



Travel &  
Healing  
Follow your purpose



## SPIRITUAL TOUR OPERATOR

connect with nature | ancient wisdom | follow your purpose

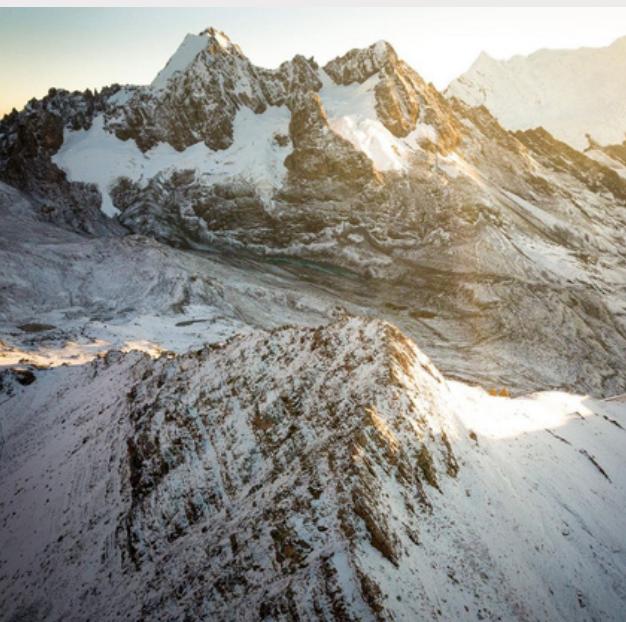


## Why travel with us?



By implementing his knowledge, Angel creates spiritual travel experiences with the purpose of embracing the travelers' personal and **spiritual growth**. We offer retreats, pilgrimages, sacred journeys and customized trips because each individual has a different pathway towards **personal development** and a **deeper connection**. A life changing experience can renew your vitality. Imagine balancing yourself in all aspects of your being: the physical, emotional and spiritual.

Intentional **spiritual travel** helps you change your way of thinking while you explore vibrant cultures and gorgeous landscapes, but it can also be a very challenging experience. Our purpose is to guide you through your **individual transformation process**, so you gain a deeper understanding of your personal experience.



We offer ancestral wisdom and **traditional healing practices** to those who travel with us. Our mission is to help people follow their purpose and take the next step of their life journey. We organise travel to some of the most spiritually connected places on Earth and provide authentic spiritual healers as guides for our travelers' journeys. We offer experiences that allow our travellers to go within themselves.

## Angel: General Manager & Tour Leader

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Since childhood, I had the great opportunity to learn from my father the knowledge of our **ancestral cultures**, the essence of our Andean ceremonies and the benefits of Amazonian medicine. I have been living abroad and traveling to many continents, such as Africa, Asia and Europe. I love traveling and experiencing new adventures, but I am always grateful and happy when I come back home to Peru, where there are my roots and where I can enjoy the delicious local dishes that you cannot find anywhere else. A journey can teach you a lot

about yourself, and embraces your spiritual connection and **personal growth**. I want to help people transform themselves by guiding them through self-challenging journeys.

## Ruty: Operation Manager

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My family and I are from a small village in the province of Acomayo, which is located in the southern part of Cusco. I moved to Cusco when I was 16 years old to study tourism and to become a professional tour guide. After traveling through South America, I was fascinated with the idea of sharing my culture. I started to work at Travel and Healing in 2012 and experienced many amazing things being part of the team.



## Tito: Sales Manager

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Senior world traveller, tourism expert and passionate trip designer. I love to assist our clients in designing the trips of their dreams, seeing them grow while they engage in our healing ceremonies and share those magical moments with them.





## FOLLOW YOUR PURPOSE

### 30 Days Individual Transformation Journey in Peru | Individual Dates

This spiritual journey combines **transformative experiences** that reveal your deepest knowledge of yourself and your inner spiritual connection. Besides discovering the **highlights of Peru** and experiencing **spiritual retreats**, you will take part in various **volunteer activities**. The purpose of this self-transformation journey is to learn more about yourself through spiritual ceremonies, volunteer work and shamanic classes. Peru is one of the most sacred and spiritual destinations - that's why our shamanic healer will teach you more about the ancient Inca principles and sacred ceremonies. **You will be able to heal yourself and experience a life changing journey in the sacred land of the Incas.**

## FULL ITINERARY

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## SPIRITUAL SALKANTAY TREK

Hike the spiritual trail to magical Machu Picchu | Twice a month

This sacred Salkantay Trek to Machu Picchu is a magical pilgrimage and unique hiking experience that clears your mind and soul. **We integrate spiritual, physical and mindful activities, so you get the most out of this life-changing adventure.** During your spiritual hiking trek to Machu Picchu, you will learn more about the ancient Inca culture, the local communities of the Andes Mountains, and embrace your inner connection to yourself. This spiritual trekking adventure combines different healing therapies and activities such as yoga and Peruvian shamanic teaching techniques. Learn more about yourself on a deeper level while exploring the Andean communities, fascinating mountain landscape and cloud forests of Peru!



