

A high-angle, wide shot of the ancient Inca city of Machu Picchu. The city is built on a steep, terraced mountain slope, with its stone walls and terraces clearly visible. The surrounding landscape is lush and green, with dense tropical forest covering the lower slopes and the valleys. In the background, a range of jagged, snow-capped mountains rises against a clear blue sky with a few wispy white clouds. The overall scene is one of a remote, mystical, and historically significant location.

Peru **MYSTICAL ADVENTURE**

MEET YOUR GUIDES



EVELYN VIVIANA

FOUNDER OF IN ONE HEART



Evelyn Viviana is a life coach, healer, and spiritual light energy worker whose path has been shaped by a singular calling: the awakening of the human spirit. Her life's work is rooted in a deep personal commitment to her own expansion and an equally powerful devotion to helping others remember the wisdom, power, and divine light that already lives within them.

A certified teacher of The Awakening The Illuminated Heart, trained directly under Drunvalo Melchizedek, Evelyn carries a rare lineage of mystical education. She has completed dozens of Vision Quests alongside guardians of Indigenous knowledge, walking the path of a devoted seeker and student of spiritual truths for healing and psychic transformation. These experiences have shaped her into a guide who leads not from theory, but from deep, lived initiation.

Evelyn is recognized as a leader in the transmission of shamanic wisdom and esoteric knowledge. She has spent years teaching and facilitating retreats, meditations, women's empowerment workshops, shamanic breathwork ceremonies, and spiritual pilgrimages to sacred sites across the globe. Her teaching is an invitation into direct experience, a remembering of what the soul has always known.

Her greatest joy is witnessing the moment a student awakens to who they truly are, when the layers fall away and what remains is the radiant, undeniable truth of their own divinity. For Evelyn, this work is not a profession. It is a sacred offering, a life devoted to the rapture found in Spirit, Life, and Love.



Paulo

SHAMANIC MAESTRO



Paulo is a respected Shamanic Maestro and traditional medicine practitioner from Peru, with over two decades of experience working with Ayahuasca and guiding sacred ceremonies.

His path has been devoted to the study, practice, and preservation of ancestral plant medicine traditions, offering a space for deep introspection, spiritual exploration, and personal transformation.

Through years of dedicated practice, Paulo has cultivated a profound relationship with the medicine, approaching each ceremony with humility, reverence, and respect for the ancestral wisdom passed down through generations. His gentle presence, experience, and commitment to the ceremonial path have made him a trusted guide for those seeking to explore the deeper dimensions of themselves.

With a grounded and compassionate approach, Paulo continues to dedicate his life to holding ceremonial spaces that honor the medicine, the traditions from which it comes, and the individual journey of each participant.



Day 1

Welcome to Peru

Arrival in Cusco • Lunch • Check-In • Sacsayhuamán • Cusco

Early arrival in Cusco, the ancient capital of the Inca Empire and the beginning of our mystical adventure through the Andes.

After arrival, we gather for a welcome lunch and settle into our accommodations, allowing ourselves time to acclimate to the altitude and arrive fully into the energy of Peru. In the afternoon, we journey to Sacsayhuamán, the extraordinary archaeological complex overlooking Cusco. Known for its enormous precisely fitted stones and monumental architecture, Sacsayhuamán remains one of the most impressive examples of Inca engineering.

We then enjoy time exploring the historic center of Cusco before returning to rest. This first day is intentionally gentle, giving our bodies and spirits time to arrive.





Day 2 Tipón • Moray • Chinchero

Sacred Water • Ancient Terraces • Andean Traditions

After breakfast, we depart for a beautiful day exploring several remarkable sites of the Andes. We begin at Tipón, an extraordinary Inca site celebrated for its sophisticated system of terraces, fountains, and continuously flowing water channels.

Here, we take time to connect with the element of water and experience the extraordinary relationship the Inca cultivated with the natural world. We continue to Moray, where enormous circular agricultural terraces descend into the Earth. The different levels create distinct microclimates and are believed to have supported agricultural experimentation and cultivation.

