

TRUE BALANCE

RETREAT



03/30 - 04/08, 2025

PERSONAL GROWTH AND
CULTURAL CONNECTION
IN THE ANDES

*AN IMMERSIVE 10-DAY
RETREAT*





MUNAY SONQO
Retreat & Yoga Center

WHAT DO WE OFFER? —————>

*A revitalized spirit,
a deeper connection to yourself and others,
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 *“True Balance Retreat”* in the heart of the Sacred Valley, Peru, with Ali and a group of like-hearted people. Munay Sonqo, our secluded retreat center, cradled in the majestic mountains, awaits your transformation.





MUNAY SONQO
Retreat & Yoga Center

WHAT DO

WE OFFER? —————>

Indulge 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**, ignite your creativity in tailored sessions, find inner balance through **yoga classes**, and **reconnect with nature** on rejuvenating walks.

This immersive experience extends beyond personal reconnection. You will be offered 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 inner peace.



DAY 1

WELCOME

Embark on your transformative journey as you arrive at *Munay Sonqo*. The air is charged with anticipation as you check in, immersing yourself in the serene ambiance.

The day unfolds with an official **welcome** and **orientation session**, setting the tone for the profound experiences that lie ahead.

Savor a delectable **lunch**, and then let the magic of *Munay Sonqo* reveal itself during your **free time**.

After lunch you have free time for introspection, optional therapies, or journaling.

In the afternoon participate in a traditional **Despacho ceremony**.



During the ceremony is our opportunity to express gratitude from the heart and make an offering to **Mother Earth - Pachamama**.

This gift of giving back keeps us in this balanced state with Mother Earth. In doing so we can **manifest** what we would like to happen in our lives.

After dinner and as night falls, gather around the **bonfire** to create lasting connections in an open 'get to know each other' session.

DAY 2

SERVICE AND SELF-CARE



Awaken your spirit with a **hearty breakfast**, nourishing your body for the day ahead.

Engage in our **Sach'a Munay service project**, a meaningful opportunity to give back and connect with the local community.

Indulge in a leisurely lunch followed by an optional massage, therapy and journaling time, or a tranquil walk to the waterfall during your free time.

Afterwards, treat yourself to a pampering **spa session**, immersing yourself in relaxation.

As the day winds down, savor a delightful **dinner**, culminating in a serene evening at Munay Sonqo.

DAY 3

EXPLORE AND CONNECT



Begin your day savoring a **delicious breakfast**, fueling your body for the day's exploration ahead.

Embark on an unforgettable **full-day excursion to Chinchero, Maras Salt Mines, and Moray**, including a weaving workshop and traditional **Andean lunch**. Witness the natural beauty of the surroundings and immerse yourself in the rich culture of the region.

As the day draws to a close, delight in a delectable **dinner** under the starlit sky, a perfect end to a day filled with discovery.

Gaze up at the **mesmerizing stars above**, allowing their brilliance to ignite your imagination and fill you with wonder and awe.

DAY 4

CONNECTION & FREEDOM



Awake to the gentle guidance of **yoga with Ali** as the sun rises, setting the stage for a day of boundless possibilities.

Indulge in a satisfying **breakfast**, energizing your body for the adventures that lie ahead.

Embrace the freedom to chart your own course. Whether you choose to delve into additional activities or simply revel in the serenity of Munay Sonqo, the choice is yours.

Then, come together in the evening for a **delightful dinner**.

DAYS 5 & 6

DISCOVER

MACHU PICCHU



Embark on an unforgettable journey to the awe-inspiring **Machu Picchu**, where ancient ruins meet breathtaking landscapes.

Marvel at the architectural wonders and immerse yourself in the rich cultural heritage of this iconic UNESCO World Heritage Site.

Early morning: Leave towards Ollantaytambo in private transport, then take the emblematic train ride until km 104 where the 6-7 hour hike starts. Overnight stay in a hotel in Aguas Calientes.

Indulge in a relaxing dinner, savoring the flavors of Peruvian cuisine as you recount the day's adventures.

DAY 7

NOURISH AND REFLECT

Awaken your body and spirit with a **yoga session** led by Ali, guiding you through gentle movements and mindful breathing.

Following your practice, indulge in a nourishing **breakfast**, fueling your body with wholesome delights to start the day off right.

With the morning sun casting its golden rays, relish in the luxury of **free time**, allowing you to immerse yourself in personal pursuits, whether it's journaling, strolling amidst nature's embrace, or simply savoring moments of quiet reflection.



As evening descends, gather for a delightful **dinner**, where delectable flavors mingle with lively conversation, creating a feast for both body and soul.

Gather around the crackling flames of our communal **bonfire**, creating a cozy and unforgettable atmosphere of warmth and togetherness.

