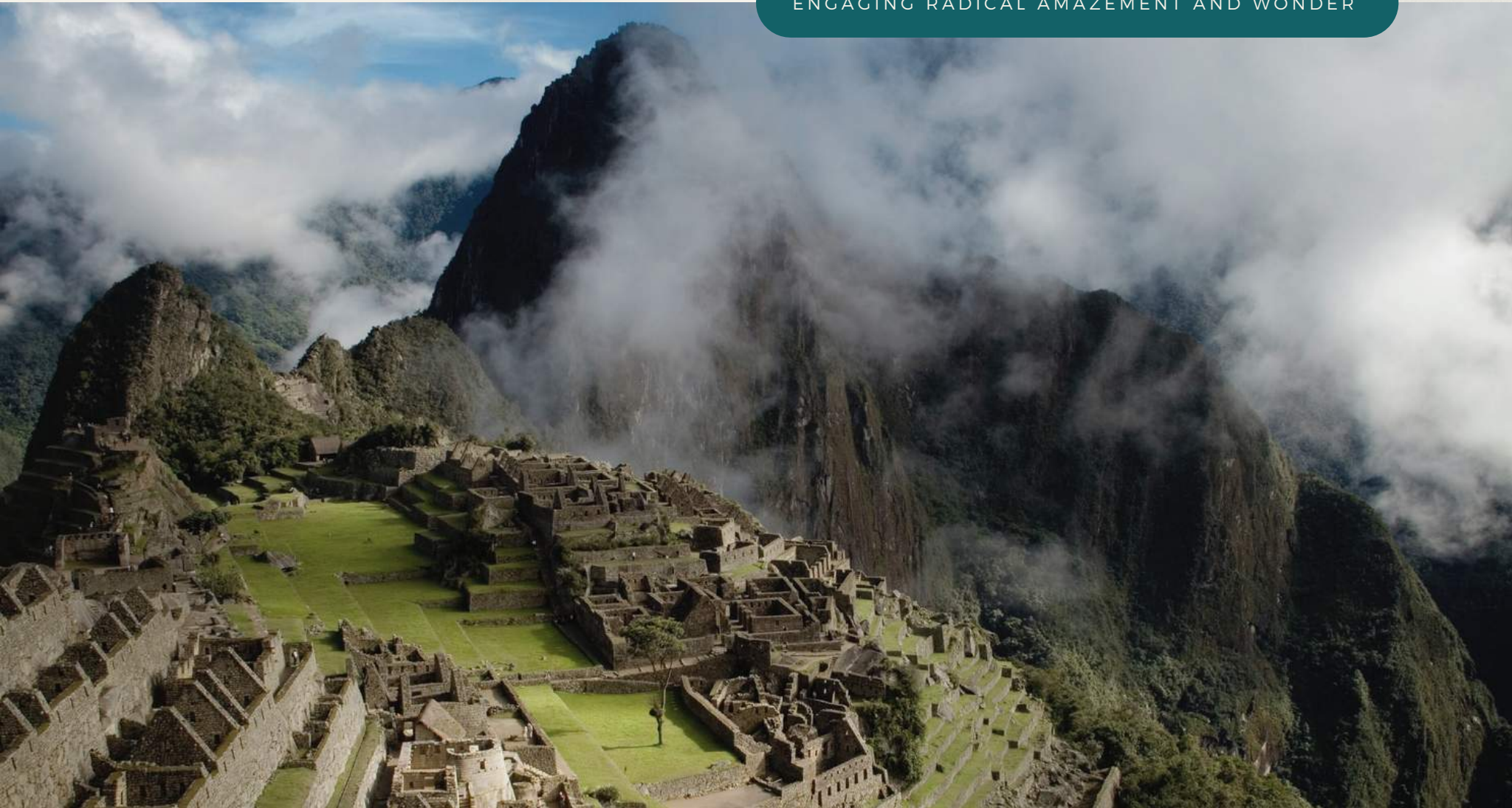




Soul Shift Journey

Spring & Summer Tours 2024

ENGAGING RADICAL AMAZEMENT AND WONDER



Dear Adventure Seekers on the Path Toward Health Longevity,



Embark on a transformative journey through the heart of mystical Peru as we invite you to join us on one of these **Soul Shift Journey 2024 tours!** They are each an all-inclusive land package tour beginning in **Cuzco, Peru.** These enchanting expeditions are not just a destination; they are an open invitation to experience radical amazement and embark on a profound soulful exploration. Focused on **Blue Zone healthy longevity**, the future never looked so good!

