

## **Magic Trip in Peru**

**16 – 27 May 2011**

*Please read this entire document as it contains information vital to your trip, and it contains the terms and conditions for your participation. When you book your Magic Trip in Peru, you are automatically agreeing to be bound to the terms and conditions listed in the Agreement below.*

### ***CONTENTS***

#### ***ITINERARY – MAY 2011***

#### ***TRAVEL GUIDELINES***

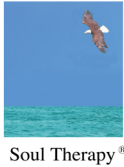
Peru Entry Requirements  
Travel  
Costs  
Additional Travel in Peru  
Insurance  
Language, Time Difference, Internet, Phones  
Food and Drink  
Weather and Clothing  
Recommended Reading  
Health  
Altitude  
Happiness Checklist

#### ***SAN PEDRO TEACHER PLANT***

Your San Pedro Journey  
Precautions For Your Journeys  
Preparation For Your Journeys

#### ***BOOKING FORM***

#### ***TERMS and CONDITIONS AGREEMENT***



## ITINERARY – MAY 2011

### **Day 1 (Mon 16 May)**

Arrive in Cusco, check in hotel, settle, sight-see

5pm-6pm: Group orientation session at Andean Wings hotel with Steve and Lesley (*bring this itinerary*)

### **Day 2 (Tues 17 May)**

9.am: Taxis to Temple of Moon Garden

10am: Life-change seminar with Steve

1pm: Box lunch is provided: e.g. sandwich and piece of fruit and 2x small bottled water – prepared by hotel

2pm: Discussion about San Pedro with Lesley and Steve

3.30pm: Group energy cleansing and preparation

5pm: Taxis back to hotel/s

### **Day 3 (Wed 18 May)**

8.30am: Taxis to Temple of Moon Garden

9.am: San Pedro Journey with Lesley and Steve

### **Day 4 (Thurs 19 May)**

10-11am: San Pedro integration session – Steve and Lesley at Andean Wings  
Rest of day free. *Book your coca leaf readings with shaman Puma.*

### **Day 5 (Fri 20 May)**

8.30am: Taxis to Temple of Moon Garden

9.am: San Pedro Journey with Lesley and Steve

### **Day 6 (Sat 21 May)**

Morning: City Tour of important archaeological sites

**The Cathedral:** Constructed upon the foundations of the Inca Palace of Wiracocha.

**Qoricancha:** The Sun Inca Temple known as the Cloister of Gold.

**Sacsayhuaman:** Translated means Decorated Head of the Puma. This was the ruling palace and temple of the Inca from where the living god directed his people.

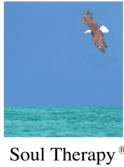
**Kenko:** This name means Labyrinth and we visit carved stones and zigzag channels, an amphitheatre, and a large rock surrounded by walls that represents the deity of the site.

**Puca Pucara:** This name means red fortress and it was a food storage house, and a control garrison for the travellers that visited Cusco in Inca Times.

**Tambomachay:** This was a Water Temple, a ceremonial site where the water flowing permanently from a hillside spring is associated with long life and fertility.

3pm: San Pedro integration session – Steve and Lesley at Andean Wings

4pm: Brief by Simon for Machu Picchu trip



## ITINERARY – MAY 2011

### **Day 7 (Sun 22 May)**

Transport to Ollantaytambo, Sacred Valley tour, afternoon train to Machu Picchu, and stay in hotel in Machu Picchu overnight

### **Day 8 (Mon 23 May)**

Machu Picchu Tour, return to Cusco in the afternoon

### **Day 9 (Tues 24 May)**

10am: Life-change seminar with Steve at Andean Wings  
1pm: Lunch is provided at Andean Wings  
2pm: Group energy cleansing and preparation  
3pm: Free time

### **Day 10 (Wed 25 May)**

8.30am: Taxis to Temple of Moon Garden  
9.00am: San Pedro Journey with Lesley and Steve

### **Day 11 (Thurs 26 May)**

Morning: Free time  
12pm: San Pedro integration with Steve and Lesley at Andean Wings  
1pm: Lunch is provided at Andean Wings  
2pm: Meet Q'ero Indians at Andean Wings hotel, free time  
7pm: Farewell group meal at Andean Wings (provided by hotel)

