

Journey to Machu Picchu

September 10 – September 20, 2010

Explore and experience the mysteries of Machu Picchu, one of the most breathtaking spiritual places on earth. Join spiritual leaders, Lynne Wiggins, Rhonda Day-Kooy and Romulo Lizarraga for this sacred journey. Perched high atop a mountain, accessible only by way of a snaking jungle road, lies the mystical city of Machu Picchu. Megalithic rocks vibrate with the energy of the mountains, guarding this most sacred of places in the Peruvian Andes. Your life will transform by just being at this awe-inspiring site of Machu Picchu. In this majestic setting of Machu Picchu, we offer three full days of contemplation, healing and learning. Your trip begins in the sacred city of Cusco and the energy sites surrounding it. Experience healing caves, walk through sacred temples and meditate and participate in age-old ceremonies. Our small groups are tailored for like-minded individuals who are interested in inner growth and spirituality. Traveling with others that share these same interests is an engaging and expansive experience. Rhonda, Lynne and Romulo will offer their own spiritual and shamanic teachings and ceremonies through out our 10 days together. If you are open, this journey will change and enrich your life forever.



Lynne Wiggins has been leading spiritual and adventure tours to the Worlds Sacred Sites for the past 18 years. Her trips offer the traveler safe and first class travel to unusual and ancient locations. Her philosophy is for her clients to enjoy all the local sites, as well as experience their rich past. For over 25 years, Lynne has studied with various teachers, healers and shamans. She is well versed in the ways of the ancient teachings and world religions. After selling her Metaphysical Center in Boston, she devoted herself full time to helping others, discover these Sacred Sites. Her travels have taken her to Peru, Egypt, Tibet, Nepal, Bhutan, Burma, Cambodia, Thailand, Bolivia, India, Mexico, Guatemala, Greece, Bali, Africa, Spain, France, England and Brazil. She now resides in North Carolina where she shares ownership in a Wellness Center Spa. www.ahlarainternational.com



Romulo Lizarraga is a Quechua Peruvian. Born and raised at the base of Machu Picchu, he learned the healing and spiritual arts of the ancient Andean people. He has traveled extensively through out Peru working with many Shamans, Initiates and Healers. He currently guides tours on the Inca Trail and takes his travelers to many of his ancestors' Sacred Sites. He teaches his groups how to perform age-old ceremonies, how to heal ones soul and how to create a more balanced and whole life. In 1998 Romulo co-authored "Journey to Macho Picchu". He has traveled with Lynne to Egypt, Bali, Thailand, Cambodia, Brazil, Argentina, Bolivia, Mexico, Tibet, India, Nepal and throughout the United States.



Rhonda Day-Kooy is a trained cross-cultural practitioner in Shamanic, Peruvian, Mongolian, and Native American traditions. She has been initiated into the Siberian Bear Klan, Thunder Klan, and several levels of Peruvian teachings. Rhonda is also a practitioner in wise women medicine and a medicinal aromatherapist. Rhonda is the owner of a teaching, healing, spiritual center in LaGrange, Illinois. A mentoring relationship with cultural anthropologist Angeles Arrien for the past eight years has helped her to develop her abilities to help and serve others. Rhonda's philosophy is that all healing comes from the spirit of earth, its elements, and the support of global and local communities.

Journey to Machu Picchu Day by Day Itinerary

Friday, Sept 10

US/Lima

Evening/overnight flight to Lima.
Arrive Lima Saturday AM.

Saturday, Sept 11

Lima/Cusco

Meet in Lima early morning to connect to one hour flight to Cusco. Transfer upon arrival in Cusco to our hotel. Rest until mid afternoon. We meet Romulo for a walking tour of the city. Overnight in Cusco.

Sunday, Sept 12

Cusco

Full day tour of Cusco. We visit Sacsayhuaman, Puca Pucara and Qenko.

We end the day with a ceremony in the Andes. Overnight in Cusco.

Monday, Sept 13

Cusco/Sacred Valley

Morning departure from Cusco to Sacred Valley. We drive through the Urubamba Valley and visit the high village of the Willoq people. Afternoon climb to the ruins of Ollantaytambo. Overnight in the Sacred Valley.

