



Mystical Peru

Retreat & Sacred Valley Exploration

Immerse yourself in the mystical heart of Peru, where the Sacred Valley cradles ancient wisdom and mountain spirits whisper to your soul.

This transformational experience weaves together a soulful retreat in Pisac with a breathtaking expedition through the Sacred Valley's most powerful sites, including Machu Picchu, Moray, Rainbow Mountains, and the hidden lagoons.



You'll realign your body, mind, and spirit with daily yoga, meditation, sacred ceremonies, and conscious exploration.

You'll walk ancient trails, bathe in healing waters, sit in silent circles under the stars, and awaken parts of yourself long forgotten.

Reserve your spot today and embark on a life-changing adventure in the Sacred Valley.

Part 1: Sacred Retreat in Pisac

November 27 – 30, 2025

4 days of deep restoration, mindful practices, and inner awakening



Yoga, breathwork, creative therapy, fire & cacao ceremonies



Stay in a peaceful eco-retreat center in Pisac (twin room)

This retreat is designed to help you:

- Recalibrate your nervous system after the chaos of modern life
- Awaken creativity and intuition
- Heal emotional blocks through conscious group work
- Reconnect with your body, the Earth, and your deepest intentions

Each day will be a balance of powerful practices and spacious free time for rest, exploration, and integration. You will also have the opportunity to experience additional soul-nourishing activities such as traditional herbal baths, healing massages, and sacred plant medicine sessions (optional).

Sacred Awakening: step into a sacred space of healing, stillness, and deep reconnection.

DAY 1. Inner Opening

On the first day of the retreat, we step into an atmosphere of silence, deep reflection, and gentle awakening.

Morning Yoga + Pranayama

We will begin with a light yoga session designed to awaken the body and release accumulated tension, followed by conscious breathing practices (pranayama) to cleanse the mind and prepare the inner space for new insights and intentions.

Breakfast

A healthy and nourishing start to the day with fresh fruits, local delicacies, and energizing drinks.

Neurographic Art Session

This unique method helps reveal what truly matters and activates creative energy for transformation.

Free Time

After deep inner work, you'll have space to rest and explore at your own pace.

Options:

- visiting the vibrant Pisac Market, famous for handmade alpaca textiles, silver jewelry, and sacred crafts
- enjoying a eucalyptus sauna and herbal bath with stunning mountain views
- a therapeutic massage or a Reiki healing session for deeper relaxation

Evening Yoga Nidra

We will end the day with a deeply restorative Yoga Nidra meditation - guiding you into a state of conscious rest and renewal.

This gentle practice is perfect for integrating the day's experiences and entering the retreat space with softness and grace.

DAY 2. Heart Opening & Connection with Nature

Today we deepen the practices that open the heart and reconnect us to the living spirit of nature

Morning Yoga + Pranayama

An inspiring yoga and breathwork session to awaken the body and align you with the flow of a new day, full of possibilities.

Breakfast

A nourishing breakfast with local delights — another step towards inner and outer harmony.

Free Time

This day is rich with space for self-expression and soulful choice. You are invited to listen inwardly and follow what your body, heart, or spirit may be asking for.

Optional Excursions (extra cost \$100):

This day is full of opportunities for self-expression and exploration. Choose what your heart calls for:

– Rainbow Mountain Trek (for experienced hikers):

Early morning departure

Ascend to 5,000 meters above sea level

Ritual of gratitude to the mountain spirit (Apu) and a silent meditation in the sacred landscape

– Thermal Springs of Lares (for gentle adaptation):

Soak in natural thermal pools surrounded by the breathtaking Andes

Deep relaxation, healing, and connection to the Earth's rhythms

Evening Cacao Ceremony:

As night falls, we gather around the sacred fire for a heart-opening cacao medicine ceremony.

Through ritual, music, and sharing, we reconnect to the sweetness of life and the circle of community.

DAY 3. Inner Healing & Release

Today, we dive into deep healing and let go of everything that no longer serves our path

Morning Yoga + Pranayama

A grounding yoga and breathwork session to stay connected to the present moment and nourish the body with vitality.

Breakfast

A light and joyful breakfast to energize and uplift.

Group Therapeutic Session

This day is devoted to profound emotional release within a safe and supportive group space.