Picture yourself traversing the awe-inspiring landscapes of the Andes, where ancient history whispers through cobblestone streets of Cuzco, and the vibrant tapestry of the **Sacred Valley and Machu Picchu** unfolds before your eyes. The path weaved through these mystical realms are not just a journey; it's a sacred sojourn where ancient cultures and Incan cosmology collide with modern adaptations and Christianity. Where art, music, culinary excellence, physical endeavors, and contemplation invite you to shift your perspective and embrace the wonders that lie both within you and all around. An opportunity to experience a region living the **Blue Zones lifestyle.**

As you navigate the labyrinthine alleys, open plateau grandeur, and mysteries of Incan ruins, **immerse yourself in the depths of awe.** This contemplative adventure is designed to provide an intimate connection with the rich tapestry of Pachamama's (mother earth) cultural and natural treasures. Let the clarity of the Andean air lift the veil on your busy life and distracted mind to reveal the true essence of what you value for the path ahead in your own life.

Our Soul Shift Journey isn't just about exploring the external landscapes; it's about providing space for your internal landscape to dream and visualize for today and all your tomorrows. Machu Picchu, the crown jewel of this expedition, stands as a symbol of the profound shift awaiting you. With each step, you'll uncover the ancient wisdom of **Pachamama** embedded in everything from the stones to the air you breathe, and as the mist clears, so too will your own forward path become clearer.


Join us as we explore the sacred grounds of your heart, the mountains, and the Pachamama spirit, inviting you to contemplate, wonder, and revel in the **radical amazement** that surrounds you. These specially curated tours, are an opportunity to awaken to your life ahead - an adventure offering a transformative experience that goes beyond the ordinary. Take a moment to pause, breathe, and prepare to lift the veil on your own life, revealing the gems that await discovery on this Soul Shift Journey and post-tour **Master Class.**

Are you ready to embrace the wonders, clarity, and soulfulness that your journey ahead holds? Pack your curiosity, open your heart, and join us for a once-in-a-lifetime guided experience that promises to be both magical and transformative.

The path is calling, and the adventure awaits.

With love and anticipation,
Mary Jo Saavedra
and The Soul Shift Journey Family





The roots of ultimate
insights are found....

on the level of wonder and radical
amazement, in the depth of awe, in
our sensitivity to the mystery.”

—Abraham Joshua Heschel, *God in Search of Man*



Highlights of Two Packages

The All-inclusive Soul Shift Journeys beckon to those at the crossroads of life —**pre-retirees** seeking newfound clarity, purpose, and a modern way forward, **later life pilgrims** crafting intentional and fulfilling chapters with security, **solo-agers** eager for growth and connections in a supportive community, **caregivers** deserving of respite and recharge amidst The Sacred Valley's grandeur, **families spanning generations** seeking to understand how to grow together through longevity decisions, and **seekers of growth attitudes** with the desire to experience a **Blue Zone** to guide your choices in the second half of life!. This transformative odyssey is for those who crave adventure, connection, and a deeper engagement with what comes next. Embark with us, where the journey is more than a destination; it's the colorful, unique threads for weaving the tapestry of a life rich in meaning, purpose, and joyful exploration.

Soul Shift Journey's **All-inclusive land package tours** for Spring and Summer 2024



01

Transforming
Boundaries
Tour



02

Unraveling
to Wholeness
Retreat

Valle Sagrado

www.lizzywasi.com



LEYENDA

- VIA FERREA
- CAR. ASFALTADA
- CAR. AFIRMADA
- CAMINATA TURISTICA
- RIO
- ZONA ARQUEOLOGICA
- LAGUNA
- POBLACIÓN
- ATRACTIVOS TURÍSTICOS

ATRATIVOS

- 1 Machupicchu
- 2 Camino Inca
- 3 Ollantaytambo
- 4 Comunidad de Willoc
- 5 Cataratas Perolinyoq
- 6 Canteras de Cachimata
- 7 Caminata a Lares
- 8 Salineras de Maras
- 9 Moray
- 10 Comunidad de Misminay
- 11 Pueblo de Maras
- 12 Iglesia de Ttibamba
- 13 Laguna de Huaypo
- 14 Chinchero
- 15 Machuqoqta
- 16 Palacio de Huayna Qapac
- 17 Yucay / Palacio de Sayri Tupac
- 18 Huchuy Qosqo
- 19 Písaq Mercado
- 20 Písaq Complejo Arqueológico



Transforming Boundaries Tour

May 24th - May 31st. 8-day land package from Cuzco Airport.

Designed for *Intermediate physical abilities.

