



A Yoga Expedition to the Sacred Sites of Peru
With
Kat Kelley-Chung and Harriet McMahon
September 12 - September 22, 2010

Kat and Harriet want to welcome you to a transforming Yoga expedition to many of the sacred sites in Peru. This promises to be a journey of spiritual growth including yoga, meditation, and teachings that reawakens and/or strengthens our relationship to Mother Earth and our true selves. This expedition also affords us the opportunity to explore, learn and experience the spiritual and timeless mysteries of this sacred land that is filled with history, tradition and mysteries.

Our journey begins in Cusco, the ancient capital of the Inca Empire where the breathtaking Andes Mountains surround us. Our journey will take us to the Sacred Valley of the Inka where we visit ancient ruins and sites including Quillarumiyoc (Temple of the Moon and Light); Tipon, The Temple of Water that sits below the sacred mountain, Pachatusan; Písaq (Temple of the Falcon); Ollantaytambo (Temple of the Elements); Moray (an Incan agricultural center where the organizing forces of Mother Earth are experienced); Sacsayhuaman, (also known as the head of the Puma) an old Inka fortress with amazing masonry, caves, and steeped in history and mystery.

We will explore Machu Picchu (also known as the Lost City of the Inkas), the well known ancient city in the clouds where we learn about the mysteries and amazing archeology through lectures, meditation and ceremony.

As we travel to the different sites, participants will enjoy amazing food, incredible shopping for textiles, clothing, jewelry and pottery, and the wonderful Peruvian people. Everyday we will practice yoga, hike and participate in ceremonies with our Andean teachers Ruli Ramierez and Dona Bernardina.

The cost of this trip is \$2,500 based double occupancy or \$2650 based on single occupancy. If you sign up as a couple the charge will be \$4,750. If you pay your \$500 deposit by February 12, 2010 you can make monthly payments of \$350 with the final payment due by Aug. 12 (\$400). The cost of this trip does not include airfare from the United States to Lima (individuals are responsible for making their own travel arrangements to Lima). Upon registration you will receive a detailed itinerary, packing lists, and other information to assist you with your preparation. We will also be having a trip orientation closer to our time of departure. To register for this journey please go to <http://clients.mindbodyonline.com/asp/home.asp>. Select a username and password and then the category "workshops" and follow the prompts or call Kat at 410-381-1866 or Harriet at 410-262-5628.

We look forward to our journey together!!!

Blessings, Kat, Harriet, Ruli and Dona Bernardina

Facilitators:

Kat Kelley Chung: Kat is the owner of Bikram Yoga Columbia. Her inspiration to teach yoga to others came after witnessing the devastating effects the 9/11 attacks had on our society's mental, emotional, and physical well being. She sees yoga as a practice that permeates one's entire existence, becoming a way of life that embraces balance, harmony, and an overall sense of peace. She has taught at: Johns Hopkins University Hospital; Northrop Grumman; Montgomery County Government; Howard County Parks & Recreation.

Harriet McMahon: Harriet, a yoga practitioner, has been studying with the medicine people of the Andes in Peru for many years and she is initiated to practice and teach those traditions of healing and spirituality. Harriet has been facilitating expeditions to Peru for the past ten years as well as maintaining a healing practice in Columbia. Please refer to www.marylandshamaniccenter.org to learn more about her.

Dona Berardina Cataria: Dona Bernardina is from the Lake Titicaca region of Peru. She has been a healer since she was a small child and today she works with individuals and groups who are able to come to Cusco to sit in ceremony and teachings with her. She is an amazing healer and seer. Her playful and nurturing spirit will support us as well as offer us rich teachings and experiences on our expedition.

Ruli Rumerez: Ruli is an amazing experienced guide and expedition leader. He is from the Acomayo region in the Andes and he makes his living leading people throughout the Andes and along the Inca Trail. Ruli has his degree in tourism from the University of Cusco and is also an ongoing student of the spiritual traditions of the Andes as well as a tour guide. He will enhance our experience in many ways as well as taking very good care of us.

