

DISCOVERING THE ANDEAN CODEX

OCTOBER 13-24, 2013

WE INVITE YOU ON A JOURNEY TO EXPERIENCE AUTHENTIC TEACHINGS OF Q'ERO SHAMANISM



Our signature tour provides an unparalleled opportunity to enjoy the spectacular Peruvian Andes while experiencing authentic Q'ero shamanism. This magnificent journey explores exquisite landscapes, extraordinary Incan ruins, and introduces you to the mystical inner world of traditional shamanism. We visit glorious Machu Picchu and other amazing Incan sites, but also discover breathtaking ruins off the usual trails. Along the way, you partake in shamanic rituals and learn the ancient way of the Q'ero directly from the living ancestors of the Incas.

Directed by: Santiago (Dr. J. E. Williams), author of *The Andean Codex* and *Light of the Andes*, with Sebastian Paucar Flores and Q'ero shamans.

Group Leader & Cusco Coordinator: Lisa Sims

Cultural Director: Jackeline Fernandez Baca Urruchi

Highlights: Cuzco (the Incan capital), Machu Picchu, Sacred Valley, Pisac, and shamanic ceremonies, superb hotels and services. Tour package includes all ground, train, and air transportation in Peru. Optional private healing sessions are available.

Dates & Details: Oct. 13-24, 2013. Twelve-day trip begins and ends in Lima, Peru; includes breakfast, lunch, and all dinners except those "on your own."

Cost: \$5,995 (9-12 members); \$6,225 (6-8 members); \$1,995 (Single Supplement)

Tour Level 1 2 ⁴3 4 5 6. Cultural exploration, walking tours, moderate half-day treks, altitudes up to 12,500 feet.



FOR MORE INFORMATION: LisaAyniglobal@aol.com

Itinerary At-a-Glance:

DAY	DATE	PLACE	DESTINATION
1	Oct. 13 – Sunday	Depart Miami	Arrive Lima
2	Oct. 14 – Monday	Depart Lima	Arrive Cusco
3	Oct. 15 – Tuesday	Cusco	Cusco
4	Oct. 16 – Wednesday	Cusco	Urubamba
5	Oct. 17 – Thursday	Urubamba	Pisac and Amaruhanca
6	Oct. 18 – Friday	Urubamba	Ollantaytambo or Apupumahuanca
7	Oct. 19 – Saturday	Depart Urubamba	Arrive Aguas Calientes
8	Oct. 20 – Sunday	Aguas Calientes	Machu Picchu
9	Oct. 21 – Monday	Depart Aguas Calientes	Arrive Cusco - Sacsayhuaman
10	Oct. 22 – Tuesday	Cusco	Tipon
11	Oct. 23 – Wednesday	Cusco	Pumamarca and Ayniwasi
12	Oct. 24 – Thursday	Depart Cusco	Arrive Lima for flight home

DAILY ITINERARY October 13-24, 2013

DAY 1 (Oct. 13) Leave USA/Arrive Lima

- Outside of Customs, our Lima guide and your tour leader greet the group and escort you by private bus to your hotel in Miraflores. (Remember to keep your passport available at all hotel registrations.)

DAY 2 (Oct. 14) Leave Lima/Arrive Cusco

- Wake early, have breakfast at hotel, take bus back to the airport, and fly to Cusco.
- Our guides pick you up at the Cusco airport and take you to your hotel for check-in.
- Orientation Group Meeting: We discuss the itinerary, adapting to high altitude, and ground rules for the trip.
- Lunch
- Walking tour of Cuzco Centro and Plaza de Armas: Our guides introduce you to the main sights of Cusco.
- Group dinner, followed by brief meeting and evening rest.

DAY 3 (Oct. 15) Cusco

- Breakfast
- Sacred Cusco: Introduction to Incan history, Seque lines, temples, and mythology including tour of the Korichancha, Temple of the Sun.
- Lunch
- Afternoon rest or on your own in Cusco.
- Dinner
- Evening presentation: introduction to Q'ero shamanism and opening ceremony at Ayniwasi.