Request detailed itinerary & pricing at www.maryjosaav.com.

Embark on a truly unique **adventure through Cuzco, The Sacred Valley, and Machu Picchu**, a sampler of Andean delights and wonders known for its **Blue Zones lifestyle**. This immersive tour is crafted to evoke radical amazement, wonder, and a transformative shift by stepping away from your everyday life. Engage in a variety of activities that prioritize fresh experiences, including the vibrant **Corpus Cristi Annual Festival** in Cuzco, invigorating Machu Picchu and Sacsayhuaman **hikes, and mind-blowing cuisine at the high Andes MII Food Lab (think food spa!)**, the incomparable Gaston Acurio's **Chicha** restaurant in Cuzco, exploration of the enigmatic **Maras** and **Morray** sites, and daily morning rise wellbeing practices.

In addition, you will have options to indulge in **art, music, cultural heritage, longevity practices, and unwind** during your 5-night stay at the charming retreat style Lizzy Wasi Boutique Hotel in Urubamaba and 2-night stay at the luxurious Qolqampata Palace at Palacio Manco Cápac in Cuzco.

After you return home, you have the **optional 5-session post-tour group Master Class**. Taking the experiences from your awe-inspiring journey and blending them with science based best practices for healthy longevity. The proven HOMELife Design Program led by Mary Jo Saavedra.

This tour is all-inclusive, with all meals, fixed alcohol, accommodations, tours and events, transportation, tips, and Master Class, ensuring a seamless and enriching exploration of these breathtaking destinations. Immerse yourself in a journey of self-discovery and continual radical amazement.



Unraveling to Wholeness Retreat

June 2nd - June 9th. 8-day land tour from Cuzco Airport.

Designed for *Strong beginner physical abilities.

Request detailed itinerary & pricing at www.maryjosaav.com.

Unwind and make yourself at home! Join us for a transformative retreat guided by renowned archeologist, agriculturalist, and cosmologist **Ruben Orellana!** This unique experience combines the best of our regular tours with a focus on relaxation, immersion in the **Sacred Valley's Blue Zone lifestyle**, and exploring the mysteries of Peru under Rubin's expert guidance. Dive into the convergence of **ancient Incan cosmology** and modern Christianity, creating a fresh and inspiring expression of faith.

The highlight of this retreat is space and time for you to have contemplation where the Andes rise to the heavens from Lizzy Wasi Boutique Hotel and the crisp air provides a rejuvenating quality. Sprinkled throughout your stay are encounters with radical amazement and wonder. Opportunities to hike Machu Picchu, wander through Sacsayhuaman ruins in Cuzco, indulge in a visit to the Mill Food Lab (think food spa!), a delightful evening at Gaston Accurio's Chicha restaurant, exploration of the mysteries of Maras and Morray, daily morning rise wellbeing practices, immersive experiences in art, music, and cultural heritage, and each step you can savor the presence of Pachamama and learn about Incan cosmology. Did we mention a massage is included during your stay at Lizzy Wasi?! Indulge with a 5-night stay at the serene Lizzy Wasi Boutique Hotel and a luxurious 2-night stay at Qolqampata Palace at Palacio Manco Cápac.

After you return home, you have the **optional 5-session post-tour group Master Class.** Taking the experiences from your awe-inspiring journey and blending them with science based best practices for healthy longevity. The proven HOMELife Design Program led by Mary Jo Saavedra.

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****Custom group tours available** upon request. Elevate your Soul Shift Journey with our exclusive private tours, tailored for families, friends, organizations, or corporate groups. Immerse yourselves in the magic of The Sacred Valley with personalized itineraries, ensuring an intimate and unforgettable experience. Embark on a transformative adventure, where connections deepen, and shared moments become treasured memories.



Considerations

1. Mobility - you will encounter uneven surfaces, ruins have many stairs to climb with varying heights, variety of hiking and walking, horseback riding, etc. All activities are optional.

Physical fitness for high altitude travel - the altitude shifts at 2. different locations. For example: Machu Picchu is at approx. 8000ft, Urubamba approx. 9000ft, Cuzco approx. 11,000ft, and Chinchero approx. 14,000ft. It is recommended to have a medical checkup and visit a travel clinic before coming to Cuzco to ensure your comfort and adjustment process.

- Trip Insurance is required for delays, emergencies, and evacuation. Proof of purchase required. Tours are carefully 3. curated and all tour fees are non-refundable after March 31st, 2024, for any reason.