DAY 8

EXCURSION AND CEREMONY



Begin your day treating yourself to a hearty **breakfast**, replenishing your energy for the adventures ahead.

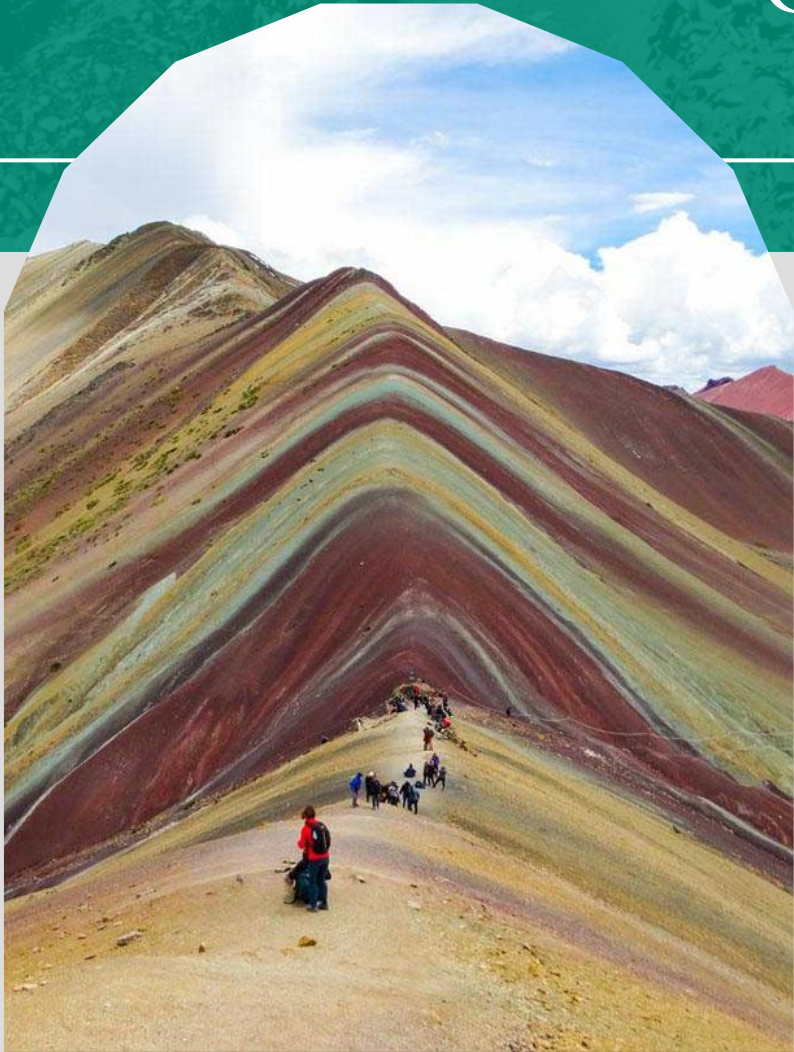
Venture out on an exhilarating **excursion to Pisac**, where ancient ruins and vibrant markets await your exploration. Afterwards, venture to the serene **Urcco water temple**, a place of tranquil beauty and cultural significance.

Return to *Munay Sonqo*, where a delicious **dinner** awaits. Then, gather together for a transformative **cacao ceremony**, a sacred ritual that invites you to journey deep within.

Allow the rich elixir to awaken your senses and open your heart to the magic of the moment.

DAY 9

RAINBOW MOUNTAIN



Set off on an exhilarating adventure as the sun rises, embarking on a full-day excursion to the mesmerizing **Rainbow Mountains of Vinicunca**.

Along the journey, marvel at the majestic llamas and alpacas, while sharing in the ancient tradition of chewing coca leaves. As you ascend to heights reaching 5,000 meters (16,000 feet), immerse yourself in the awe-inspiring beauty of the Andean landscape, painted in vibrant hues.

Return to *Munay Sonqo*, where a delicious **dinner** awaits. Then, unwind and rejuvenate with a soothing **spa session**, allowing the healing properties of the natural surroundings to envelop you in tranquility and relaxation.

DAY 10

GRATITUDE AND FAREWELL

Begin your day with a rejuvenating **yoga and gratitude meditation session** led by Ali, guiding you to center your mind and cultivate appreciation for the present moment.

Following your practice, delight in a hearty **breakfast**, fueling your body for the day ahead.

As the morning unfolds, relish in **free time**, taking a leisurely stroll amidst the natural beauty of the surroundings or simply savoring moments of quiet reflection.



As your retreat draws to a close, complete the check-out process with a sense of peace and fulfillment. Carry the memories and insights gained with you as you bid farewell to this sacred space.