We will work on dissolving inner barriers, letting go of old hurts, and freeing ourselves from outdated patterns - an essential step towards inner transformation

Free Time and Optional Healing Sessions (extra cost)

- Traditional Russian sauna (banya) + bath with mountain views
- Individual healing sessions with experienced facilitators (massages, Reiki)

Evening Letting Go Ceremony

In the evening, we come together for a powerful symbolic ceremony - saying farewell to everything we are ready to release.

This ritual marks the closing of one chapter and the conscious opening of a new path.

DAY 4. Integration & Transition

Our final day of retreat is devoted to integrating all the insights and transformations of the journey, preparing to return to the world renewed.

Morning Yoga + Pranayama

A closing practice to fill your body with fresh energy and release any remaining heaviness - stepping fully into the new version of yourself.

Integration Work

A reflective writing practice - letters to ourselves, gathering inner resources, and sealing the transformation.

Breakfast

A delicious, wholesome breakfast to nourish body and soul on this last morning in the Sacred Valley.

Departure or Continuation:

After breakfast and integration, participants may either:

Depart and carry their inner transformation into the world,

Or continue the adventure with the Sacred Valley Tour (for those who booked the full journey).

The love, presence, and light you received here will travel with you, anchoring a new way of being — wherever you go next.



Retreat Center in Pisac

We will stay in a peaceful eco-retreat center located in the heart of the Sacred Valley, in the mystical town of Pisac.

Pisac is known as a portal town - a place where the mountains are alive, the markets are vibrant with sacred crafts, and ancient Incan and pre-Incan energies still breathe through the land.



Our retreat center offers cozy twin-shared rooms, abundant gardens, mountain views, and a serene atmosphere ideal for yoga, meditation, and deep inner work.

Here, you'll find the perfect balance between gentle solitude and the soul of a living Andean community

Part 2: Explore Peru

November 30 – December 5, 2025

Over six unforgettable days, we will journey through the most powerful sacred sites of the Sacred Valley, culminating at the legendary Machu Picchu. But this is no ordinary tour — it's a conscious pilgrimage designed to weave outer exploration with inner expansion.

Every site, every moment, will deepen your sense of wonder, belonging, and inner freedom.

Our curated itinerary includes:

- The breathtaking ruins of Pisac and the living fortress of Ollantaytambo
- The mystical agricultural circles of Moray and the artisan village of Chinchero
- An intimate experience of Machu Picchu - arriving early to meet the site in silence and awe
- A sacred hike to the pristine lagoons of Kinsa Cocha, with an offering ceremony to the Earth
- Optional participation in ancestral medicine ceremonies

We travel slowly, intentionally - allowing the spirit of each place to reveal itself fully.

You'll return not just with memories, but with a transformed vision of yourself and the world.

This journey will not only show you Peru. It will awaken something eternal within you.

DAY 1. Sacred Sites of Pisac

After the retreat's closing circle, our journey of outer exploration begins with the powerful ruins of Pisac.

Pisac Archaeological Site

We will walk the ancient terraces, temples, and ceremonial sites of Pisac — tuning into the energy of the mountains and the legacy of the Incan civilization.

Ritual and Reflection

Through silent meditation and a sacred offering to the mountain spirits (Apus), we honor the land and ask for blessings for the next stage of our journey.

Evening:

Free time to relax, journal, and enjoy the peaceful village atmosphere of Pisac.

DAY 2. Sacred Valley

A day full of ancient magic, living culture, and breathtaking landscapes.

Sacred Circles of Moray

Visit the mysterious agricultural terraces believed to be an energetic center for transformation and cosmic alignment.

Chincho — The Weaving Village

Meet local Quechua women who preserve ancient weaving techniques, hear their stories, and feel the vibrant ancestral energy of this sacred community.

Ollantaytambo Fortress

Climb the legendary stone terraces of Ollantaytambo — the last living Incan town — and feel the raw power of this sacred stronghold.

DAY 3. Machu Picchu

Early Morning Ascent: We board the train and travel along the roaring Urubamba River to the lush jungle town of Aguas Calientes, gateway to Machu Picchu.

Guided Sacred Tour:

We explore the temples, plazas, and hidden corners of this ancient city in the clouds.

There will be moments of guided meditation, silent reflection, and connection to the site's profound energy.

Free Time: After the tour, you may choose to explore further, visit the Inca Bridge, or simply sit in awe amidst the wonders.

Afternoon: Return to Aguas Calientes for a leisurely lunch, soaking in the energy of the jungle town.