## CAMINO PACHAMAMA - ANDEAN WISDOM

### 12 days in the magical Andes | April 16 - 27 2022 & 2023

From the **Sacred Valley** via Cusco up to Lake Titicaca (optional), we experience Andean cosmology in all its beauty. One of the many highlights is the hike on the legendary Inca Trail, where we reach the miraculous city of Machu Picchu via the Sun Gate. **Powerful healers** stand by us in these magical places and lead us to convey these breathtaking experiences through ancient rites - against the magnificent backdrop of the snowy high Andean peaks. With their guidance, we open our hearts to meet the shaman in us, to bring the felt power of these places into our homes, into our lives. **The trip is ideal for carriers of shamanic medicine** who find their way directly to the source and benefit from it sustainably. Newcomers have the unique opportunity to plant new seeds of Munay in their essence with a fresh beginner's spirit.



## JUNGLE VIBES

### 8 days in the Peruvian Amazon | October 9-16 2022 & 23

The jungle pulsates in an unmanageable complexity between plant world, animal kingdom and mineral cosmos, while this wildness is full of fascinating laws. **Our inner nature is just as complex**; explore your natural vitality in the middle of the jungle and as part of a group of like minded individuals.

On this journey, ALINE (CH) and ÁNGEL (Peru / CH), together with the local guide RAÚL, will take you a little deeper into your basic trust with the biodiversity of the Amazon day by day - **experience the lush, colorful and multi-layered abundance in the breathtaking landscapes of the Peruvian Amazon.**



## TRIP EXTENSIONS

- RETREATS & TREKS
- HEALING DAY ACTIVITIES
- LAKE TITICACA & CUSCO
- SHAMANIC INITIATIONS

**Find our more**  
[www.travelandhealing.com](http://www.travelandhealing.com)

## 3/5 Days Plantmedicine Retreat

This experience has been created by an Amazonian "Onaya" healer from the Shipibo tribe and an Inca "Pampamisayoq" healer from the Qero tribe. This retreat combines ayahuasca ceremonies in combination with **shamanic healing techniques**, meditation sessions, volunteering experiences and sacred ceremonies. The purpose of ayahuasca is to find ways to open your mind, heal from past traumas and experience a life-changing journey that helps your personal and **spiritual growth**. This experience is available as a 3 days or 5 days retreat.

### Mental & emotional healing

Ayahuasca as the "Vine of the Soul" is a journey into the unconscious. The guidance of our team helps you find more confidence in your own subconscious, getting over different personal issues that still remain.

### Your safety

We work with one of the safest ayahuasca retreat centers worldwide to be able to provide an authentic, safe and professional service. The medical staff conducts a medical examination before the ceremonies and makes sure that you are ready for this experience.

### Focus of the retreat:

- Rediscovery of yourself
- Unplug, de-stress and relax
- Refresh your energies



### Interested type of traveler:

- Mindful and spiritual people
- Travelers seeking a getaway to embrace their spiritual & emotional balance
- Those who want to discover their inner connection on a deeper level

## 4 Days Puno & Lake Titicaca

Spectacular **Inca sanctuaries** along the Wiracocha lines, **natural Thermal Baths** located at the highest point between Cusco and Puno, **Pre-Inca funerary tombs** and the famous **Amantani island on Lake Titicaca**, the worlds highest lake.

**"Do not lie, do not steal, do not laze":** the Indigenous Peoples of the region invite you to stay as a member of their community and will introduce you to their unique belief and communal system.

### Stay with local families

Through the authentic experience of staying with an Indigenous family, you will get the unique opportunity of participating in their daily life and learning about their culture and belief systems.

### Lake Titicaca

The highest Lake on the planet has countless magical spots to explore and is an unique sight itself. Exploring the wide spread islands, their heritages and the visit of diverse Indigenous Communities are some the highlights one can experience at this powerful place.