UNTIL WE MEET AGAIN – HASTA PRONTO

RETREAT OVERVIEW

DAY BY DAY



DAY 1 - WELCOME

- **12.00** - Arrive at Munay Sonqo and Check in
- **13.00** - Official welcome and orientation session
- **14.00** - Lunch
- Free time to settle in and discover Munay Sonqo
- **16.30** - Despacho ceremony
- **19.00** - Dinner
- **20.30** - Get to know each other at bonfire

DAY 2 - SERVICE & SELF-CARE

- **8.30** - Breakfast
- **9.30** - Sach'a Munay land care service 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





DAY 3 - EXPLORE AND CONNECT

- **8.30** - Breakfast
- **9.30** - Full day excursion to Chinchero, Maras Salt Mines, and Moray, including weaving workshop and traditional Andean lunch
- **19.00** - Dinner
- **20.30** - Star Gazing



DAY 4 - CONNECTION AND FREEDOM

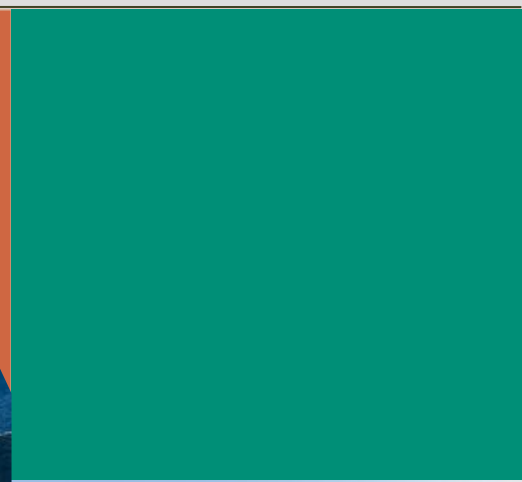
- **7.00** - Yoga with Ali
- **8.30** - Breakfast
- **Free time** - You can book additional activities / excursions (see attached document)
- **19.00** - Dinner

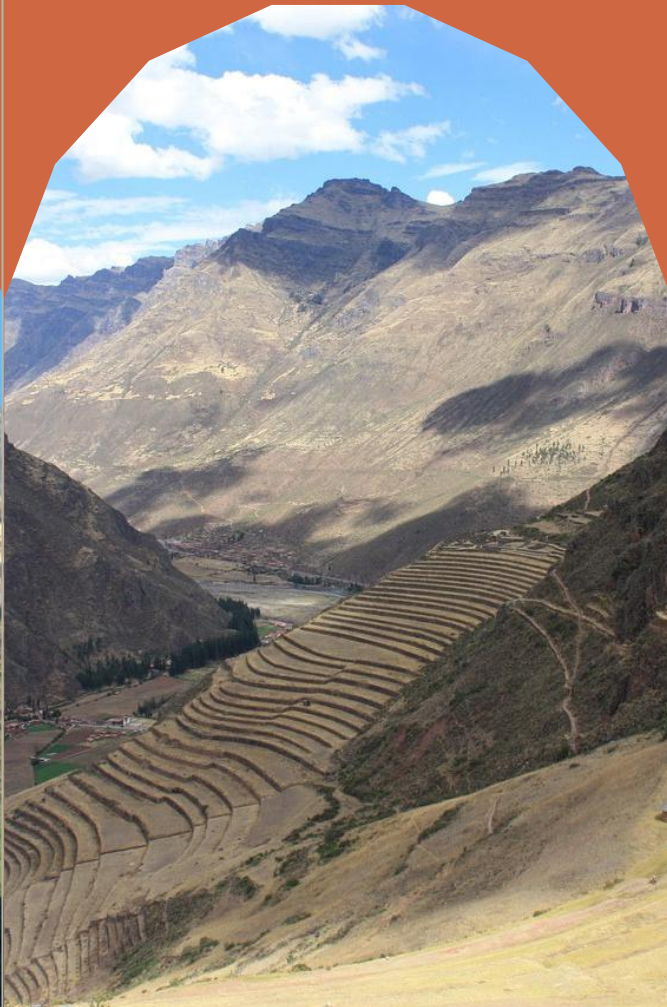
DAY 5 - DISCOVER MACHU PICCHU

- **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 - DISCOVER MACHU PICCHU

- **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 - NOURISH AND REFLECT

- **7.00** - Yoga with Ali
- **8.30** - Breakfast
- **Free time** - You can book additional activities / excursions (see attached document)
- **19.00** - Dinner
- **20.30** - Bonfire

DAY 8 - EXCURSION AND CEREMONY

- **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 - RAINBOW MOUNTAIN

- **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 the 5,000 m (16,000 ft)
- **19.00** - Dinner
- **20.30** - Spa session



