Contact your own travel agency for details, or we will recommend one for you.

We look forward to having you on this transformative retreat!