



BELMOND
HOTEL RIO SAGRADO
SACRED VALLEY

THE PERU RETREAT
WITH LOLY REHDER



When you're looking to escape routine and connect with nature, there's nowhere quite like the Sacred Valley of the Incas.

Rich in the energy of its ancient forebears, the Sacred Valley blends vibrant culture with mesmerizing landscapes. It's the ideal place to unwind while harmonizing your body, mind and spirit.

This is why we've created The Peru Retreat hosted by esteemed yoga teacher Loly Rehder. The program combines the practices of yin yoga and meditation with healthy eating and enriching activities in the Sacred Valley.

Join us for an adventure that will leave you relaxed, revitalized and inspired.

PROGRAM



THE PERU RETREAT

The program consists of yin yoga and meditation practices combined with accommodation at Belmond Hotel Rio Sagrado, and activities to nourish body and soul.

The package includes:

- 4 nights' accommodation in your chosen room category
- Group transportation to and from the airport
- 2 yoga and/or meditation classes per day with Loly Rehder
- Buffet breakfast and daily lunch and dinner
- Tea and mate station for your refreshment throughout the day
- Unlimited access to the sauna and jacuzzi in the spa
- Watercolor class
- Walk to the Maras salt mines along an Inca trail
- Visit to the famous handicraft market of Pisac
- Journey to Machu Picchu by PeruRail Vistadome train, returning by PeruRail Sacred Valley train
- Pachamama thanksgiving ceremony with an Andean shaman at Belmond Sanctuary Lodge

Note: The retreat and classes will be in Spanish.

Package does not include:

- Plane tickets
- Personal and extra expenses (including mini-bar, additional food outside set hours and alcoholic beverages)
- 3 tennis balls for yoga classes
- Translator or special assistance services

YOUR INSTRUCTOR AND GUIDE



Peruvian yogini Loly teaches a variety of yoga styles, including vinyasa, therapeutic and yin. Her years of practice and teaching have led her to realize the importance of balance. The eastern philosophy of yin-yang has inspired her practice, her classes, and her life. Seeking balance in a world where male energy (yang) predominates, Loly increasingly focuses on studying and teaching yin yoga, an introspective yoga style that combines principles of Chinese medicine in restorative postures with meditation.

She has trained with some of the most visionary yin yoga tutors, including Sarah Powers, Tiffany Cruikshank, Jo Phee and Joe Barnett.

Loly combines her love of yoga with a passion for travel, organizing retreats in some of her favorite places, such as Bali in Indonesia and Cusco and Máncora in Peru. You can also find her classes online at Yoga International.

For more information about Loly visit her website www.lolyrehder.com

BELMOND HOTEL RIO SAGRADO



Escape to our tranquil oasis beside the Urubamba River, surrounded by lush gardens and the spirit of the Incas. Stretch out and calm your mind in yoga classes, float in the heated pool or indulge in our Andean-style Mayu Willka Spa. To the sounds of birdsong and the wind whispering in the trees, find your own harmony.

OUR ROOMS

Deluxe with terrace: 42m²
Enjoy one king-size bed or two queen beds and a private terrace.

Junior Suites with garden: 92m²
Spread out with either two queen-size beds or one king, a spacious private terrace and garden.

All rooms and suites offer:

- Marble bathrooms
- Underfloor heating in bathrooms
- Spanish shower
- Private terrace
- Complimentary high-speed WiFi
- iPhone adapter
- Golf trolley for transportation around the site
- Up to 5 days' luggage storage
- Room service (6am-10pm daily)

Belmond Hotel Rio Sagrado also offers:

- Restaurant and Bar El Huerto
- Unu Bar
- Garden
- Swimming pool
- Mayu Willka Spa

ITINERARY



THURSDAY, SEPTEMBER 12

Group pick-up from Cusco airport to Belmond Hotel Rio Sagrado at 12pm. Lunch at El Huerto Restaurant and time to acclimatize during the afternoon. At 5pm there will be yoga practice with Loly and in the evening the fire will be lit on the terrace for your welcome dinner.

FRIDAY, SEPTEMBER 13

We start the day with a light snack before a 7.30am yoga class. Breakfast will be at 9am. At 10.30am we will stride off on an authentic Inca trail to the salt mines of Maras. We will return for lunch at El Huerto restaurant. In the afternoon, enjoy the spa, watercolor classes and a garden tour, then participate in another yoga class before dinner.

SATURDAY, SEPTEMBER 14

The morning begins with a light snack, a yoga session and then breakfast. At 10am we depart to Ollantaytambo station to board the 10.30am PeruRail Vistadome train to Aguas Calientes. Along the route, soak up the stunning vistas of dramatic landscapes. On arrival, proceed to the ancient Inca citadel of Machu Picchu.

We will tour Machu Picchu and then have lunch at Tinkuy restaurant, located moments from the citadel in Belmond Sanctuary Lodge. To end the visit, pay homage to Mother Earth in a Pachamama thanksgiving ceremony with a meditation session. At 6pm we return to Aguas Calientes to board the PeruRail Sacred Valley train at 7.30pm. The journey takes us directly back to Belmond Hotel Rio Sagrado station. On the way, savor a delicious dinner on board.