Our journey continues to Chinchero, a traditional Andean community surrounded by spectacular mountain scenery. Chinchero is especially known for its ancestral weaving traditions, where techniques and natural dyes have been passed from generation to generation. We return in the evening for rest and integration.





Day 3 **Temazcal • Purification & Renewal**

Morning Temazcal Ceremony • Rest • Integration

We begin our morning with a sacred Temazcal Ceremony, an ancestral ceremonial sweat lodge traditionally practiced by Indigenous peoples of Mesoamerica. Within the warm ceremonial space, heated stones are brought into the center and water is poured over them, creating steam. Through prayer, intention, song, silence, and reflection, we are invited into a process of purification and renewal.

The Temazcal is often symbolically experienced as entering the womb of Mother Earth, creating an opportunity to release what we no longer wish to carry and emerge renewed. This ceremony creates a beautiful moment to cleanse and prepare ourselves for the deeper experiences ahead. Afterward, the remainder of the day is intentionally spacious for nourishment, journaling, rest, and integration.





Day 4 **Ollantaytambo • Vistadome • Aguas Calient**

Ollantaytambo • PeruRail Vistadome • Aguas Calientes • Hot Springs

Today we journey deeper into the Sacred Valley to the ancient town of Ollantaytambo.

Ollantaytambo was an important religious, agricultural, and military center during the Inca Empire. Its enormous stone terraces, temples, ceremonial areas, water channels, and precisely fitted stones reveal the extraordinary engineering abilities of the Inca. The town later became an important stronghold of Manco Inca, whose forces resisted Spanish troops here in 1536.

What makes Ollantaytambo particularly fascinating is that it remains a living town. Portions of its ancient Inca street plan and flowing water channels continue to be part of everyday life.

After our exploration, we board the PeruRail Vistadome for a spectacular journey through the mountains toward Aguas Calientes, officially known as Machupicchu Pueblo. Nestled beneath the mountains surrounding Machu Picchu, Aguas Calientes developed alongside the railway during the early twentieth century and became the principal gateway to the ancient sanctuary above. Its popular name, meaning "hot waters," comes from the area's natural thermal springs.

After checking into our hotel, we have time to settle in and enjoy the hot springs, allowing the warm waters and surrounding mountains to prepare us for tomorrow's pilgrimage.





Day 5

Machu Picchu

Machu Picchu 9:00 AM–1:00 PM • Lunch • Free Time • Evening Train

Today we enter one of the most extraordinary sacred landscapes of the Andes: Machu Picchu.

Surrounded by dramatic mountain peaks and lush Andean forest, Machu Picchu sits approximately 2,430 meters above sea level. Its temples, terraces, ceremonial spaces, residences, and agricultural areas reveal an extraordinary relationship between architecture and the surrounding natural landscape.

From approximately 9:00 AM until 1:00 PM, we explore the sanctuary with time to learn, reflect, connect, and simply be present with this remarkable place.

After our visit, we return to Aguas Calientes for lunch. The afternoon is yours to enjoy. Wander through the village, shop for local treasures, receive a massage, enjoy a café, or simply rest.

We board our evening train at approximately 5:00 or 6:00 PM for our return journey.





Day 6 Shamanic Breathwork • Rapéh • Optional Ayahuasca Ceremony

Mid-Morning Breathwork • Rest • Preparation • Evening Ceremony

Today our journey shifts from exploring the outer temples of Peru to exploring the inner landscape.

The morning begins slowly, allowing our bodies to rest following our pilgrimage to Machu Picchu.

In the mid-morning, we gather for Shamanic Breathwork, using conscious connected breath, music, movement, and intention as pathways for inner exploration, emotional release, and deeper connection with ourselves.

Following our breathwork journey, the afternoon is intentionally quiet and spacious, with time for rest, journaling, contemplation, nourishment, and preparation.

Later, we gather for a Rapé Ceremony, creating a sacred moment for grounding, prayer, intention, and connection before entering the evening.

As night arrives, those who feel called will have the opportunity to participate in an optional Ayahuasca Ceremony.





Day 7 Integration • Pisac Ruins

Breakfast • Integration Circle • Pisac Archaeological Complex • Quiet Time

We begin the morning gently with breakfast followed by an Integration Circle, creating space to reflect upon our ceremonial experience and begin bringing what has emerged into conscious understanding.

