



Sacred Heart Retreat in Sacred Valley, Peru

June 10 – 19, 2025

**A revitalized spirit, a deeper connection to yourself and other
and a lasting appreciation for the beauty of Peru and its people**

This is what is promised with this combination of holistic practices, cultural immersion, and community engagement. Embark on our transcendent 10 -day journey “Sacred Heart in Scared Valley retreat” in the heart of the Sacred Valley, Peru. Munay Sonqo, our secluded retreat center, cradled in the majestic mountains, awaits your transformation. Immersive in comfortable rooms designed in authentic Andean style, complemented by a sophisticated spa for ultimate relaxation.

Throughout the retreat, immerse yourself in the healing vibrations of sound therapy, melt into our spa space, find inner balance through yoga classes, and reconnect with nature on rejuvenating walks. This immersive experience extends beyond personal reconnection, offering opportunities for meaningful service projects, allowing you to contribute to the well-being of the local Quechua community. Delve into authentic local experiences during carefully curated excursions to emblematic spaces, creating a genuine connection with the culture and spirit of Peru.

As the retreat unfolds, expect to emerge with a profound sense of well-being, enriched by newfound self-awareness and gratitude.



Day 1

Arrive at Cuzco (CUZ) airport and we organize transport to Munay Sonqo

12.00 check in at Munay Sonqo

13.00 official welcome and orientation session

14.00 lunch

Free time to settle in and discover Munay Sonqo

16.30 traditional Andean despacho ceremony

19.00 dinner

20.30 get to know each other at a bonfire



Day 2

8.30 breakfast

9.30. - 11.30 Sach'a Munay Land Care Project*

13.30 lunch

Free time for journaling, self-reflection, optional massage and / or therapy / walk to waterfall

17.00 spa session*

19.00 dinner

20.30 connection meditation with Christy



Day 3

7.00 morning yoga with Christy

8.30 breakfast

9.30 full day excursion to Chinchero, Maras Salt Mines, Moray incl. weaving workshop and lunch*

19.00 dinner then 20.30 star gazing



Day 4

7.00 morning yoga with Christy

8.30 breakfast

9.30 - 11.30 Service project Sach'a Munay: get involved in one of the multiple projects this NGO has to offer, from permaculture gardens to school projects*

13.30 lunch

Free time for journaling, self-reflection, optional massage and / or therapy / walk to waterfall

15.00 Andean sound healing*

19.00 dinner

20.30 connection meditation with Christy



Day 5 & 6

Early morning: leaving towards Ollantaytambo in private transport, then taking the emblematic train ride passing breathtaking nature to Aguas Calientes where we will spend the night.

Day 6 early morning: sunrise at Machu Picchu - enveloped in multicolor cosmic energy. We discover the majestic and mystic area of Machu Picchu with a spiritual guide. After this extraordinary experience we will make our way back to Munay Sonqo.

19.00 dinner

20.30 spa session with massage



Day 7

7.00 morning yoga with Christy

8.30 breakfast

9.30 - 11.30

13.30 lunch

Free afternoon for journaling, self-reflection, optional massage and / or therapy / walk to waterfall or optional activities such as horse riding, trekking etc. (see complete list further below)

19.00 dinner

20.30 connection meditation with Christy



Day 8

7.00 morning yoga with Christy

8.30 breakfast

9.30 full day excursion to Pisac visiting the archeological park and market and then Urcco (water temple)*

19.00 dinner

20.30 cacao ceremony



Day 9

Early morning: full day excursion to Rainbow mountains Vinicunca in Quechua. On this hike we will see llamas and alpacas and share some coca leaves in order to help us to connect with mountain spirits and make up our trek towards 17,000 ft above sea level

19.00 dinner

20.30 spa session with massage



Day 10

7.00 morning yoga with Christy

8.30 breakfast

9.30-11.30 gratitude meditation and sharing circle

12.00 check out

Package includes:

9 nights accommodation in the selected room type

Full board with high vibrational food

2 days / 1 night excursion to Machu Picchu Full day excursion to Chincheros, Maras, Moray

Full day excursion to Pisac and Urcco

Full day excursion to Rainbow Mountain/Vinicunca

Yoga & meditation session with Christy

Andean sound healing ceremony

Despacho ceremony

Star gazing Cacao ceremony

3 group spa sessions

2 massages (Relaxation, Deep tissue, or Shiatsu)

2 service projects

1 group bonfire

Transport from and to the airport

Does not include:

International or domestic flights to or from Cusco (CUZ) Peru.

