



Travel & Healing
Follow your purpose



Spiritual Travel Organizer in Peru

connect with nature | ancient wisdom to transform | 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



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

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.



Laura: Office Manager

When I visited Peru for the first time, I immediately fell in love with this beautiful country. That's why after finishing my studies in Germany, I decided to move to the Inca capital of Cusco and became part of the Travel and Healing family with the desire to make a change in the world. I am learning a lot about the language, and the vibrant culture of Peru.



30 Days Self Transformation Journey in Peru

Week 1: Beginning of Self Transformation

Get to know the vibrant culture & traditions of Peru. Encounter your inner wisdom with a 5 days Ayahuasca retreat in the Sacred Valley, starting your inner healing. *You can choose not to do ayahuasca.

Week 2: Self discovery through volunteering

Learn more about yourself by doing several cultural and voluntary activities, you will visit a dog shelter, participate in a Peruvian cooking class, and help people in need.

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 nature & the energy of the mountains.

Week 4: Discovery & shamanic teaching

Celebrate the last three weeks of hard work and all the effort you were making. You participate in shamanic healing teachings and learn more about the ancestral culture.



Interested type of traveler:

- Adventurer & explorer
- Nature & trekking lover
- Volunteers
- Open-minded & spiritual people

Focus of this journey:

- Rest, relax, disconnect, and recharge
- Personal growth and transformation
- Connection with nature and others
- Find creativity and inspiration



7 Days Spiritual Peru Pilgrimage with Inca Trail

A transformational experience that includes a 3 days Ayahuasca retreat and 2 days Inca Trail to Machu Picchu. Cleanse your physical and mental health with the help of **Inca plant medicine**, and discover the spiritual citadel of Machu Picchu during a unique **hiking adventure**. We are happy to create a customized journey for you, if you would like to add additional activities.

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.

Nature experience

The Inca Trail leads over the high forest of Machu Picchu and is suitable for beginners and experienced hikers. This path was a part of an extensive network of trails, known as Qhapaq Ñan. You will visit magnificent ruins and enjoy the impressive sight from the Sun Gate to Machu Picchu.



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.

Interested type of traveler:

- Mindful and spiritual people
- Travelers seeking a getaway to embrace their spiritual & emotional balance
- Those who want to discover as much as possible in very few days

Focus of this trek:

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



5 Days Spiritual Salkantay Trek to Machu Picchu

A 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. You 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 **ancestral ceremonies** with a shamanic healer and **yoga sessions**.

Highlights

Explore beautiful Lake Humantay, soak the energy of the mountains with your spiritual healer who performs a ceremonial offering to Mother Earth on your first day, and enjoy daily yoga session in the nature with your professional yoga teacher.

Local superfood

We provide local superfoods like quinoa, maca, amaranto, yellow potato, passion fruit, and many more things! Everything will be provided by our local mountain chef, who is happy to share the Andean and Amazonian fusion cuisine.

Spiritual & personal growth

This sacred trek helps you connect to Mother Earth and to yourself on a deeper level.



Interested type of traveler:

- Adventurer & explorer
- Nature & trekking lover
- Volunteers
- Open-minded & spiritual people

Focus of this trek:

- Deepening of spiritual practice
- Personal growth & self transformation
- Get back in touch with nature
- Physical & personal challenge



Healing Activities & Ancestral Ceremonies

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

Healing Activities & Ancestral Ceremonies

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