### **Day 12 (Fri 27 May)**

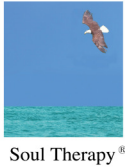
Checkout and fly home

#### **INCLUDED IN THE EVENT FEE:**

Ten nights in the Andean Wings Hotel or Casa de la Gringa (your choice)  
All breakfasts. Box lunch on Day 2. Lunch on Day 9.  
Lunch and farewell dinner at the Andean Wings Hotel on Day 11  
Entrance fees to the City Tour and Sacred Valley  
Trip to Machu Picchu, including private local guide  
One night at Aguas Calientes hotel in Machu Picchu  
Three San Pedro journeys; seminars and taxis for Temple of Moon Garden

#### **NOT INCLUDED IN THE EVENT FEE:**

Meals (except the meals described in the itinerary)  
All flights, airport taxes, Peruvian taxes. Hotel in Lima (if you need one in Lima)



## TRAVEL GUIDELINES

### **Peru Entry Requirements**

Please check with your relevant embassy. At the time of writing, no visa is required if you are a US, UK, Canadian or Australian citizen and are staying less than 180 days as a tourist. Your passport should have a minimum of 6 months validity from your date of arrival in Peru. Make sure your flight tickets bear the same name recorded in your passport.

### **Travel**

Plan your flights so that you arrive in Cusco for Day 1 of the itinerary. When you land in Cusco airport – Alejandro Velasco Astete International – get a taxi and give them the address of your hotel (taxi cost is approx \$3-5):

**Andean Wings Boutique Hotel**, 225 Siete Cuartones, Cusco (very near the Plaza de Armas). Tel: (084) 243166 or 243356. Mobile/cell: (084) 974 792316.

**Casa de la Gringa**, Corner of Tandapata & P'asnapaqana No 148, San Blas, Cusco (just behind the San Blas church). Tel: (084) 241168.

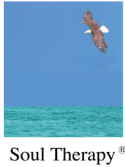
Apart from your big luggage, please bring a daypack/small rucksack as this is all you are allowed to take on the train to Machu Picchu. The train to Machu Picchu has a restriction: your daypack may not exceed 5kgs.

### **Costs**

There are two different Event Fees depending on which hotel you choose. The Event Fee payable to Stephen Shaw covers the entire event, various professionals, return taxis to the Temple of the Moon, your Cusco hotel, the City Tour and the Machu Picchu tour and hotel. All flights, airport taxes, Peruvian taxes and Lima hotels (if you need one), other taxis, meals (other than mentioned in the itinerary) and spending money are separate to the Event Fee, and are for you to organise and pay. Please be very clear about this.

### **Additional Travel in Peru**

Additional excursions in Peru may be arranged at your Cusco hotel, or through your travel agent in your home country. Options include Lake Titicaca, Paracas National Reserve, Nazca-lines flights, and more. *Please note:* it is advisable to do any additional travelling only after your Magic Trip in Peru is complete.



## Insurance

It is very important to have up to date travel and medical insurance. This should cover personal accident, medical expenses, loss of effects, repatriation and all other expenses which might arise as a result of loss, damage, injury, inconvenience or delay. Stephen Shaw and the Magic Trip in Peru event professionals are not liable for any such expenses.

## Language, Time Difference, Internet, Phones

The local languages are Spanish and Quechua. English is spoken in major tourist areas and hotels. Time: G.M.T – 5 hours. There are internet cafes everywhere in Cusco, and most hotels have internet access, including Andean Wings and Casa de la Gringa. Your mobile/cell phone needs to be a Tri-Band phone and it is usually possible to get good reception; however please check with your service provider to ensure that your phone will work in Lima, Cusco and Machu Picchu.

## Food and Drink

The national dish is a mixture of raw fish, limejuice, chopped onion and chilli, known as *Ceviche* or *Cebiche*. Other local dishes include: *Corvina*, sea bass; *Aji de Gallina*, shredded chicken in a piquant cream sauce; *Chupe de Camarones*, a chowder-type soup made with shrimp, milk, eggs, potatoes and peppers; *Lomo Saltado*, beef sautéed with onions and peppers; and *Cuy*, roasted guinea pig. The *Pisco Sour*, a cocktail of local brandy and lemon juice, is Peru's best-known drink.

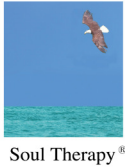
## Weather and Clothing

The average daytime temperature is 20 degrees Celsius, but it drops to about 4 degrees Celsius at night, so you need to wear layers. We travel in the dry season, but it is advisable to bring a lightweight raincoat or waterproof jacket. *Very important:* the teacher-plant can temporarily affect your body temperature making you feel cold, so you must bring warm, cosy, relaxing clothing for your magic journeys, especially a winter jacket!

