



## Peru – Cusco, Machu Picchu and the Sacred Valley

April 27–May 4, 2025



Spend a week in the heart of the Sacred Valley in Peru to explore and restore, surrounded by the lush landscape of the Andes Mountains. Our home away from home will be the luxury Willka T'ika Retreat. From here we will explore the world-famous Machu Picchu, the P'isaq ruins, and other sites. We will also enjoy easy to moderate hikes, five yoga classes, an authentic Andean despacho offering and a fire ceremony with healer Q'ero Pakko, a visit to the Andean Mountain School, and a Sweat Lodge Ceremony including a medicinal bath. Tune into the pure Sacred Valley energies, meditate and relax in the renowned Seven Chakra Gardens.

One of the new Seven Wonders of the World and a designated UNESCO World Heritage Site, Machu Picchu citadel sits at 7,972 feet above sea level overlooking the rhythmically named Urubamba River valley. Built between 1400 and 1500, what makes Machu Picchu so special is that almost 80 percent of its ruins remain in their original state – a far higher percentage than other discovered Inca ruins. .

Enjoy a fabulous guided tour of the ancient “City of Light.” Experience a journey through the masculine energy temples of political and spiritual power, followed by a deep reconnection of feminine earth energies. In the afternoon, hike to Inti Punku, the original Incan Gateway to the Sun or to the Incan bridge. Arrive home feeling blessed with the pure energy of your transformational Andean journey-of-a-lifetime.

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**[CLICK HERE FOR FULL ITINERARY](#)**

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## **JOURNAL: Greetings from the Majestic Shores of Lake Atitlan, Guatemala**

As I sit on my balcony on Lake Atitlan in Guatemala, I am awed by the beauty and calmness of the lake and the incredible view of the volcano straight in front of me. It has been an unbelievable experience.

There are 16 lovely ladies with me enjoying everything mystical and magical about Lake Atitlan. We are staying at Villa Sumaya. It is located in a remote area near the village of Santa Cruz La Laguna. The only access to Villa Sumaya is by boat, which ensures that the landscape is quiet and pristine.



It has been close to two and a half decades since I was in Guatemala for a mission trip. My first impression of Lake Atitlan after all these years is that it's a haven to enjoy nature along with yoga, Mayan ceremonies, kayaking, body treatments, vegetarian food, and more!

The goal for the week has been for everyone to find a deeper connection with themselves. The title for the retreat is called "A Journey to the Self." Every...

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## BLUE ZONE Food List

Peace through Yoga's new Signature Trip is to Nosara, Costa Rica, one of the world's Blue Zones. The Blue Zone diet is based on the eating patterns of people living in regions known for their exceptional longevity and health. Here are ways you can incorporate the Blue Zone diet:

**1. Plant Slant:** 95% of your food should come from plants or plant-based products. Prioritize the following:

- o **Beans:** Incorporate beans into your meals. They are rich in protein, fiber, and essential nutrients.
- o **Greens:** Include leafy greens like spinach, kale, and Swiss chard.
- o **Yams and Sweet Potatoes:** These starchy vegetables provide energy and nutrients.
- o **Fruits:** Opt for a variety of fruits, which offer vitamins, antioxidants, and natural sweetness.
- o **Nuts and Seeds:** These are excellent sources of healthy fats and protein.
- o **Whole Grains:** Choose whole grains like quinoa, brown rice, and oats.

**2. Limit Animal Protein:** Consume animal protein in moderation. Aim for no more than one small serving per day. While some Blue Zones residents do eat meat, they do so sparingly, using it as a celebratory food or a way to flavor dishes.

**3. Healthful Fats:** Embrace olive oil as a primary source of fat. It's a staple in many Blue Zones diets and offers heart-healthy benefits.

**4. Herbs and Spices:** Flavor your meals with herbs and spices. They add taste without relying on excessive salt or unhealthy condiments.

**5. Social Eating:** Meals are often shared with family and friends. Cultivate a sense of community around food.

**6. Mindful Eating:** Pay attention to hunger cues, and eat until you're satisfied, not overly full.

**7. Variety:** Enjoy a diverse range of foods to ensure you get a wide spectrum of nutrients.

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**[CLICK HERE for detailed itineary to Costa Rica's Blue Zone](#)**

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## **Girls for Success School in Costa Rica – "Beginning the Process with Psychologist Leidy Diaz"**

As part of our commitment to the emotional well-being of our students, we have started a support process with psychologist Leidy Díaz. We are confident that this space will be of great help for the girls to explore their emotions and work on personal growth.

**[www.peacethroughyoga.org/girls-for-success-costa-rica](http://www.peacethroughyoga.org/girls-for-success-costa-rica)**



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