DAY 4 (Oct. 15) Leave Cusco for the Sacred Valley/arrive Urubamba

- Breakfast
- Bus to Urubamba, stop in Chinchero, and visit to surrounding ruins.
- Arrive at Illarumiy retreat.
- Lunch
- Rest

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- Dinner
- Evening group integration with blessing and presentation on The Way of Ayni.

DAY 5 (Oct. 16) Pisac and Amaruwanka

- Breakfast
- Bus to Pisac and temple of the condor.
- Meditation, blessing, and teachings at Amaruwanka.
- Lunch
- Rest
- Dinner
- Evening integration and discussion on Q'ero cosmovision and The Three Principles.

DAY 6 (Oct17) Ollantaytambo (or hike to Nopaigeslia or Apu Pumahuanca, depending on ability of group)

- Breakfast
- Bus to Ollantaytambo ruins.
- Meditation, blessing, and teaching.
- Lunch in Ollantaytambo.
- Climb to lesser-known ruins and walking tour of the old parts of the town.
- Return to retreat for dinner.
- Rest

Day 7 (Oct. 18) Leave the Sacred Valley/Train to Aguas Calientes

- Breakfast
- Bus to train station.
- Train to Aguas Calientes.
- Check into hotel.
- Lunch
- Afternoon at leisure.
- Dinner
- Evening orientation about Machu Picchu.

Day 8 (Oct. 19) Machu Picchu

- Wake early, breakfast, and bus to the Sanctuary of Machu Picchu. Our personal guide will provide a detailed presentation of the ancient city and its meaning as the eco-spiritual icon of our times.
- Box lunch
- A few hours on your own in the sanctuary.
- Return to hotel in the afternoon.
- Dinner
- Evening on your own.

Day 9 (Oct. 20) Leave Aguas Calientes/Train to Ollantaytambo/Bus to Cusco

- Breakfast, train ride back to Ollantaytambo, bus to Cusco
- Lunch
- Sacred ruins tour outside Cusco: Sachsayhuaman, Q'enco, and Tambomachay
- Dinner
- Evening on your own, cultural events option.

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Day 10 (Oct. 21) Cusco

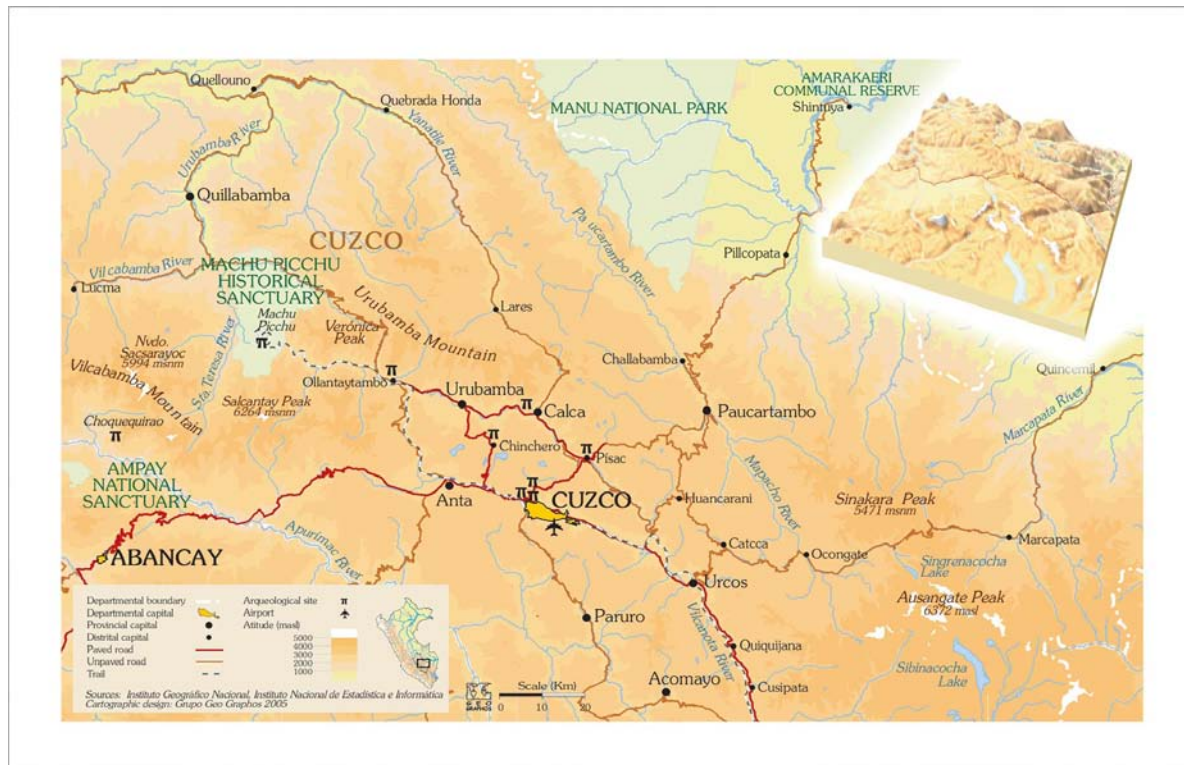
- Breakfast
- Sacred ruins tour, Tipon
- Lunch
- Afternoon on your own; shopping or horseback excursion to Amarumachay.
- Dinner on your own
- Evening on your own, cultural events option or nightlife excursion.