### Focus of the Extension:

- Discovery and Exploring
- Authentic Experience
- Contact to Indigenous Communities



### Interested type of traveler:

- Mindful and spiritual people
- Cultural interested Travelers
- Adventurous Tourists



## San Pedro Ceremony

**(Duration: 7 hours)**

San Pedro is one of the most mystical traditions inherited from the ancient Inca Empire. The shaman healers are using this sacred cactus plant to heal people in health, emotional, spiritual aspects. The ceremony starts with the Haywarikuy Ceremony, which is a special **Coca Leaf ceremony** to ask for permission and guidance of the Sacred Mountains and Mother Earth. Later, the shaman performs a **Cleansing ceremony** based on the principle of forgiveness. Then you take the medicine to receive what Mother Earth and the whole universe offers to you. At the end you will participate in an **Offering to Mother Earth**, an Andean ceremony of gratitude.

### Highlights:

- Learn about shamanic healing techniques of the Andes and ancient Inca cultures
- Participate in a life-changing experience that elicits deep insights about yourself



## Coca Leaf Reading

**(Duration: 1 hour)**

Purpose of the oracle reading for the Andean shamans is to heal, which helps people find their answers and take the right decision. This session is for everybody who would like to have some **guidance** with taking a decision regarding their personal life, challenges in their career, love life, health, and more. The shaman will blow his breath to the mountains through **three Coca Leaves**. He or she will then lay out a handful of leaves. How the leaves fall is the message sent by the mountains.



### Highlights:

- Introduction to the Andean cosmology
- Find the right answers for your personal life
- Personal guidance

## Trifecta of Ancestral Ceremonies

**(Duration: 4 hours)**

This unique experience was designed for travelers who would like to experience **authentic Andean culture** and traditions. Three ceremonies will be performed, all done by Q'ero Nation shamans specialized in different areas of healing. The **three ceremonies** are a Flower Cleansing Ceremony, a Coca Leaf Reading Ceremony, and an Offering to Pachamama, Mother Earth. You will be brought to a beautiful site in the outskirts of Cusco to perform these ceremonies.

### Highlights:

- Mother Earth Offering: Express love and gratitude for everything you have been receiving from Mother Nature
- Flower Cleansing: Clean the negative energies from your body, mind and soul
- Coca Leaf Reading: Receive direct insight into your past, present, and future



## Andean Wedding Celebration

**(Duration: 4 hours)**

This commitment ritual offers thanks to **Pachamama** and asks her to watch over and care for the couple so that they may live in happiness and abundance. This ceremony still forms part of the living tradition of the Andes. This wedding is not only for indigenous Andeans; all couples, even those already married, are invited to participate in this ceremony and newly unify or **re-affirm their marriages** with this ancient Andean ceremony.



### Highlights:

- Experience a unique ceremonial offering to strengthen your bond as a couple
- Be part of an authentic celebration performed by shamanic healers and accompanied by live music

## Prices (2022 - 2023)

Below you can find the price list of our retreats and spiritual activites (as private session and fixed group departures available). Please click on each travel program for more information about the inclusions and detailed description.

### **5 Days Spiritual Salkantay Trek to Machu Picchu**

Group departure: Each second & last Sunday of the month

Price per person: \$ 850.00

### **Ceremonial Offering to Mother Earth (Private)**

Solo tariff: \$180.00 pp

Group tariff (2 persons): \$115.00 pp

Group tariff (3 or more): \$75.00 pp

### **San Pedro Ceremony (Full Day - Private)**

Solo tariff: \$330.00 pp

Group tariff (2 persons): \$240.00 pp

Group tariff (3 or more): \$190.00 pp

### **Coca Leaf Oracle Reading (Private/Online)**

Price per person: \$120.00 pp

### **Trifecta of Ancestral Ceremonies (Private)**

Solo tariff: \$240.00 pp

Group tariff (2 or more): \$210.00 pp

### **Andean Wedding Celebration (Private)**

Tariff: \$420.00 per couple

### **5 Days Ayahuasca Retreat with Meditation & Volunteering**

Group departure: Monthly departures available, contact us for more details.

Price per person: \$ 975.00

### **3 Days Ayahuasca Retreat with Meditation & Volunteering**

Group departure: Monthly departures available, contact us for more details.

Price per person: \$ 625.00