Evening: Train back to Sacred Valley and return to Pisac.

DAY 4. Lagoon & Ceremony

A day of deep earth connection and sacred offering.

Hike to Kinsa Cocha

Trek into the pristine highland lakes of Kinsa Cocha, where the mountains reflect in the water like mirrors of the soul.

Gentle hiking, deep breathing, and silent presence.

Pachamama Offering Ceremony

In gratitude for all the gifts received, we perform a traditional despacho ceremony - making an offering to Pachamama (Mother Earth) and the Apus (mountain spirits).

Evening: Return to Pisac for rest and integration.

DAY 5. Integration and Celebration

A day to gently absorb the transformation, celebrate life, and honor the journey.

Free Time

Choose what your soul desires (extra costs):

- Herbal eucalyptus bath with mountain views
- Massage, Reiki, or private healing sessions
- Art therapy and creative expression
- Optional excursion to the ancient city of Cusco

Evening Celebration

We gather around the fire for a joyful closing circle with music, dance, and a heartfelt farewell dinner — celebrating the beauty of the journey and the connections made.

DAY 6. Departure

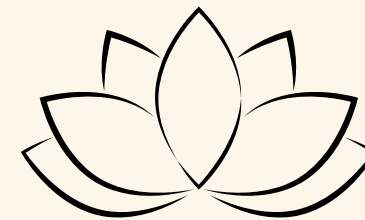
Breakfast

A warm, nourishing breakfast to close our sacred time together.

Transfer to Cusco Airport

Departures with hearts full, spirits light, and memories imprinted with magic.

You leave not as a tourist, but as one who has walked the sacred paths with reverence - forever changed.



WHAT'S INCLUDED

- Accommodation (shared twin room)
- Daily nourishing breakfasts
- All scheduled yoga, breathwork, and meditation sessions
- Transformational workshops: neurographic art session, group healing therapy
- Sacred ceremonies: Cacao ceremony, Pachamama offering ritual
- Guided excursions to sacred sites:
 - Pisac ruins and local markets
 - Moray, Chinchero, Ollantaytambo
 - Machu Picchu entrance and guided visit
 - Kinsa Cocha Lagoon hike and ceremony
- Professional local guides and spiritual facilitators
- All land transportation during the program (private vans, train to Machu Picchu, airport transfers)
- Integration circle and farewell ceremony under the stars
- 24/7 support by the retreat team during your journey

WHAT'S NOT INCLUDED

- ✗ International flights
- ✗ Meals not listed
- ✗ Personal expenses (souvenirs, extra massages, additional activities)
- ✗ Travel insurance (recommended)
- ✗ Optional ceremonies (Wachuma, Ayahuasca, Kambo) and personal healing sessions (available for an extra fee)

Available upon request:

Wachuma Ceremony (San Pedro Plant Medicine)

A sacred daytime ceremony with the powerful heart-opening medicine of Wachuma (San Pedro cactus), led by a trusted Andean shaman.

Connect deeply with nature, open your heart, and experience profound clarity and peace. Only for participants who feel called and after personal consultation.

Ayahuasca Night Ceremony

A profound night journey into the subconscious, guided by experienced indigenous healers in a safe, respectful environment.

Ayahuasca helps to heal emotional wounds, expand consciousness, and realign you with your soul's path.

Participation requires advance screening, preparation, and full commitment.

Kambo Ceremony (Sacred Frog Medicine)

A powerful cleansing ritual involving the application of Kambo secretion (from the Amazonian frog) to activate deep detoxification on physical, energetic, and emotional levels.

Requires specific preparation and hydration protocols.



Organized & Guided by Mila B.

Mila gained her knowledge by traveling the world and learning directly from teachers of ancient wisdom and modern science. She lived in an ashram in India, worked closely with shamans and medicine people across Latin America (Peru and Mexico), and held retreats in the wilds of Siberia and on the sacred shores of Crimea.

Bridging the intuitive and the grounded, the mystical and the practical, Mila continues to deepen her path through personal practice and formal study.

She is:

- A certified yoga teacher with the International Yoga Alliance
- A certified specialist in Psychedelic-Assisted Cognitive Behavioral Therapy (USA)
- A guide committed to integrity, transformation, and connection with nature

Mila brings warmth, clarity, and a rare depth to every space she holds - creating experiences that touch the soul and shift lives.

<https://www.beglobals.com/peru2025>