Day 11 (Oct. 22) Cusco (depending on ability of group)

- Breakfast
- Bus to San Sebastian and walk to Pumamarca, or cultural and museum tour
- Lunch
- Final ceremony at Ayniwasi.
- Dinner
- Evening on your own

Day 12 (Oct. 23) Return to Lima

- Breakfast
- Flight to Lima.
- Bus to Miraflores and check into hotel (day room) with afternoon shopping in Lima, group dinner (on your own) and transport to airport for flight home.



CUSCO AND SURROUNDING AREA, INCLUDING SACRED VALLEY AND MACHU PICCHU

THE WAY OF AYNI & AYNIKARPAY

OCTOBER 24-28

INITIATION IN AUTHENTIC Q'ERO SHAMANISM



To deepen your understanding and practice of Q'ero shamanism, we offer serious students traditional initiation into the way of Ayni. As an initiate, you become an aynipampamisayoq, a neophyte traditional ceremonialist. At the first initiation, you become a "misa carrier," one who holds the earth as sacred and who is given the sacred bundle, misaq'epe. You also learn which of the three shamanic powers best suits your personality. Many more karpays are required to become a master shaman, but all journeys start with a single step. This unique experience is the portal into the world of the shaman.

Directed by: Santiago (Dr. J. E. Williams), author of *The Andean Codex* and *Light of the Andes*, with Sebastian Paucar Flores and Q'ero shamans

Karpay Leader: Jackeline Fernandez Baca Urruchi

Group Leader and Cusco Coordinator: Lisa Sims

Highlights: Comfortable hotels and services. Tour package includes all ground transportation in Peru, all ceremonies, and your misaq'epe.

Dates: Oct. 24-27, 2013 **Extensions:** Available (to be announced)

Cost: \$1,895; Single Supplement, \$665

Details: Four-day training program and initiation begins and ends in Cusco. Includes breakfast, lunch, and all dinners, except those listed as "on your own." Includes all ground transportation, ceremonies and aynikarapy.

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Itinerary At-a-Glance:

DAY	DATE	PLACE	DESTINATION
12	Oct. 24 – Thursday	Cusco	Ayniwasi
13	Oct. 25 – Friday	Cusco	Aynikarpay, outside Cusco
14	Oct. 26 – Saturday	Cusco	Ayniwasi
15	Oct. 27 – Sunday	Depart Cusco	Arrive Lima for flight home (or continue on in Cusco)

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DAILY ITINERARY October 24-27, 2013

Day 13 (Oct. 24) Cusco, Preparation and Cleansing Rituals at Ayniwasi

- Breakfast.
- Morning on your own.
- Lunch.
- Transport to Ayniwasi for instructions about the aynikarpay. Women will work with Q'ero women, and men with Q'ero male shamans. Every one comes together for instructions.
- Return to hotel.
- Dinner on your own.
- Evening rest.