Tuesday, September 14

Sacred Valley/Urubamba

This morning we visit the ruins of Pisac. Pisac offers the visitor a spectacular view of the valley as we slowly walk throughout the ruins seeing burial caves, temples and Inca trails. We descend to the modern Pisac town to visit the local market place and shop for weavings, pottery, silver jewelry, crystals, rugs, sweaters temples and Inca trails. We descend to the modern Pisac town to visit the local market place and shop for weavings, pottery, silver jewelry, crystals, rugs, sweaters and other local arts and crafts. Afternoon Shaman ceremony by the river. Overnight in the Sacred Valley.



Wednesday, September 15

Sacred Valley/ Machu Picchu

This morning we take the scenic train to Machu Picchu. Descending through the valley, the trip takes about 1 1/2 hours. Check into our hotel at the base of the mountain and take a bus to Machu Picchu. We will have a welcome ceremony at one the many sites to connect us with this mystical place. Romulo will guide us through the ruins to explain the spiritual and archeological meaning of Machu Picchu. In the late afternoon we return to our hotel, but not before you view the spectacular sunset. Overnight in Machu Picchu.

Thursday, September 16

Machu Picchu

Today we have a full day at the ruins of Machu Picchu. There are hikes we can take or spend the day in solitude. Romulo will offer us a Mesa Ceremony while in the ruins of Machu Picchu. Overnight in Machu Picchu.

Friday, September 17

Machu Picchu/ Cusco

After breakfast we return to the ruins of Machu Picchu for the morning. In the few hours we have left our group will join Romulo and Lynne at a sacred site to perform a Chakra and Cleansing ceremony. After lunch we will board our train to Cusco. Tonight is our last full night in Peru. Overnight in Cusco.

Saturday, September 18

Cusco/Lima

Morning flight to Lima and transfer to our day rooms at the Faraona Hotel in Miraflores.

Optional afternoon tour of Lima or visit a museum. Evening transfer to our flights home.

Sunday, September 19

Arequipa/Colca

Mornign departure to Colca canyon to view the condors with lunch box on route. Afternoon visit to Chivay or Yanque village La Calera hot spings on your own. Overnight Casa Andina Classic Colca.

Monday, September 20

Areuiipa/Colca/Lima

Early visit to the Cruz del Condor. Return to the hotel to take the luggage and continue to Arequipa airport. Upon in Lima, transfer to the Ramada Costa Sol hotel to rest before your international departure. Assistance for checking at the airport.



Tour Price: \$3580
Single Supplement: \$600
Land only/ double occupancy

**For questions
call or email Lynne Wiggins
704.662.0946
ahlara@aol.com
www.ahlara.com**

Journey to Machu Picchu with Lynne Wiggins and Romulo Lizarraga, July 31st - Aug 8th, 2009

I enclosed my deposit of \$500 (non-refundable) per person, payable to Ahlara International.

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Evening Phone: _____

Email: _____

Credit Card Type: _____ Number: _____

Expiration Date: _____ Signature: _____

**Lynne Wiggins
704.662.0946
Email: ahlara@aol.com
www.ahlara.com**

Lynne/Ahlara International, hereinafter called the Organizers of this vacation package, issue tickets and coupons covering transportation, hotel accommodations and other services and facilities only as agents of such other companies that furnish such services and facilities. Neither the Organizer, nor its respective subagents shall be held liable for loss or damage or negligence or other wrongful act of omission by any other transportation company, any hotel, any agency or any other cause beyond its reasonable control. Neither the Organizer, nor its agents shall be liable for any loss, damage or injury caused by strike, war, weather, quarantine, sickness, government restriction or regulation or any other cause beyond reasonable control. The Organizer reserves the right to withdrawn any vacation package at any time and to make such changes and alterations as may be found necessary for the proper handling of said vacation packages. The Airlines involved are not liable for any claim whatsoever of a nature arising out of or in connection with these vacations packages, except as conditions of contract on the Airline passenger tickets issued in conjunction with these vacation packages.