*****Complete itineraries & pricing available by trip at www.maryjosaav.com**





“Wonder requires a person
not to forget themselves

but to feel themselves so acutely that
their connectedness to every created
thing comes into focus. In sacred awe,
we are a part of the story.”

—Cole Arthur Riley



Master Class

Weaving Your Soul Shift Journey into Your HOMELife Design™

Included in each tour is the optional post-tour 5-session Master Class.

Your Soul Shift Journey doesn't conclude upon your return; it's an invitation to embark on a continuous odyssey, shaping the fabric of your life in profound ways with a growth perspective. We are thrilled to extend an exclusive invitation to Mary Jo Saavedra's HOMELife Design Program™ Master Class, a transformative experience designed to help you integrate the rich tapestry of your Soul Shift Journey into the very fabric of your day-to-day life.

Gaining Clarity for Your Journey Ahead

As you participate in the Master Class, clarity becomes not just a goal for the present moment but a strategic tool for planning the preservation of your wishes, priorities, and overall well-being in the later chapters of life. It's an opportunity for a long, loving look at the real – an exploration of your internal landscape that extends beyond the confines of a traditional retirement plan, legacy plan, or even long-term care plan.

Embracing Change

Life is a dynamic journey, and the HOMELife Design™ plan acknowledges that changes happen. As you traverse the various stages of life, you can revisit your design, expanding it to encompass new transitions, desires, and dreams. It's a tool to help you continuously lift the veil on busy lives, revealing what holds value at every stage.

Crafting Your HOMELife Design™

Rest assured, all the materials you need for this transformative process will be thoughtfully provided. The Master Class creates a nurturing environment where your continued growth and opportunities for your next chapters are carefully guided through your own HOMELife Design™ plan. This design is not a static creation; it's a living, breathing process that evolves as you do.

Your Personal Tapestry Unfolding

The Master Class is your opportunity to take the wonders, insights, and shifts experienced during your Soul Shift Journey and intricately weave them into the very fabric of your life. Are you ready to design a life that reflects the richness of your Soul Shift adventure?

Join us for the Master Class, where your journey into the future is embraced, celebrated, and strategically planned with care.



Awe is more than
an emotion;

it is a way of understanding,
insight into a meaning greater
than ourselves. The beginning
of awe is wonder, and the
beginning of wisdom is awe.

—Abraham Joshua Heschel

Accommodations and Transfers

Lizzy Wasi Boutique Hotel - Your Home in the Heart of Tranquility

Step into a sanctuary that transcends the ordinary at Lizzy Wasi Boutique Hotel, where every detail is designed to create an intimate haven for your Soul Shift Journey. Here, amidst the breathtaking landscapes of the Sacred Valley, you will discover not just accommodations but a home away from home that enhances the magic of your overall journey.

A Sanctuary for Your Soul

Your stay at Lizzy Wasi is more than just a restful night's sleep; it's an immersive experience in a sanctuary nestled within beautiful gardens, 125-year-old hacienda, complimented with new beautiful Peruvian bungalows situated on the Inca Trail. Feel the serenity surrounding you as you explore the labyrinth, find tranquility in the meditation room, spa, and indulge in the magic of gazebo dining. This is not just accommodation; it's a retreat for your soul.

A Staff That Feels Like Family

At Lizzy Wasi, we pride ourselves on a professional and friendly staff dedicated to making your stay exceptional. Anticipate your every need being met with warmth and efficiency. We don't just provide accommodation; we create an atmosphere where you'll leave with more than memories – you'll leave with friends in the heart of the Sacred Valley.

Your Home Away from Home

Quickly, you'll find Lizzy Wasi becoming a cherished part of your journey, a place where you feel the embrace of hospitality and the warmth of connection. Where you return from a day of adventure knowing you will be welcomed and tended to. As you immerse yourself in the tranquility that surrounds you, this boutique hotel will become a vital element in enhancing your overall journey experience. Lizzy Wasi is not just a place to stay; it's a retreat where you can immerse yourself in the tranquility of the Sacred Valley. Let the magic of our accommodations become an integral part of your transformative journey.

****For your comfort and to enhance your stay, laundry services are available for a fee. The Internet is available in your room and public areas. Tips are included in your tour price.**

Accommodations and Transfers

Qolqampata Palace at Palacio Manco Cápac

Prepare for a journey into luxury and elegance at Qolqampata Palacio Manco Cápac, where the rich tapestry of history intertwines seamlessly with modern comfort. Your stay is an experience crafted to offer spacious, comfortable rooms and unparalleled service that transforms moments into cherished memories.