DAY 10 - GRATITUDE & FAREWELL

- **7.00** - Yoga & gratitude meditation with Ali
- **8.30** - Breakfast
- **9.30-11.30** - Free time
- **12.00** - Check out

WHAT'S INCLUDED? ↓

- ◆ 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, and Moray
- ◆ Full day excursion to Pisac and Urcco
- ◆ Full day excursion to Rainbow Mountain/Vinicunca
- ◆ 2 Days freedom
- ◆ Despacho ceremony
- ◆ Star gazing
- ◆ Cacao ceremony
- ◆ 3 Group Spa sessions
- ◆ 2 Massages
- ◆ 1 Service project
- ◆ 2 Group bonfires
- ◆ Transport from and to the airport



WHAT'S NOT INCLUDED?



International or domestic flights

Travel insurance

Optional extra activities

Tips

PARTICIPANT PRICE



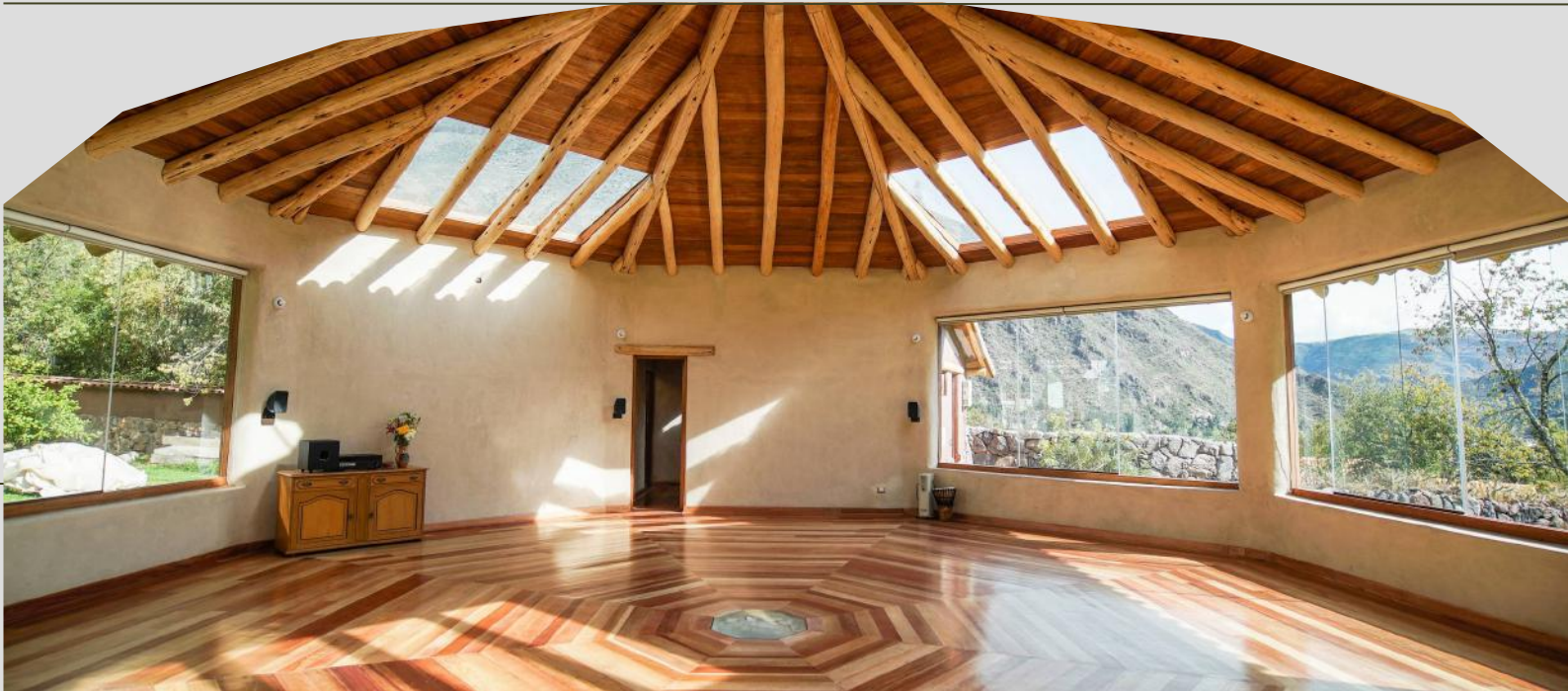
\$3,350/person USD - Double Room
Downpayment of \$500.00 is required.

\$3,750/person USD - Single room
(\$3,350 per person if two stay in this room.)
Only 4 single rooms available.



WANT TO JOIN US?

SIGN-UP HERE



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Retreat & Yoga Center



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