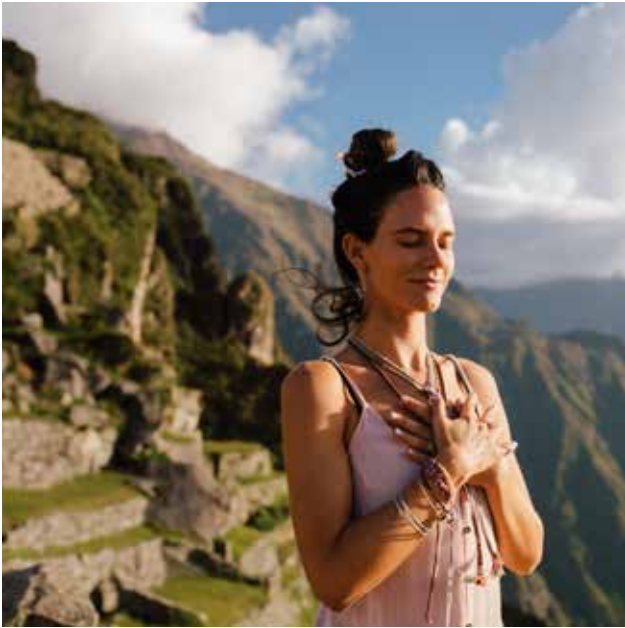
SUNDAY, SEPTEMBER 15

After a light snack, stretch out at a morning yoga class before enjoying breakfast. At 10.30am, depart for the renowned Pisac handicraft market to browse vibrant local specialties. Return to the hotel for lunch and a leisurely afternoon sampling the spa, taking a watercolor class or strolling round the gardens. At the end of the afternoon, join us for an outdoor meditation session by the Urubamba River. In the evening, we say goodbye with a magical bonfire and dinner on El Huerto's terrace.

MONDAY, SEPTEMBER 16

Before breakfast, enjoy a final uplifting yoga session. Check out and transfer to Cusco airport at 11am.

PRICES



Choose from three accommodation options at Belmond Hotel Rio Sagrado:

Double Deluxe Room US\$1700 or S/ 5695 per person*

Junior Suite Double US\$1900 or S/ 6365 per person*

Single Deluxe Room US\$2400 or S/ 8040

TERMS AND CONDITIONS

*Prices for double rooms are per person. Two people must occupy the room paying the rate indicated. If you wish to share a room with a particular person, please specify their name and ID, otherwise they will be selected randomly. Prices include 10% service charge. The 18% General Sales Tax (IGV) applies only to Peruvian nationals. It will not be applied to foreign, non-resident guests, as long as they present their passport and Andean Immigration Card (issued at the airport) at the time of registration and the invoice is issued to the guest.

Prices in Soles are subject to fluctuation in the exchange rate at the time of payment. The reference exchange rate is S/ 3.35.



WE LOOK FORWARD TO WELCOMING YOU!

TERMS AND CONDITIONS OF "THE PERU RETREAT"

GENERAL INFORMATION

The package "The Peru Retreat" is valid from 12 to 16 September 2019.
For information about the retreat and yoga sessions, please contact Loly Rehder at info@lolyrehder.com
To book the package, email perures.groups@belmond.com. Reservations are based on availability.

100% prepayment is required to secure your booking.

The itinerary may be subject to change due to weather conditions or other factors outside of Belmond's control.

PACKAGE CONDITIONS

DINING

The package includes buffet breakfast and lunch and dinner based on a healthy menu, created especially for the program. It does not include additional dishes or the regular menu of the restaurant. Excludes alcoholic beverages, mini-bar and gratuities.

CHECK-IN AND CHECK-OUT

Check-in is from 2pm and check-out is until 11am. Early check-in and late check-out are subject to availability and an additional charge.

When registering, a payment method (credit card or cash) will be requested to guarantee any extra charges the customer may incur.

ADDITIONAL NIGHTS

The package includes 4 nights' accommodation. If you wish to reserve additional nights, special rates will be granted, subject to availability.

CANCELLATION POLICY

If the package is cancelled between 60 and 31 days prior to check-in, a penalty corresponding to 50% of the total amount of the package will be applied.

If the cancellation of the reservation is made 30 days or less prior to the date of check-in, a penalty corresponding to 100% of the package will be applied.

If the guest does not show up or withdraws before the confirmed date, a penalty corresponding to 100% of the confirmed reservation will be applied.

TRAIN SERVICES

The PeruRail Vistadome train service includes:

- a. Train journey Ollantaytambo - Aguas Calientes according to itinerary.
- b. Snack and drinks on board.

The PeruRail Sacred Valley train service includes:

- a. Train journey Aguas Calientes - Belmond Hotel Rio Sagrado according to itinerary.
- b. Three-course dinner and one glass of wine per person on board.

To board the train, passengers, must carry their valid passport or ID card.

Any passenger who does not board the train at the departure station, or who boards at another station prior to the destination, will invalidate their ticket, with no entitlement to reimbursement from PeruRail.

The train services are governed by the terms and conditions detailed on PeruRail's website. For more information visit www.perurail.com

