

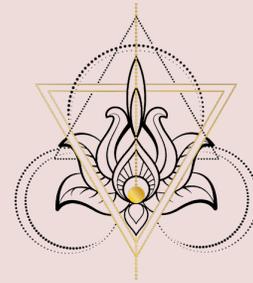
SACRED VALLEY – PERUVIAN HOUSE OF LEYLA RETREAT

JOIN US FOR A SHAMANIC JOURNEY INTO SAMADHI

A sustainable, eco-friendly luxury retreat centre nestled in the Sacred Valley of Cusco, Peru.

Sunday 30th April - Saturday 6th May 2023

Huycho, Urubamba – Sacred Valley – Cusco



HOUSE OF LEYLA
Empowered Readers Book Club

Connect with Pachamama and allow yourself to be held by her in this
Spiritual Wellness Adventure into
The Sacred Valley of Peru.

Immerse your senses in the vibrant wonder of Peruvian culture and
vast landscapes as we journey inwards and gift ourselves with
A heart centred retreat.

In the middle of a natural environment, surrounded by mountain
and ancient ruins, grows our home for the week.
Samadhi Sacred Valley.

This luxury, eco-friendly and sustainably authentic space is designed
with sacred geometry in mind.
Samadhi will submerge you in the universe of the Chakras giving you the
opportunity to explore, play and find balance within.

Walk through the spaces, take in the colours, textures, flavours
and art. Connecting you with your energy centres and time to
explore your true nature, your essence.

We'll encourage this journey through yoga-meditation,
food awareness, art therapy, ceremonies and cultural immersion.

Pachamama says...

*Forget not that the Earth delights to feel your bare feet
and the winds long to play with your hair*

Khaliq Gibran



WHY RETREAT?

REST TIME

Life is overwhelming and our nervous systems are in great need for deep rest and rejuvenation. We encourage time for contemplation and giving yourself permission to get lost in this beautiful valley.

FOOD

Time for gathering and replenishing our systems with fresh, healthy & delicious, local food that nourishes the body and inspires our creative souls. We'll come together as a community and enjoy each others' experiences.

EXPERIENCE

By connecting you to like minded individuals and guiding you through meaningful practices and activities in these beautiful surroundings, we aim to enrich your joyful path of wellness and happiness.

YOGA AND MORE

We have a stunning Yoga Deck & 8th Chakra Yoga Shala

Wake up to morning meditation and pranayama (breathing techniques), welcoming you into each new day feeling grounded, renewed and ready for the experiences ahead.

Enjoy creative and powerful flow practices that will energise you, release any residue from your sleep and allow you to feel completely at home in your balanced body and mind.

In the evenings we will have optional workshops that focus on your mental wellbeing, special events and Yin Practices.

We'll be journeying through all Seven chakras throughout our time here giving you the opportunity to explore, process and grow.

Included for your practice: Mats, blocks, bolsters, straps & blankets

In your free time you can enjoy local trekking around Samadhi

Walk through the organic gardens, enjoy beautiful views, sign up for additional activities like massages in the mountains and more...



ACCOMODATION

CHOOSE YOUR SHARED BUNGALOW

Root Chakra Room:, encourages grounding energy.

Sacral Chakra Room: encourages creative energy.

Solar Plexus Chakra Room: encourages confident energy.

Heart Chakra Room: encourages loving energy.

Throat Chakra Room, encourages honest energy.

Third Eye Chakra Room, encourages intuitive energy.

Crown Chakra Room: encourages spiritual energy.

All bungalows have mountain views, ensuite bathroom, and house up to 3 guests



THE BUNGALOWS

ACCOMMODATION

Three Private Suites (Couples Welcome) – Queen Size Beds

Earth Room: Private Suite

Water Room: Private Suite

Air Room: Private Suite

Four Suites – Two Double Beds Per Suite

Earth Room: Sharing Suite

Water Room: Sharing Suite

Air Room: Sharing Suite

Fire Room: Sharing Suite

All accommodation includes daily house keeping with varying views of the valley



PRIVATE SUITES



Leyla's story is one of self-discovery, growth and education.

Her journey on the path of holistic healing began with recovery from an eating disorder. Leyla turned to her inner strength, studied key principles of Buddhism and Hinduism, trained as a yoga instructor in India, and embarked on a silent meditation retreat.

Over the years, her awareness of the world completely shifted with the realisation that all living beings are deeply connected.

House of Leyla was born out of an urge to share these philosophies and help others overcome challenges in their lives.

The community Leyla has built fosters a sense of togetherness and a feeling of HOME.

Leyla has been teaching a variety of styles of yoga for just under 8 years. These include; Vinyasa Flow, Restorative Yin, Yoga Trapeze & Gravity Yoga.