## Recommended Reading

Masters of the Living Energy  
Ayahuasca  
Plants of the Gods  
The Joy of Living  
Biocentrism

*Joan Parisi Wilcox*  
*Joan Parisi Wilcox*  
*Evans Schultes*  
*Yongey Mingyur Rinpoche*  
*Robert Lanza*



## Health

Please consult your medical doctor or health clinic about required vaccinations, immunisation, malaria and dengue fever before travelling to Peru. You can also use the website [www.masta-travel-health.com](http://www.masta-travel-health.com). Remember, you will only be in Lima, Cusco and Machu Picchu and there are seldom mosquitoes in these areas; however it is worth taking precautions.

The water is quite safe for bathing and washing, but you should only drink sealed bottled mineral water (*agua con gas* or *sin gas* – with or without bubbles), which is available everywhere. The usual precautions apply: avoid ice cubes and salads, and peel all fruit before eating it. A tummy bug can make your trip quite unpleasant. Your medical doctor might prescribe you a tummy antibiotic to bring to Peru, which is only to be used if absolutely necessary, e.g. *ciprofloxacin*.

You will, if you choose, be consuming the San Pedro teacher-plant which has been used for thousands of years to help people heal and learn. Your journeys are professionally facilitated, and you are very likely to experience deep emotional insights along with a catharsis (emotional outpouring), as well as profound feelings of love, connection, meaning, and enhanced understanding of yourself, others and life. Each participant has a unique experience.

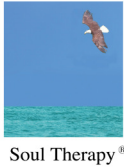
It is important that you research San Pedro and ensure that you feel comfortable and knowledgeable about taking these journeys. Please use the recommended reading list above and peruse <http://www.erowid.org>. It is recommended that you consult with your family and your medical doctor about your current state of health before attending the event or consuming this teacher-plant.

## Altitude

The altitude at Cusco is 3310 metres = 10900 feet. The altitude at Machu Picchu at the Gateway of the Sun, the highest point you are likely to reach, is 2500 metres = 8200 feet. You may therefore experience mild altitude sickness, ranging from shortness of breath and mild headache to dizziness and nausea.

Walking slowly and eating and drinking lightly can minimise the effects of the altitude. Take it very easy and avoid strenuous activity during your first few days in Cusco. It is strongly recommended that you avoid meat, fatty foods, alcohol and carbonated water while in Peru. You should drink plenty of bottled still water.

The local practice of drinking 'Mate de Coca' or Coca tea is very beneficial for staving off altitude sickness. This tea is made with coca tea bags or coca leaves and is no more stimulating than regular tea. You can also chew coca leaves, a common practice among the locals. Coca tea is available at all hotels and restaurants.



## Happiness Checklist

- valid passport and passport photocopy
- flight tickets and travel documents
- vaccination record
- addresses of hotels
- Magic Trip in Peru itinerary
- copy of all documents to relatives
- mobile phone and charger, small torch
- camera, spare batteries and memory cards
- pens, notebook for seminars, book to read
- sun protection for body and sun block for lips and nose
- wide-brimmed or peak sunhat (*high altitude = easy burning*)
- spending money (crisp perfect-condition American dollars)
- washroom goodies
- lightweight raincoat
- daypack/small rucksack
- layered clothing and swimsuit
- warm, cosy clothing for the journeys
- very warm winter jacket for the journeys
- walking boots and sandals or casual shoes for relaxing
- facial tissues
- assorted plasters
- tummy antibiotic
- rehydration sachets
- anti-diarrhoea tablets
- ibuprofen tablets and gel
- aspirin, cold and flu tablets
- heartburn/indigestion tablets
- antibacterial hand gel and wipes

### [www.lifsystems.co.uk](http://www.lifsystems.co.uk)

- universal multiplug adaptor
- mosquito repellent and head net
- first aid kit

### [www.lifeventure.co.uk](http://www.lifeventure.co.uk)

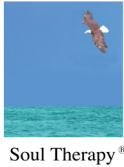
- undergarment body wallet
- document wallet
- wash bag

### [www.hibermate.com](http://www.hibermate.com)

- Hibernmate sleep mask

### [www.google.co.uk](http://www.google.co.uk)

- Mack's soft silicone earplugs
- Bucky Gusto inflatable travel pillow
- Flight socks



## SAN PEDRO TEACHER PLANT

### **Your San Pedro Journey**

San Pedro is an ancient, sacred and magical mescaline cactus. Importantly, it is not a drug, rather it is a natural teacher-plant; and it is non-addictive. It has been used for thousands of years by the shamans and healers of Peru as a way to facilitate powerful awakening, insight, learning and healing. Its various names are Cactus of Vision, Huachuma, El Remedio (the remedy) and San Pedro (alluding to Saint Peter holding the keys to heaven).

