

INNER JOURNEY with GREG FRIEDMAN



MAY **PERU** **2016**
A LIFE ALTERING EXPERIENCE

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Before anything else, we have a phone conversation and if we feel it is a good fit we go on to set an intention, (What would you like for yourself as a result of having experienced this journey?).

May 1 Sun. Your arrival in Lima will be met at the airport by one of our Lima guides, look for them to be HOLDING a RED BANDANNA. Your guide will take you to the Lima Sheraton (51-1) 315-5000

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May 2- With your Lima guide you will return to the airport for an 08:30 flight to Cusco. From Cusco we drive 2-hours down to the Urubamba Valley and very Andean the village of Ollantaytambo. Then we will catch the 2hr train to Machu Picchu. At Machu Picchu we will be sleeping at 6500ft above sea level, starting our journey at the lowest altitude. From there we slowly make our way up to the heights, allowing most people to adjust easily.



Below the ruins, down by the river, we will stay in Aguas Calientes, a great little tropical fiesta village.

May 3- This will be a full day of Machu Picchu. Through many millennia Machu Picchu has served as an initiatory center for students of a higher learning. The ancient sacred site is fed by a grid of powerful natural energies, visually uplifted by the sharp green peaks all around it. While many succeeding cultures built at Machu Picchu its origins are seen in the megalithic (gigantic stone) structures left by an ancient highly advanced people many thousands of years vanished.

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May 4- This can be a slower moving morning, going back up to the ruins if you wish (optional \$50). Many people choose to walk along the river to enjoy the rain forest; there are water falls that can be visited and a sacred peak to climb. Then the 1:30pm train returns you up the Urubamba River to Ollantaytambo. You will stay two nights at the Hotel Pakaritampu

May 5- We will start the day in the megalithic ruins known to have been a landing pad of the ancient ones, a pre-cataclysmic power spot. The rest of the day is yours to enjoy the village

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May 6- Midmorning we begin a 2-hr ride to Cusco. Along the way we will stop at Grandmother's house in the village of Chinchero to share a traditional meal with a native Quechua/Inca family.

Then on to Cusco. First stop will be the massive stones of the Sacsaywaman temple where we will meet up with a native shaman will lead us in a ceremony of cleansing and connection.

This evening we immerse ourselves in the strong energies of the nightly plaza fiesta of Cusco, a plaza with ceremonial tradition of many thousands of years. Local women will be guiding you through the fascinating markets near the main plaza. This is a great place for shopping for the crafts have been gathered here from all over Peru.

In Cusco you stay one night

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May 7- An easy morning, perhaps more time in the plaza and shopping. Midmorning a half hour flight takes us just over the Andes into the Amazon landing in Puerto Maldonado.

Beginning our second night there we will start in on three nights of ceremony.

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May 11- We will go back to the lodge in town for our last full night.

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May 12- Thur. Late morning we will going back to the airport for our flight getting us to Lima around 6pm. Most of your flights returning to the States will be departing late that night.



The journey prices DO NOT include airfare to and from Peru.

The prices do include all in-country transportation, lodging, guides, ceremonies and entrance fees. We've done all we can to not surprise you with any hidden costs.

Transportation times can be quite changeable also. So our itineraries may suddenly change to keep up with their whims.

Most hotels provide a light breakfast. While in the jungle lodge we provide all meals. Apart from this no meals are included.

Single rooms are not available at the lodge but may be available elsewhere at an extra cost.



Cost per person: \$4,950

Discount cost for payment

By the end of this year: \$4,600

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