Day 14 (Oct. 25) Aynikarpay, Initiation Ceremony at Killarumiyoc

- Breakfast.
- We go by minivan in the morning to Poray. From there, we travel toward Apu Salkantay to the small town of San Martin de Ancahuasi, where we go on a dirt road toward the Incan ruins of Killarumiyoc. Apu Sunqomarca is our spiritual reference point. We walk to a stone carving in a solid rock face that represents the moon, and there, we perform cleansing rituals under a small waterfall. Then, we climb to the temple of the moon, Killarumiyoc, where the Aynikarpay initiation ceremony and hatun despacho are performed. You receive your first mesiq'epe, the aynipampamisa.
- Snack on fruit.
- Return to Cusco for lunch.
- Rest or on your own in Cusco.
- Dinner.
- Evening Integration.

Day 15 (Oct. 26) Cusco, Misawork

- Breakfast
- Misawork at Ayniwasi: The three aspects of Ayni, the significance of your aynikarpay initiation, and the organization and care of your misa. Learn your shamanic energy of lloqay, panya, or llantin.
- Return to Cusco for lunch.
- Rest or on your own in Cusco, excursions available.
- Dinner.
- Evening integration.

Day 16 (Oct. 27) Depart Cusco and return to Lima for flight home. This is for those returning to Lima, who were part of the signature tour. Those coming for the aynikarpay only will have the opportunity for further instruction and training.

- Breakfast.
- Transport to airport.
- Flight to Lima, bus to Miraflores, and check into hotel (day room) with afternoon shopping in Lima, dinner on your own, re-group at hotel, and transport to airport for flight home in the morning. Museum and other excursions are available.

MEET YOUR LEADERS

Santiago (Dr. J. E. Williams) has worked with traditional indigenous people since 1967 and has been with the Q'ero for more than a decade. He is the author of *The Andean Codex* and *Light of the Andes*, and founder of Ayniglobal, a 501(c)3 non-profit organization preserving indigenous culture, lands, and peoples.

Sebastian Paucar Flores is a hatun pampamisayoq from a long line of Q'ero shamans. He is the president of Ayniwasi, a residential and healing center in Tica Tica, near Cusco. Sebastian is available for private healing sessions and coca leaf readings.

Nicolas Paucar Calcina is Sebastian's eldest son and a vibrant, new-generation leader among the Q'ero. He is spreading the message of Ayni to other countries in Latin America and in Europe.

Lisa Sims combines exceptional customer-service skills with a passionate enthusiasm for Peru travel. Along with her work with Ayniglobal, Lisa has been the guest-relations manager for Andean Wings hotel in Cusco. She lives in Cusco and brings years of experience in Q'ero shamanism.

Jackeline Fernandez Baca Urruchi has more than five generations in Cusco and Puno, and her family has been a friend to the Q'ero for decades. Jacke brings sensitivity and insight to our tours, and her great connections in Cusco assure that we have availability to the best restaurants, drivers, and guides. She also works closely with Santiago during the aynikarpay initiation.



EXPLORE YOUR HOTELS

These are the hotels that we usually stay in, however, all hotels are subject to availability.



Andean Wings Boutique Hotel: Situated in a 16th-century Spanish colonial residence on a quiet street a few blocks from the main plaza in Cusco, this pleasant hotel offers an intimate experience with exceptional service. A blend of style, harmony, and top-of-the-line aesthetics, Andean Wings is a perfect combination of old-world charm and modern amenities. <http://www.andeanwingshotel.com/>



Illarimuy Retreat Hostel: Nestled in a quiet street just outside of Urubamba, Illarimuy is a private guest retreat perfectly suited as a base for exploring the Sacred Valley. Their kitchen prepares fresh, locally grown food with vegan and vegetarian options. This quiet gem offers immaculately kept grounds, gardens, and private spaces for meditation. <http://www.illarimuy.com/index.html>



Inkaterra Machu Picchu Pueblo Hotel: Just outside of Aguas Calientes and below Machu Picchu, this hotel sits along a rushing river and spreads out over 12 acres of lush cloud forest. The rooms are comfortable bungalows with fireplaces and terraces, set among tropical foliage, hummingbirds, and orchids. The cuisine is Peruvian fusion. <http://www.inkaterra.com/inkaterra/inkaterra-machu-picchu-pueblo>

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