Travel insurance

Optional extra activities not mentioned above

Tips

Investment (price per person)

Early Bird \$3150 USD Triple share

Early Bird \$3350 USD Twin share

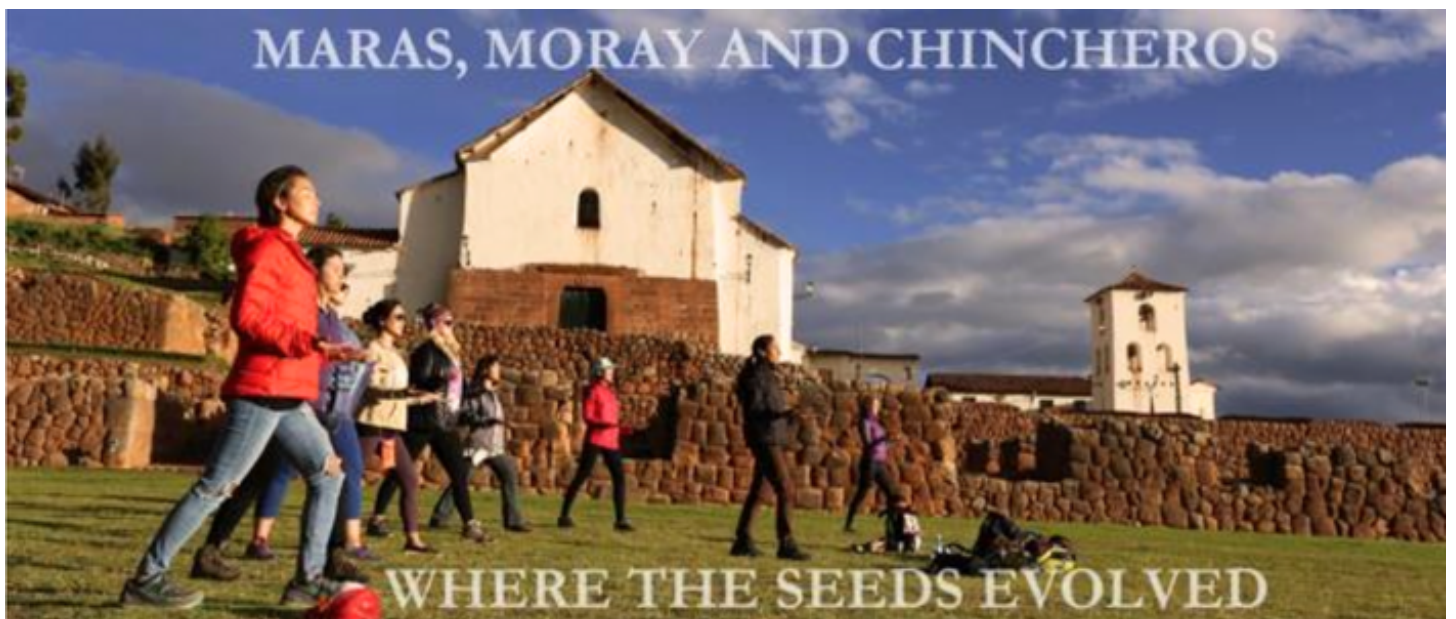
Early Bird \$3750 USD Single room (limited availability)

Retreat Highlights



Machu Picchu (Day 5 & 6)

We depart from Munay Sonqo early in the morning in our private transport and travel to the train station in Ollantaytambo, where we will take our train to Aguas Calientes town. The train ride will last approximately 1h45m. we will have time to eat breakfast in Aguas Calientes before we continue our trip by bus to Machu Picchu archeological center. Before entering our spiritual Guide ask the permission to the spirits of the mountains in INCA language and every one ask the permission in their ancestor languages. We will follow our heart to the different energy points and we share the sacred Coca leaves (MAMACOCA) with APU MACHU PICCHU AND APU HUYANA PICCHU for open our heart and harmonize the energy channels in our bodies, while doing some exercises to feel the energy of Machu Picchu. In the afternoon we came back to Aguas Calientes for our lunch. Finally, we will journey back to Munay Sonqo.



Excursion to Chinchero, Maras Salt Mines, Moray (Day 3)

Before we walk this sacred path of the seed we ask permission of PACHAMAMA (mother earth) with the help of MAMACOCA and with the CHICHA, the ancient drink of the Incas, we toast the spirits of the mountains. As we chew the coca leaves (PIJCHANDO) that were once lovingly held in colorful blankets made by the Andean women of CHICHEROS we enrich and prepare the earth (PACHAMAMA) with the mineral salts of MARAS so that she will once again be ready to provide for us. HAYLLI (a triumphant exultation in the Inca language) we say as we begin to sow the sacred seeds...

Early in the morning we will leave from Munay Sonqo in our private transport and travel to the first WAQ´A (energy point), the salt ponds of MARAS, where we will be able to witness the process of gathering the salt as we learn about its many different uses.

In MORAY, the second WAQ´A, we will feel the energy of the sacred seeds and learn about the cultivation of plants in the physical and the spiritual plane as we open our hearts to understand our mother earth (PACHAMAMA) in order to be able to integrate with her.



Apu Pisac and Urcco (Day 8)

We will depart very early from Munay Sonqo in our private transport, to the archaeological park of PISAQ. We breathe deeply to feel the energy of this sacred place where the sacred spirits await us, the energy of the plants, the sleeping stones, the pyramid of the hummingbird and the guardians who are in their tombs,

all waiting for our Coca leaves that we will share on this day. Our Spiritual Guide will guide us in this sacred temple to open our

hearts towards the APUS (spirits of the mountains) to be able to feel and understand the ancestral knowledge of the INCAS.

