



## *7-Day Peace is Possible Retreat*

### **DRAFT INCLUSIONS**

#### **Accommodation**

- Xxx
- Xxx
- Xxx

#### **Meals, snacks and beverages as outlined in the Retreat Schedule**

- Fresh, market to table, vegetarian menu, customized for personal dietary requirements
- Continuous flow of in season familiar and exotic fruits
- Healthy sweets and treats
- Fresh, flavorsome and cell rejuvenating juices, and teas

#### **Daily Materials and Practices**

- Clear, guided, daily schedules to maximize your experience and transformation
- Daily body movement / yoga practice, meditation, and breathwork
- Sacred ceremonies with qualified and experienced support to help you integrate the information, insights and revelations you experience during your retreat
- The passing on of our ways of being and living through the practical, powerful and precise rituals, disciplines, Tools, and body-mind-spirit integration, that will set you up for ongoing success post your retreat
- Free time to take walks, enjoy sunsets, journal, lay in a hammock, explore Vilcabamba, and just be

#### **Transport**

- Taxi transfer from Loja Airport or Bus Terminal to Vilcabamba and return
- Daily taxi transfer from your Vilcabamba accommodation to Los Encantos and return

**NOTE: FLIGHTS AND TRANSPORT TO OR FROM LOJA AIRPORT OR BUS  
TERMINAL ARE NOT INCLUDED**

■ End