San Pedro is an entheogen, meaning it assists you to 'meet God within'. This psychoactive teacher-plant has been used for thousands of years for healing and transcendence. It is absolutely crucial that it is consumed under the supervision of a shaman or spiritual guide. The importance of *set* and *setting* cannot be overstated: this is your personal *intention* and the *environment* in which you consume the teacher-plant.

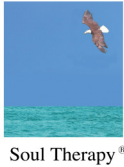
Your San Pedro journey takes place during the day in the sacred and safe garden near the Temple of the Moon. You will be fully briefed about San Pedro the day before your journey; and of course drinking San Pedro is always optional. Your journey will be supervised by a caring and very experienced shaman and her assistants, allowing you to truly let go and have profound experiences.

You will be given you as much space and privacy as you need, and assistance and support are always nearby. To respect your experience, no photography or videoing is allowed during the journey.

The San Pedro used in the Magic Trip in Peru is exceptionally powerful as it is cooked by our shamans for 20 hours (4 times longer than usual), and we use specially selected cacti to give profound and deep experiences. San Pedro tastes of earth, water-melon and mild ginger – quite palatable. However, the texture is smooth and lumpy, like drinking raw eggs in a tall glass of fruit juice. The secret is to drink it quickly, taking some slow deep breaths.

Within 45 minutes of drinking San Pedro, you will begin to feel its effects, and your journey will last 10-12 hours. Part of you will feel fully present with normal awareness, while another part of you will have profound psychological, emotional and spiritual experiences. You do not lose control; it is not like being blind drunk!

Your journey will be unique and personal. Everyone has different experiences so have no expectations. The shamans say that the spirit of San Pedro gives you exactly what you need.



## Precautions For Your Journeys

You may **NOT** attend the Magic Trip in Peru or use the teacher-plants if:

- you are pregnant
- you have a bleeding colon
- you have a heart condition
- you have high blood pressure
- you are wearing a pacemaker
- you are under 18 years of age
- you have type 1 or type 2 diabetes
- you are prone to epilepsy or seizures or asthma
- you are under the influence of drugs, including marijuana
- you are under the influence of medication, including antibiotics and antidepressants and antihistamines
- you are experiencing severe mental or physical health challenges, e.g. schizophrenia or bipolar disorder

If you are unsure about your eligibility to attend the Magic Trip in Peru, please phone Stephen Shaw to discuss. Stephen reserves the right to accept or decline a booking at any time.

## Preparation For Your Journeys

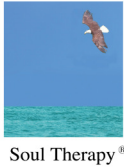
At least one week prior to and one week following your teacher-plant journeys, please discontinue all non-prescription medicines and all recreational drugs, including marijuana.

If you can give up caffeine and nicotine during the same period, it will certainly enhance your experience. You absolutely *must* abstain from alcohol, recreational drugs and sexual activity during your Magic Trip in Peru. It is also recommended that you avoid meat, fatty foods and carbonated drinks during your magic week.

The secret is to enter the journeys with your body in it's natural state, as far as possible, and free from all the stimulants and rubbish we ingest.

Remember, this is your journey, possibly a once-in-a-lifetime opportunity to experience deep and profound transformation.

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**BOOKING FORM – Magic Trip In Peru May 2011**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_ Tick box if at least 18 years old

Email: \_\_\_\_\_

Telephone: (H) \_\_\_\_\_ (Mobile/cell) \_\_\_\_\_

Person to contact in emergency: *Name* \_\_\_\_\_

*Relationship* \_\_\_\_\_ *Phone* \_\_\_\_\_

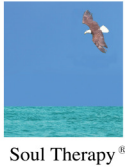
My special needs / dietary needs / medical conditions / psychological conditions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I have read and understood and agree to be bound by the terms and conditions for my participation in the Magic Trip in Peru (see T&C's Agreement below):

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

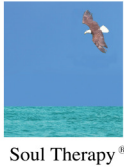
**Send this Booking Form to: Soul Therapy, The Pierian Centre,  
27 Portland Square, Bristol, BS2 8SA, United Kingdom**



