



1.) COMPLETING YOUR RESERVATION

To complete your reservation for this retreat, please plan to complete your contribution in one payment of \$1200 or two payments of \$600. We know there was a small glitch in the system at the beginning so we would like to make sure everyone is clear on the process.

Total contributions should be completed by December 31, 2021 so we can make all the magic happen for an excellent experience!

2.) FILL OUT FORM

Please take 5 minutes to [fill out this form](#) so we know how to best take care of you during an amazing week in Peru

3.) CHEAP FLIGHT TRICKS!

We have been finding very economic flights and want to share some tricks with you!

Go to Google Chrome
In the top right corner there are 3 dots
Click those, and click incognito window
Your browser will turn black
Type in Google Flights
Choose your dates

Typically its quite a bit cheaper to type Lima as your destination, and then purchase a flight separately into Cusco

If you use this method, you will notice that no matter how many times you check... prices will stay relatively the same.

Yay Incognito!

4.) ARRIVAL

If possible, we recommend arriving 1-3 days early in order to acclimate to higher altitude.

OPTIONS

Cusco is a charming city with pebbled roads, ample restaurants close by, easy to walk to markets and stores, and a range of accommodations. The altitude is still quite higher than the valley, but if you take it easy and rest you should be golden.

Cusco Recommendations: most any location in the San Blas area is wonderful
We like Hostal el Grial - clean, safe, moderately priced.

Pisac and Urubamba are lovely towns in the Sacred Valley if you are feeling called to be closer to nature and lower in altitude. They have easy to walk to markets, restaurants and stores, and

incredible views of the mountains. Please contact us if you would like recommendations in these towns!

5.) SHUTTLE

We will be providing a private shuttle from Cusco at 8 am that will go through the valley to pick you up and arrive at the center by 10 am on Sunday Feb. 20th.

We will send info closer to date exactly where those pickup spots are near the central plaza areas.

6.) SCHEDULE:

Here is the PDF of the [full retreat schedule](#).

We purposefully leave exact timing flexible so the elders have space to design the order of the teachings together.

In general:

8 am: Morning practice (optional)

9 am: Breakfast

10 am: Morning Session

1 pm: Lunch

3 pm: Afternoon Session

7 pm: Dinner

8 pm: Evening meditation (optional)

7.) Covid Details

In Peru and the Sacred Valley life is safe and calm. Numbers are the lowest they have been since the beginning of the pandemic. We will be following up with everyone closer to the retreat date to confirm that each participant is familiar with their specific requirements as things evolve over the next few months.

To respect each other's safety, and personal choices/privacy, we ask each person to take a rapid test before the retreat (or before your flight). This helps each person to feel safe to fully drop into a container of health and wellbeing together, and let the worries dissolve. Before we enter the transport together, we will take everyone's temperature once. And then do a happy dance for the start of an epic week!

If you have any questions or concerns about these requests, please do not hesitate to contact us.

8.) Refunds

In most cases, deposits are nonrefundable. In the unlikely case the retreat is cancelled by Reviveolution due to low enrollment, your contribution is returned in full. We are sensitive to the global climate. If your travel is affected by border closures or new laws related to Covid-19, we will return your contribution in full.

If you cancel due to other situations, we will work directly with each individual on a case-by-case basis. Cancellations after Dec. 31st will be subject to a \$200 fee (in addition to the deposit) to cover our cost of reserving the retreat center in your name. Reviveolution is not keeping any portion of the deposit.

9.) Packing List

Peru is all about diverse layers.

This is a delightful season to visit Peru!

It can be warm in the day, and cool at night, with sporadic light rain, and lovely blue skies.

Bring:

Comfy pants or leggings
Good walking shoes (Hour-long walks)
Short sleeves for during the day
Light long sleeve to throw over
Scarf
Warm sweater for night
Rain jacket
Flashlight
Journal

10.) BOOST YOUR IMMUNE SYSTEM

Our favorite immune boosters for travel and preparation for higher altitudes:
(Please check with your doctor if you are taking other medications!)

Fresh ginger tea - Drink daily, to open your lungs for Andean climate
[Spirulina / Chlorella powder or tablets](#) - getting more oxygen into your blood
[MyCommunity extract](#)- powerful immune booster
Probiotics of your choice! - [we like Garden of Life](#)
Vitamin C - [my personal travel favorite](#) :)

All these are suggestions, not required.

11.) DIGITAL DETOX!

Please be prepared to take time away from the computer and phone!
There will be internet on site to check in with your loved ones to let them know you arrived safely.
After that, we HIGHLY RECOMMEND respecting yourself and others by committing to take a digital detox. With such precious teachings filling your mindstream, those extra moments to reflect, digest, and integrate are so essential for your growth.

We are SO looking forward to an incredible life-changing experience with you. We can't tell you how grateful we are these 3 lineages are coming together, and YOU have made the choice to be present.

Change is possible. And it happens from the inside out.

With Love from the Andes,
Reviveolution