A tapestry of time

Nestled within the heart of Cuzco, the Qolqampata Palace at Palacio Manco Cápac stands as a living testament to the dazzling, exciting, and utterly unique history that has unfolded within its ancient walls for over eight centuries. Prepare to be captivated by a narrative that intertwines the lives of Inca rulers, conquerors, Spanish kings, viceroys, liberators, and the elites of the Republic in a whimsical and almost magical dance through time.

Breathtaking Views

As you gaze out from the windows of Palacio Manco Cápac, you'll be treated to a panoramic spectacle of Cuzco's Plaza de Armas from up above. The beauty of this historic square unfolds before you, creating a breathtaking vista that perfectly complements the tranquility within the hotel. It's a view that seamlessly blends the pulse of the city with the serenity of your surroundings.

****For your comfort and to enhance your stay, laundry services are available for a fee. The Internet is available in your room and common areas. Tips are included in your tour price.**



All Inclusive Transfers and Transportation

Seamless Journeys Await as you travel effortlessly with our curated transportation services, featuring the comfort of a Private Sprinter Van. From smooth Airport transfers to a picturesque train journey to Machu Picchu, our **all-inclusive package ensures each transition is as enchanting as the destinations.** Dive into carefully planned events and activities, discovering the beauty of the Sacred Valley. With tips included, your journey becomes a stress-free celebration of moments, where every detail is designed for your comfort and delight.



All-Inclusive Culinary Delights

Peruvian cuisine is delighting the world! None can top the selection of restaurants we have specially curated for you! With whole food, plant based highlights, **immerse yourself in the gastronomic wonders of the region** with the elevated homestyle Lizzy Wasi Salon, alongside acclaimed establishments like MIL Food Lab, The Tinkuy at Machu Picchu, Chicha Restaurant, and El Cubo to name a few. Indulge worry-free in our all-inclusive package, including tips and fixed complimentary alcoholic drinks with dinner, ensuring each moment is a delightful celebration for your senses!



Expert Guides: Your Compass for Transformation

Embark on your journey with our dedicated and experienced guides—passionate guardians of Pachamama. Their deep knowledge of destinations and commitment to your experience ensures a fascinating and fun exploration. Trust in their expertise as they weave the threads of culture, history, longevity, spirituality, and nature into the vibrant tapestry of your Soul Shift Journey.

In addition, the Soul Shift Journey Tours will have special guest experts joining us! Review the unique tour options for additional details at www.maryjosaav.com

Testimonials

What people are saying...

Soul Shift Journey

”

Would definitely recommend!
Already have.
J.J.

”

Was glad to have time for a hike. Liked the flexible time so we were not rushed and still had time to go out on the scheduled visit/tour.
R.D.

”

MII - Incomparable experience - I have nothing to compare it to. Just outstanding, peaceful, respectful, purposeful in all respects. A highlight of the overall time here.
Charlie

”

I would readily recommend this to a friend as it had something for everyone, and it was educational, informative, and fun.
Jean

”

Lizzy Wasi - Love the setting, spacious room with balcony, nice linens. Could not ask for a better staff. Courteous and responsive.
J.C.

”

It was so well planned and executed. Great Value!
Julia

”

I absolutely recommend (the Soul Shift Journey Tour). I feel like I was completely immersed in the culture and learned so much about the history. I feel like it was a perfect blend of cultural immersion, internal reflection, relaxation, and learning.
R.W.

Testimonials

What people are saying...

Shift!

It was such a perfect way to shift into my next decade. It has sparked a new sense of intention for my next steps and allowed me to reflect on my goals, needs, and future.

R.W.

Out of the experiences, stories, reflections, observations, and practices I had decided to accelerate my path out of my current work and to pursue other activities that bring me more joy and fulfillment.

J.C.

I am just starting to get used to the retirement life, so this was the break. I am spending more and more time on my personal wellbeing/health (while) still looking to develop more of a bucket potential list. Thank you, I appreciated the rituals and introspection time.

Richard

I already do a lot of work on trying to be my best self and to keep growing, but this trip taught me the value of stepping outside of "normal" life to reset and shift to an even higher level of conscious, joyful living. Thank you!!!!

R.M.W.

At a point in my life where I have to start thinking about the third stage of life as a reality, this is a thoughtful way to proceed with some difficult steps..

J.J.

I really liked the discussions on the Blue Zones. I also think the trip gave me some space to consider what I want my life to look like after corporate life. It also has me thinking how sedentary life has become. Whatever I do in the future, I would like to do it consciously.

Jean

Join us on a Soul Shift Journey
in 2024 and embark on your
life-changing adventure.



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