Leyla is also qualified in Hypnotherapy, Indian Head Massage & Reiki

She loves, adventure, animals, Astrology, photography & interior design.

YOUR TEACHER

INCLUDED ACTIVITIES

Authentic Peruvian Pottery Class

Feel the earth and connect with your first Chakra, you will be able to make your own pot and take it home.

Perolnuyoc Waterfall

Walk among the beautiful trees, bright sunshine and incredible views, while connecting with the power and beauty of the waterfall

Re - Forestation

Give back to mama Earth by planting Two native trees into the Andean mountains leaving a physical Part of yourself in the Andes.

Temazcal & Pagarina Ceremony

Medicinal Plant Ceremony - Come back to the Womb of The Mother through a deep ceremony guided by a Shaman in the intimacy of the Centre.

Painting in The Mountains

After a meditation express yourself painting in the middle of the Andean Mountains, you will be able to take the painting back home too.

Native Despacho Ceremony

Offering to our Pachamama allows us to connect with it while we ask permission to continue receiving all our food and also allows us to manifest the greatest desires of our life.



MAGICAL EXPERIENCES WAITING FOR YOU

ADDITIONAL ACTIVITIES

Please note these are an additional price as stated below

Peruvian Cooking Class

Learn to cook one typical Peruvian dish with our vegan chefs, you will be able to pick up some of the products from our organic garden and enjoy the process until you taste.

2 – 2.5hours - \$50 per person

Intuition and Human Design Therapy

Using your birth date/time/place to discover your unique Human Design. You will learn how you can utilize it to tap into your intuition, your energetic strengths, create more joy, freedom, and love in your life.

1 hour - \$88 per person

Peruvian Massage in The Mountains

Relax and release while enjoying a full body massage with customized essential oil blends and the beautiful setting of the Andean mountains

1 hour - \$88 per person



MACHU PICCHU

Connect with the energy of one of the wonders of the world

First discovered in 1911 by the American historian Hiram Bingham, the ancient Inca settlement of Machu Picchu is a must visit on any Peru itinerary. With a fascinating, yet mysterious history and some of the world's best views, here's seven reasons why you need to visit Machu Picchu and why we have included it in our retreat.

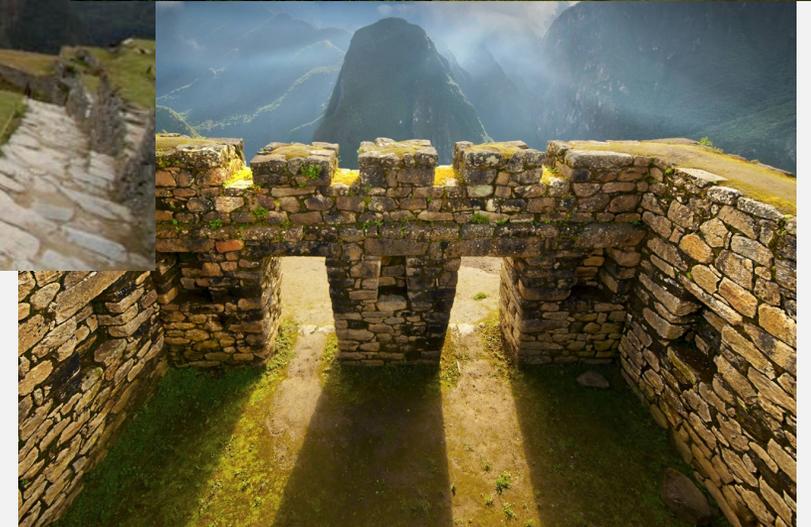
1. Fascinating History
2. Extraordinary Architecture
3. Spectacular Scenery.
4. Amazing Photo Opportunities
5. The Incas.
6. Rich Culture
7. One of the Seven Wonders of the World

Read more here

<https://www.evergreentours.com.au/news/7-reasons-you-need-to-visit-machu-picchu>

INCLUDED IN TOUR:

Private transportation from Samadhi
Roundtrip train ticket
Roundtrip bus ticket
Spiritual Guide
Machu picchu tickets
Lunch in Aguas Calientes (breakfast will also be provided before we leave)



Price Per Person
\$365

THE FOOD

Samadhi gift you the opportunity to feed your bodies, minds and spirits with well-being, strength and happiness.

While protecting our environment through harvests and eco-efficient processes of transformation and reuse of products and energies.

Their dishes are organic and super nutritious, balanced and healthy, prepared by gastronomic artists-chefs, strengthening your immune system with superfoods: maca, pollen and others, as well as their detox diets.

All meals are Plant Based and prepared with love.