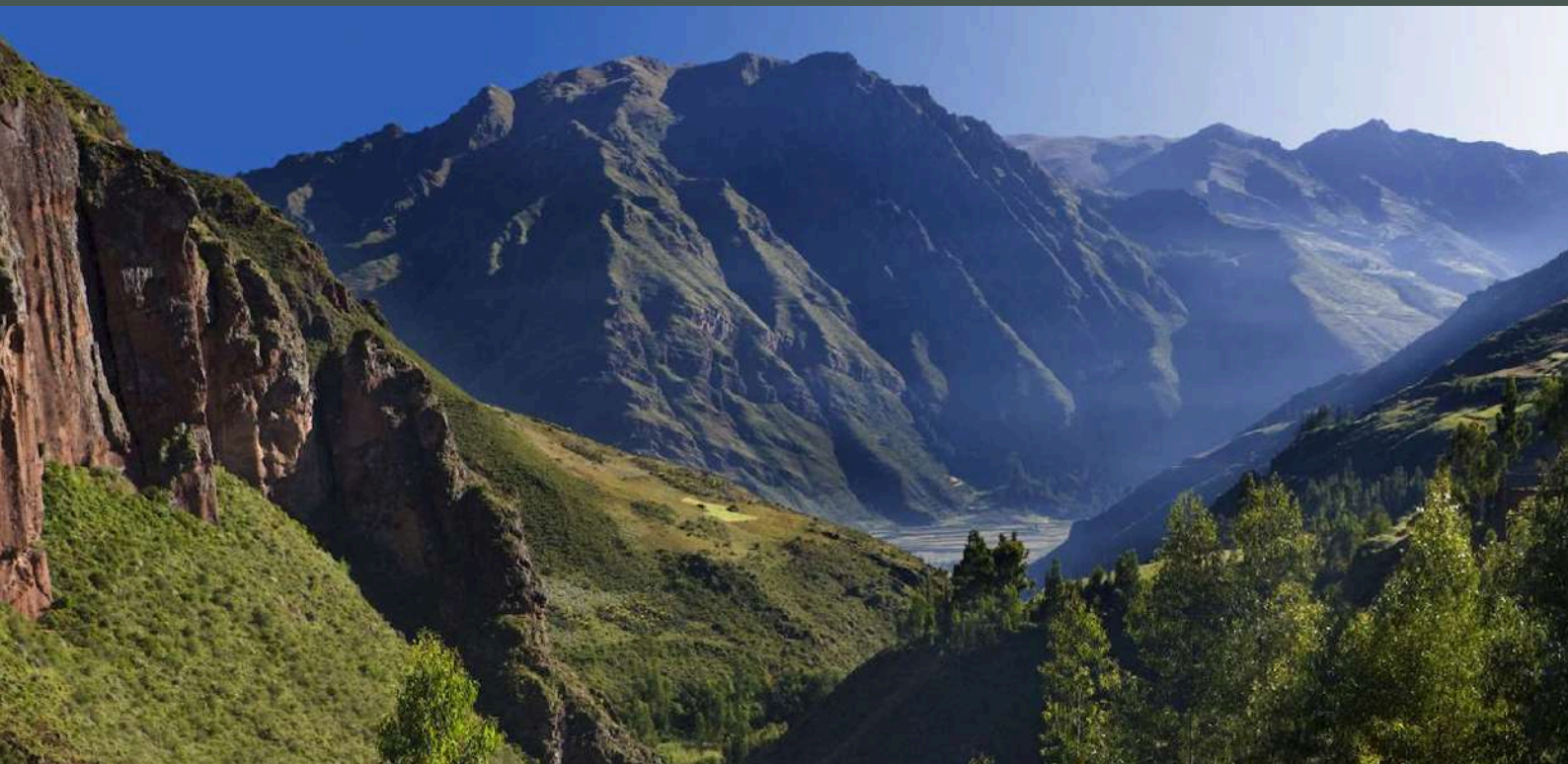
Later, we journey to the magnificent Pisac archaeological complex, dramatically situated high above the Sacred Valley.

