

Sacred Sites of Peru & Machu Picchu; Merging with the Divine

October 7th-18th, 2009

Led by: Sheri Rosenthal & Lee McCormick

www.journeysofthespirit.com

Dear Spiritual Traveler,

Thank you for joining us on this fantastic Journey of the Spirit! We are excited you could join us for this heartfelt adventure. To make sure you have a great trip, we have enclosed some helpful information.

Before the trip

Please sign and return the "Trip Application, Statement of Psychological and Health Conditions, and Release of Liability and Assumption of All Risks Forms" to Sheri A. Rosenthal, DPM, 420 Dover Highlands Trail, Ellijay, Georgia 30540 (Fax is: 706.636.3965) **by August 1st, 2009. Final payment is due September 1st, 2009.**

All forms must be signed and received in the office before departure or you will not be able to travel with us. Please understand our insurance carrier requires this of us! Also, it is essential that you put your flight information on the trip application form so we know when your flight is arriving!

Arrival in Peru!

You are responsible for your travel arrangements to Lima, Peru from Miami. Most of us will be on the same flight and so we will find each other at the Miami airport while waiting for our flight. Once you arrive, we take care of getting you where you need to be! We recommend you take the American Airlines flight on **October 6th** departing Miami at 11:30pm arriving in Lima at 4:00am. From there we will take another flight to Cusco and bus to our final destination in the Sacred Valley. This flight keeps changing times – but since we will be all on this flight, it really doesn't matter when we arrive since we will all be together anyway! If you prefer to take the flight leaving Miami at 5:00pm arriving at 9:30pm that is fine too, but you will have to stay in the airport hotel that night and get up early to meet the group at the airport the morning of the 7th for our flight to Cuzco.

Departure from Peru

Please schedule your flight departing from Lima, Peru on **October 17th** on the American Airlines flight leaving Lima at 11:25pm arriving in Miami on October 18th at 6:00am. Leave plenty of time for all connecting flights since this flight is changeable!

Money

It is a good idea to have money changed from dollars to Nuevo Sol's in the airport if the booth is open. If not, we can change money the next day.

Ground Transportation

We will depart the Cusco Airport in our bus once we have arrived and obtained our luggage.

Hotels

Please let your family or a friend know where you are while you are away.

Our phone number in the Sacred Valley is: Hotel Pakaritampu, Av Estación S/N, Ollantaytambo, Peru. Phone: +51 84 204104/ 204020. Fax: +51 84 204105.

Our number in Machu Picchu in Aguas Calientes is: Machu Picchu Inn, Av. Pachacutec S/N. Phone/Fax: +51 84 211011.

Our number in the city of Cusco is: Taypikala Hotel, Calle Ahuacpinta 625. Phone: +51 84 234911. Fax: +51 84 242953.

Daily Itinerary

The actual schedule of spiritual teachings and what we will be doing day to day is not published. This is because we teach by channeling spirit which comes in the moment. Every day will be a magical experience for all of us, teachers included! Keep your heart and mind open to the experience life brings us. Depending on the group energy, the program may shift in any direction. Please put your "voice of knowledge" and "need to know" at rest.

On these journeys you will make new friends that share the same desire for transformation as you do. These connections are special and often last a lifetime. When the journey on the path gets weary, it is nice to have some companions that can laugh along with you and shine some light on the darkness. We work hard on these journeys but we also have great fun, laugh a lot and get pretty crazy!

Be assured that we have a wonderful journey planned for you. We look forward to a most exciting adventure together!

With all our love,
Sheri Rosenthal & Lee McCormick