Includes:

Breakfast, Lunch & Dinner

Snacks, coffee, plant based milk, and fruits during the day

Samadhi believe in healthy practices of fuelling the body to create balance for the mind, body and spirit.

A mission to create abundance and liberty for the human kind.





ORGANIC FOOD FROM OUR OWN GARDEN

OUR SCHEDULE

Day 1 - Root: Sunday

13:00 - 14:00 *Lunch*

15:00 - 17:00 Pachamama Offering

17:30 - 18:30 Ice Breakers by The Firepit

19:00 - 20:00 *Dinner*

Day 2 - Sacral: Monday

7:30 - 8:00 Meditation & Pranayama

8:00 - 9:00 Yoga Flow

09:00 - 10:00 *Breakfast*

10:30 - 12:30 Pottery Class

13:00 - 14:00 *Lunch*

14:00 - 17:00 Exploring Sacred Waterfall

19:00 - 20:00 *Dinner*

Day 3 - Solar Plexus: Tuesday

7:30 - 8:00 Meditation & Pranayama

8:00 - 9:00 Yoga Flow

09:00 - 10:00 *Breakfast*

10:00 - 13:00 Walk in Samadhi back yard

13:00 - 14:00 *Lunch*

14:00 - 18:00 Medicinal Plant Ceremony
(Temazcal & Paqarina)

19:00 - 20:00 *Dinner*

Day 4 –Wednesday

06:30 – *Breakfast*

07.00 – Exploring Machu Picchu

19:00 - 20:00 *Dinner*

Day 5 - Heart/Throat: Thursday

7:30 - 8:00 Meditation & Pranayama

8:00 - 9:00 Yoga Flow

09:00 - 10:00 *Breakfast*

10:00 - 13:00 Re-Forestation - Giving Back to Mama Earth

13:00 - 14:00 *Lunch*

15:00 - 17:00 Painting in the Mountains

18:00 - 19:00 Love & Kindness Workshop

19:00 - 20:00 *Dinner*

Day 6 Third Eye: Friday

7:30 - 8:00 Meditation & Pranayama

8:00 - 9:00 Yoga Flow

09:00 - 10:00 *Breakfast*

10:00 - 13:00 Free Time

13:00 - 14:00 *Lunch*

15:00 - 17:00 Moras Moray Spiritual Hike

19:00 - 20:00 *Pizza Party*

Day 7: Crown: Saturday

7:30 - 8:00 Meditation & Pranayama

8:00 - 9:00 Yoga Flow

09:00 - 10:00 *Breakfast*

10:00 - 11:30 - Time to pack

11:30 - 12:00 - Preparing Cacao & mandalas

12:00 - 13:00 Closing Ceremony & Sharing circle

13:00 Checkout & Goodbyes

Please note this Timetable may change slightly, you'll receive the confirmed timetable nearer the time.

AVAILABLE ROOMS & PRICES

Prices include food, yoga and activities – see full details in the next slide

Chakra Bungalows

Sharing - £1,560

Elemental Double Suite

Sharing -£1,660

Elemental Single Suite

Private - £2,220



Deposit: £500 – To secure your place

Payments can be made to:

Name: Ms Leyla Ramadan

Bank: Lloyds

Sort Code: 77-91-52

Account Number: 78447060

WHAT'S INCLUDED:

6 Nights' Accommodation 7 Days' at Samadhi

Full catering: Breakfast, Lunch & Dinner

All Yoga Classes, Shamanic Ceremonies, Painting in The Mountains, Authentic Peruvian Pottery Class, Local Trekking around Samadhi.

WHAT'S NOT INCLUDED:

Travel & Transfers Return (we can arrange for you if needed)

Additional options in activities (see additional activities slide)

Machu Picchu Trip.

Remaining balance due by 24th February 2023

CHECK IN 14:00 - CHECK OUT 13:00

Please note rooms are first come first serve - a room is confirmed with the deposit payment

In the unlikely event that we must cancel the retreat, we will of course refund all your payments previously received.

In case YOU need to CANCEL the trip, the following conditions will be applied:

Cancellation until 90 days before retreat start: 100% refund of the price, less the deposit - Cancellation 60 to 89 days before retreat start: 60% refund of the price, less the deposit - Cancellation 59-0 days before retreat start: NO REFUND.

We assume no liability or responsibility for any cancellations, delays, losses incurred due to attacks, wars, natural disasters, accidents or other acts of God. The participants confirm that on booking (as far as they are aware) their physical and mental health is a suitable standard to take part in the retreat. For damages that the participants themselves, others or objects inflict, they are solely liable. We assume no liability for the loss or damage of personal belongings of the participants. The organisers are exempt from any and all liability as they do not act as a tour operator, only as a seminar leader.