Pisac was an important Inca complex encompassing agricultural terraces, residential areas, ceremonial spaces, and strategic structures. Its remarkable mountainside terraces demonstrate the sophisticated ways in which the Inca worked with the steep Andean landscape, transforming the mountains into productive agricultural areas while maintaining an extraordinary relationship with the natural contours of the Earth.

As we walk through Pisac, we encounter an entire landscape shaped by Inca ingenuity. Terraces descend along the mountainsides while ancient pathways, stone structures, ceremonial areas, and settlements reveal the complexity of the site. From high above the valley, we are surrounded by sweeping views of the Andes and the lands surrounding the Vilcanota River. For our journey, Pisac becomes part of the integration itself. After traveling inward through ceremony, we return to the mountains and to the Earth. We walk slowly, breathe the Andean air, reconnect with our bodies, and allow what has been experienced to begin settling into our everyday awareness.

Afterward, we return for quiet time, journaling, rest, and personal integration.





Day 8 **Free Day • Explore • Shop • Rest**

Today belongs entirely to you.

After several days of sacred sites, ceremony, movement, and inner exploration, we intentionally create a day with no rushing and nowhere you have to be.

Explore the local markets, discover the Sacred Valley at your own pace, enjoy a beautiful meal or café, journal, spend time in nature, or simply rest.

Throughout the journey, each participant will also have a personally scheduled One-on-One Cardology Destiny Reading with Evelyn Viviana.

Allow the experiences of the journey to settle. Sometimes the quiet spaces between experiences are where the deepest integration happens.





Day 9 Closing Ceremony • Farewell Celebration

Reflection • Gratitude • Closing Circle • Farewell Dinner

On our final day together, we gather for our Closing Ceremony.

We create sacred space to reflect upon the journey we have shared, honor what has shifted, give gratitude for what has been received, and set intentions for how we wish to carry these experiences into our lives.

Together, we honor Pachamama, the mountains, the ancestors, the people of Peru, and the sacred lands that have held us throughout our journey.

We close our adventure with a special Farewell Dinner and Traditional Peruvian Dance Show, celebrating our time together, the friendships created, and the memories we will carry home.

We close the circle not as the end of the experience, but as the beginning of bringing what we have remembered into our lives.



WHAT'S INCLUDED

- All accommodations based on double occupancy
- All scheduled airport transfers in Peru
- All ground transportation throughout the journey in comfortable tourist transportation
- Scenic rail journey through the Andes and Sacred Valley to Machu Picchu Pueblo (Aguas Calientes)
- Entrance fees to all scheduled archaeological parks and sacred sites, including Machu Picchu
- Daily breakfast
- Special Farewell Dinner & Traditional Peruvian Dance Show
- Temazcal Ceremony, an ancestral purification and renewal experience
- Ancestral ceremonies led by Peruvian medicine practitioners
- Rapé Ceremony
- Shamanic Breathwork Journey
- Optional Ayahuasca Ceremony held by our trusted Shamanic Maestro
- Personal One-on-One Cardology Destiny Reading with Evelyn Viviana, individually scheduled throughout the journey
- Domestic flight from Cusco to Lima
- Professional local tour guides
- Spiritual guidance and facilitation throughout the journey
- Local support staff accompanying and supporting our group throughout the experience
- Preparation and integration support surrounding our ceremonial experiences

NOT INCLUDED

- International airfare from your home destination to Lima, Peru, and return
- Meals other than those specifically noted as included
- Tips and gratuities for local guides, drivers, hotel staff, and support team
- Travel and trip cancellation insurance
- Hotel accommodations required before the official beginning or after the conclusion of the journey
- Transportation or services requested outside of the scheduled group itinerary

WE STRONGLY RECOMMEND PURCHASING COMPREHENSIVE TRAVEL INSURANCE FOR YOUR JOURNEY.



ENERGY EXCHANGE • \$4400

SPACES ARE LIMITED. IF YOU FEEL THE CALL IN YOUR HEART, JOIN US.
SHOULD YOU HAVE ANY QUESTIONS, PLEASE CONTACT US:

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