We return to the town of PISAQ to visit the craft market, where we will find a lot of variety handicrafts of different types of these lands. Then we will go to the community of UCHUY QOSQO where an Andean lunch prepared with organic products awaits us. After lunch we will visit URCCO (temple of water) in this sacred place we will work with the energy of the water and we will feel the essences of the flowers. Finally we return to Munay Sonqo.



Vinicunca - Rainbow mountain (Day 9)

A pilgrimage to the sacred mountains, guardians of the Andean people. We will pass through many Quechua speaking communities, where we will have the opportunity to share and learn this ancestral language with the help of our spiritual guide, who speaks Quechua. After approximately three hours in our private transport, we prepare for our meditation walk to the rainbow mountain Vinicunca. We will see llamas and alpacas. We share the sacred leaves (MAMACOCA) with the mountain spirits while we observe the different colors of the rocks with cosmic energy (about 5000 meters / 16,000 ft above sea level). In the afternoon we return to take our private transport where we will have our delicious box lunch with our coca tea. Finally, we will return to Munay Sonqo.



Traditional Andean Despacho ceremony

The offering ceremonies, known by the Andean population as payments to the land or Pachamama, are rituals of ancestral origin that are part of a system of reciprocity between the material world and the spiritual world. It is a ritual whose purpose is to return to Mother Earth what she has given you and aspire to our deepest desires about life. Our teachers have been initiated by the Queros in traditions of healing and requests to the Apus.



Star gazing

Embark on a celestial journey with a 2-hour star-gazing session that unveils the mesmerizing beauty of the night sky. Surrounded by the majestic Andes, you'll witness constellations and planets twinkling in the unpolluted, high-altitude atmosphere. The clarity of the night sky in this remote location allows for breathtaking views of the Milky Way and the Southern hemisphere, providing a surreal and enchanting experience. Immerse yourself in the cosmic wonders and connect with the profound spirituality that the Sacred Valley offers.



Cacao ceremony

Indulge in a transformative cacao ceremony in Peru's Sacred Valley, where ancient traditions and spiritual practices converge. Engage your senses as you savor the rich, ceremonial-grade cacao, believed to open the heart and enhance mindfulness. The ceremony fosters a profound connection with nature and self, creating a unique and introspective journey within the mystical surroundings of the Sacred Valley.



Sach'a Munay Service Projects

In alignment with your aspirations, we share a profound commitment to creating positive change through service to uplift our local community via our NGO Sach'a Munay.

In our Land Care Project, a sacred journey of reforestation, you will have the opportunity to get your hands dirty by planting indigenous trees, accompanied by the enchanting melodies of Andean musicians. Like this they infuse vibrant energy into the plants, nurturing their growth to harmonize with Pachamama.

Another project can be to assist Sach'a Munay in establishing a nurturing school garden. Venture into remote villages, get in touch with dedicated teachers and pupils. With the guidance of our experienced team, you will sow the seeds of both ornamental plants and nourishing vegetables, getting connected with the earth and the grateful feeling of supporting others.

Should you seek a day without transportation, immerse yourself in the art of permaculture. Receive profound training and contribute to Sach'a Munay's sustainable gardens, cultivating high-vibrational vegetables and herbs.



Spa session

The Qualilla Spa experience is a gentle weaving of the relaxation of body, mind, and spirit within nature's embrace. We offer a combination of holistic wellness and healing arts, from alternative and modern therapies, in connection with the wisdom and mysticism of the Incas.

Enjoy the benefits of steam sauna, dry sauna, infrared sauna, plunge pool, jacuzzi and our unique salt cave where you can enjoy halo therapy.



Andean sound healing

In one of Munay Sonqo's Shalas, you'll receive the sound waves of harmonic instruments from around the world. We'll take you on a journey to deeper states of relaxation and expanded states of consciousness.

The facilitator uses a variety of instruments, including gongs, Tibetan and crystal singing bowls, the didgeridoo, the handpan, and native Peruvian instruments.

Some further information about Munay Sonqo

A Haven for Transformation and Connection. Nestled in the heart of the Sacred Valley of the Incas in Perú, Munay Sonqo is more than a retreat center; it is a sanctuary.

Crafted for those on a journey of self-discovery, spiritual awakening, and a profound connection to nature. Our name, Munay Sonqo, translates to "Loving Heart" in

Quechua the Inca's poetic language, capturing the essence of the intentional space we've mindfully curated.

Facilities

In the heart of this breathtaking landscape, we are proud to offer you more than just a retreat center. Munay Sonqo is a full-service haven where every detail is meticulously curated to ensure a transformative experience. Imagine awakening to the song of birds in accommodations designed for comfort and reflection, surrounded by panoramic views that inspire a sense of awe. Step into a world where the Andean culture unfolds in architectural splendor.

Our 3 campuses are carefully crafted using local and natural materials, reflecting a mindful approach to design and sustainability. Sacred Spaces: Each campus - Munay Sonqo Mesa, Sach'a Munay Jardin, and Santuario - is a sanctuary of its own, resonating with the spirit of the Sacred Valley.