## *TERMS and CONDITIONS AGREEMENT – 14 points*

*The Magic Trip in Peru is referred to as "the event" in this Agreement. Stephen Shaw is referred to as "SS" in this Agreement. The participant booked onto the Magic Trip in Peru is referred to as "you" in this Agreement. When you book your Magic Trip in Peru, you are automatically agreeing to be bound to the terms and conditions of this Agreement. The following are the terms and conditions for your participation in the Magic Trip in Peru:*

1. SS reserves the right to accept or decline your booking at any time.
2. You will NOT attend the event or use the teacher-plants if you are pregnant or if you have a bleeding colon or if you have a heart condition or if you have high blood pressure or if you are wearing a pacemaker or if you are under 18 years of age or if you have type 1 or type 2 diabetes or if you are prone to epilepsy or seizures or asthma or if you are under the influence of drugs including marijuana or if you are under the influence of medication including antibiotics and antidepressants and antihistamines or if you are experiencing severe mental or physical health challenges for example schizophrenia or bipolar disorder.
3. The event is intended to contribute to wellness; it is NOT intended as a replacement for medical or psychological treatment. No medical claims are intended express or implied. The event is NOT intended for use in the diagnosis, treatment, cure, or prevention of disease or any other medical or mental health condition. You are urged to consult with competent medical professionals of your choice regarding the diagnosis, treatment, cure, or prevention of disease or any other medical or mental health condition.
4. SS is hereby recommending that you, prior to entry into this Agreement, seek and obtain medical advice as to the effects of San Pedro singly and in combination with any medication you are taking. You, having done so or deemed it unnecessary, avow that you are in a physical and mental condition appropriate to the activities described in the event and agree to participate at your own risk. The responsibility for taking accurate and timely health precautions alongside professional medical advice and for acting on professional medical advice or otherwise remains with you.
5. You will make confidential disclosures on the Booking Form regarding special needs and psychological conditions and medical conditions and use of medications and agree to inform SS of any change in medical circumstances.
6. You have the option of taking any, all, or none of the teacher-plants on offer and should you wish to take them, you acknowledge that you have conducted appropriate research into their possible effects and that you take the teacher-plants voluntarily, taking responsibility for your actions.



7. You are hereby advised to take out medical and travel insurance for your journey and for this event covering personal accident, medical expenses, losses, repatriation, and other expenses which might arise as a result of loss, damage, injury, delay, or other inconvenience. SS is not liable for any such expenses.
8. SS and the Peruvian shamans will do their utmost to ensure your safety and comfort within the remit of the event. You, in turn, agree to exercise caution and consideration for yourself and for others. You agree to brief your family about the nature of the event and of the teacher-plant journeys.
9. You agree to indemnify and hold harmless SS and Soul Therapy and any related directors, partners, officers, employees, distributors, and agents for any claims arising out of attending the event or consuming the teacher-plants. You agree to indemnify SS against claims for injury, ailments, loss, damage, misadventure, accidents, delays, wilful or negligent acts, failures to act, and breaches of contract by any parties which supply goods or services for this event.
10. Although it is unlikely that the itinerary or costs of the event will change, SS reserves the right to make such changes if necessary or to cancel the event if need be. In the unlikely situation that the event is cancelled, a refund will be made to you of all fees paid by you to SS. SS is not, however, responsible for other costs which you may incur or have incurred, such as transportation or travel or the purchase of goods or materials.
11. If you withdraw from the event or cannot attend for whatever reason the event fee will be refunded *provided that your withdrawal from the event is notified by email to SS at least 30 calendar days prior to the first day of the event*, save for your deposit which is non-refundable in all circumstances. SS is not responsible for any other costs which you may incur or have incurred.
12. You agree to show respect for the environments you are in and to act with courtesy towards group members and local people. Should you commit any illegal act or should your behaviour affect other people's enjoyment of the event you may be asked to leave the event and shall have no entitlement to complaint or refund and shall bear any extra expenses incurred.
13. The relationship between you and SS is governed by English law and in the unlikely situation that a controversy arises which cannot be resolved, both parties agree to the exclusive jurisdiction of English Courts in the UK.
14. You have read and understood this Agreement and avow that no representations, statements, or inducements have been made by SS for you to take part in the event or to agree to this Agreement. By agreeing to this Agreement you waive certain legal rights, including the right to sue.