



Travel & Healing

Find your purpose

Spiritual Travel Center
TRAVEL AND HEALING

Peru, Nepal & India

Life changing travel experiences that revitalize & balance the overall health of your spirit, body & mind

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ABOUT TRAVEL & HEALING

A life changing experience can renew your vitality. Imagine **balancing yourself** in all aspects of your being: the physical, emotional and spiritual. Travel and Healing is a travel center located in Cusco, Peru. We offer transformational journeys that integrate spiritual retreats to invigorate the soul, treks to generate physical and personal confidence, and ancestral culture to help you accomplish your life goals. We combine all of these experiences to restore your wellbeing; we call this "**traveling in balance**" or "intelligent travel."

SUMAC KAUSAY

We commit to the Andean principle of Sumac Kausay; the path of life, where everybody understands the deep meaning of living well and internalizes that the detriment of all beings is the deterioration of the whole. Sumac Kausay is a way of living in **harmony** within communities, ourselves, and most importantly, the cosmos, nature and all existence.

SUPPORT OF LOCAL PROJECTS

Every journey paid by our travelers, we pay it forward by donating 12% of what we earned to local community projects. You can decide which project you want to support: The dog shelter of Cusco, our reforestation project in Pucallpa, the children's home in Cusco and many more.



OUR MISSION

We consider ourselves as a spiritual travel center. Our mission is to provide transformational travel experiences that empower people and inspire their life journey. Self transformation journeys as a pilgrimage for your body, mind & soul.

SPIRITUAL JOURNEYS IN PERU

Learn more about the Andean culture, hidden treasures and yourself on a deeper level. Here are some examples:



30 Days Self Transformation Journey in Peru

a transformational experience that opens your deepest knowledge about yourself & your inner spiritual connection.

Spiritual Salkantay Trek to Machu Picchu

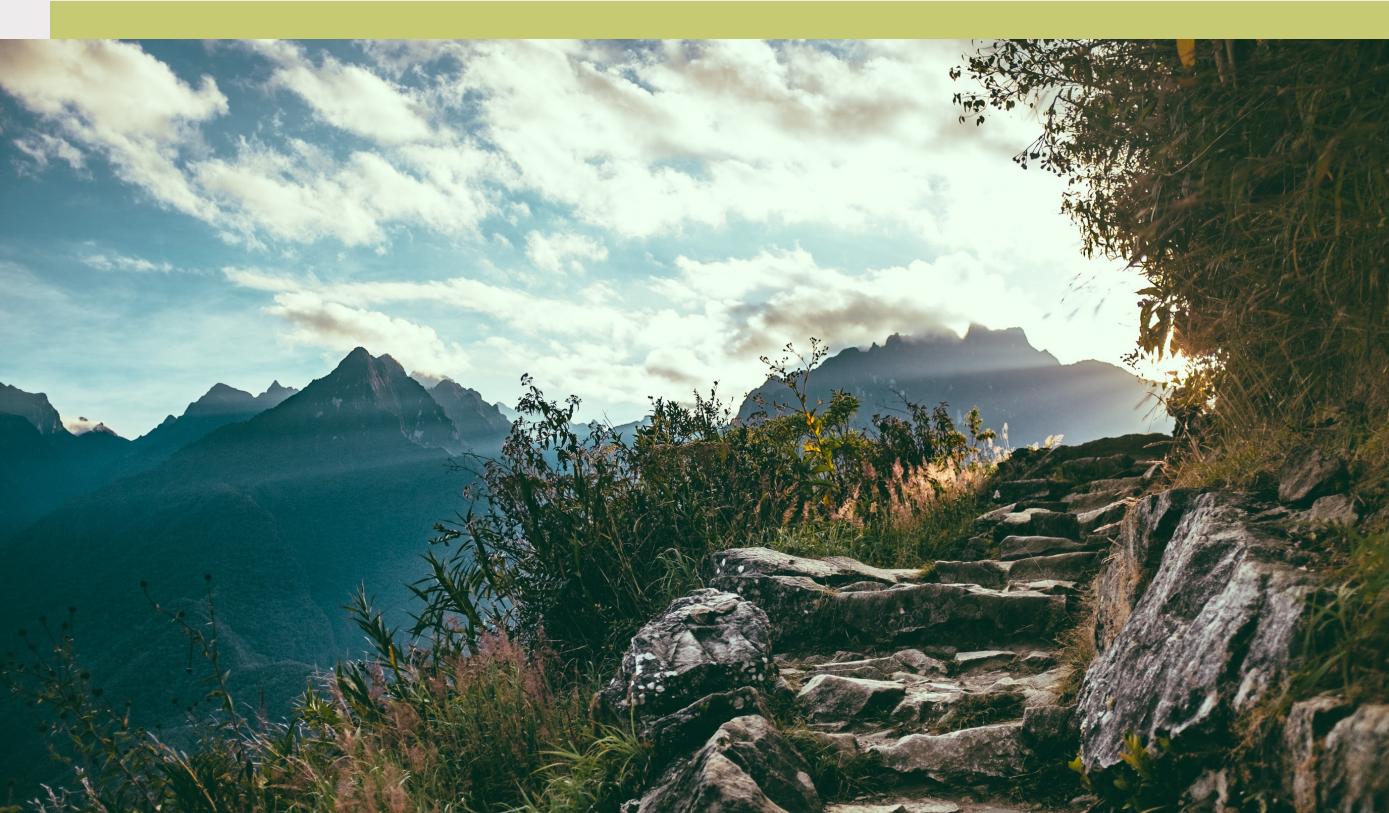
a magical pilgrimage and unique hiking experience with integrated mindfufl activities that clear your mind and soul.

5 Days Ayahuasca Retreat

overcome inner traumas & experience the healing Inca plant medicine retreat with volunteering experiences.

OUR BESTSELLER: 30 DAYS SELF TRANSFORMATION

A life changing trip with the purpose of inner healing. Every week focuses on different aspects of your self transformation process.



Week 1: Beginning of Self Transformation

Get to know the vibrant culture & wonderful traditions of Peru. Encounter your inner wisdom with a 5 days Ayahuasca retreat in the Sacred Valley, starting your inner healing & personal transformation.

Week 2: Self discovery through volunteering

Learn more about yourself by doing several social, cultural and voluntary activities, such as visiting a dog shelter, participating in a Peruvian cooking class, helping people in need and much more.



Week 3: Physical challenge

Challenge yourself & train your body! During this week, you will participate in a 5 days Spiritual Salkantay Trek to Machu Picchu, connecting with yourself, nature, the energy of the mountains and embracing your self awareness.

Week 4: Discovery & adventure

Celebrate the last three weeks of hard work and all the effort you were making. You can choose if you want to feel the energy of Titicaca Lake, participate in shamanic healing teachings or explore the adventurous Amazon Rainforest.

SOUNDS INTERESTING?

Contact us and we plan your spiritual travel experience to beautiful Peru.

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MORE DESTINATIONS: NEPAL & INDIA

There are many sacred places to discover all over the world! We create unforgettable travel experiences for you with mindful activities. Do you want to stay at a Buddhism monastery, meditate in a peaceful environment and learn from the monks in Nepal? Or you want to connect with Mother Earth through a hiking experience in the Himalaya Mountains? Just leave us a message and we customize your trip!



IS TRAVELING DURING THE PANDEMIC POSSIBLE?

Yes you can! Travel and Healing is making sure that you can experience an unforgettable and transformational journey in times of the pandemic. Check out our Covid-19 information sheet on our website or write us a mail for more details.