

The background of the entire page is a photograph of a vast mountain landscape. In the foreground, a dark, rugged mountain slope descends from the left. In the mid-ground, a series of mountain ridges and valleys are visible, with some peaks partially obscured by soft, white clouds. The sky above is a deep, clear blue, with a few wispy clouds near the horizon. The overall mood is serene and majestic.

Dra. Lisa-Marie Del Rio

Sovereign Medicine

Remembering the Remedy Within

Peru | September 2026

Sovereign Medicine: Remembering the Remedy Within

Return to the cradle of Andean wisdom, where the breath of the mountains and the heartbeat of the earth still guide those who listen.

This is an 8-day sacred journey for women called to remember their deep belonging to the Earth and the feminine forces that shape life from beneath the soil to the stars.

Guided by Dra. Lisa-Marie Del Rio, Clinical Psychologist, and Andean medicine women, we journey through the Sacred Valley of Peru, walking in communion with Pachamama, Mother Earth herself and learning from the mythic lineages of the Andean feminine: Ñustas, Apus, and the keepers of ancestral memory.

Through ceremonies, sacred site visits, and elemental rituals, we root ourselves in reciprocity (ayni), honor the cycles of nature, and awaken the power of the womb as a sacred compass.

This is a return to the body as Earth, the soul as river, and the feminine as sacred sustainer of life and a remembrance that women are the medicine that the world is seeking.

About Dra. Lisa-Marie Del Rio

Clinical Psychologist, Guide, and Speaker on the Feminine Path to Wholeness



Dra. Lisa-Marie Del Rio, Psy.D. is a clinical psychologist, licensed in Virginia and Arizona, who specializes in womanhood. After engaging in her own quest for identity, she happened upon woman after woman endowed with a mysterious, supernatural power, and remembered the medicinal nature of women as a force of healing.

Dra. Lisa-Marie maintains a private practice and combines archetype and conventional psychotherapy to restore feminine identity and promote mature, impactful womanhood. In sessions, she endeavors to guide women into their own underworld to restore identity after rupture, build a fluid harmony with the reconciled pieces of the self, and step into personal power.

She desires to witness women as healers and leaders in world in desperate need of the feminine principle as an antidote to pain, disconnection, numbness, burnout, and shame. She is also a prolific speaker and lover of words and engages her audiences with a combination of mythical story-telling and psychological education.

Dra. Lisa-Marie dares women to remember their essential vibrancy and spirited agency to begin walking as the living antidote. Her work is the illuminative path to wholeness and a battle cry for the wild, wise, transformative medicine buried in every woman's body.



ABOUT THE EXPLORER'S PASSAGE

The Explorer's Passage (TEP) is one of the most dynamic travel companies on the planet. No other operator provides more transformative and purpose driven experiences in the most raw and stunningly beautiful environments on earth.

We care deeply about our planet and its inhabitants. Each of our adventures have an element of purpose which helps to drive social and environmental change. TEP partners with the world's leading visionaries and institutions to provide participants with a more immersive and impactful travel experience. TEP is proud to partner with Dra. Lisa-Marie Del Rio to create extraordinary journeys that blend cultural immersion, sacred connection, and meaningful impact.

At a Glance:

- Awarded the Global Vision Award by Travel & Leisure Magazine
- TripAdvisor Traveler's Choice Award - Rated Top 10% of travel companies
- TripAdvisor Certificate of Excellence Recipient
- We run experiences on all 7 continents and in the Arctic
- Guests from over 50 nations have participated on our Expeditions
- The Explorer's Passage has been featured in top media outlets such as Conde Nast Traveler, National Geographic Traveler, Afar Magazine, Travel & Leisure Magazine, Entrepreneur Magazine, and BBC Earth.



Peru Adventure

Country/Countries:	Peru
Airport*:	Alejandro Velasco Astete International Airport (CUZ)
Trip Dates:	September 7-14, 2026
Trip Duration:	8 Days / 7 Nights
Accommodations:	As noted in the itinerary
Adventure Activity Level:	Easy / Moderate (for more information, please refer to our Trip Activity Level Guide)

*Note: international and in-country flights are not included in trip pricing. If you would like assistance booking your flights, we can connect you with Exitto Travel, our air travel partner.

Contacting us: if you need to contact us at any point during your trip, please refer to the 'Emergency & Local Contact Numbers' section in the "Final Pre-Trip Email" that we send shortly before each trip starts. Please contact the phone numbers in the order that they are listed in that section. Also, we highly recommend adding the local emergency number to your mobile phone's address book/contact list.



The Sacred Valley: Heartbeat of Pachamama



Nestled between the majestic Andes mountains, the Sacred Valley has long been revered as the womb of the Inca civilization—a fertile sanctuary where rivers flow like lifeblood through Pachamama's veins.

This sacred land is a living embodiment of the divine feminine: abundant, nurturing, and cyclical, holding ancient wisdom in every stone and stream.

Here, the Ñustas (Andean feminine deities) and Apus (mountain spirits) are believed to guide and protect those who walk in reverence, reminding us of our deep belonging to the Earth.

Day 1: Cusco → Sacred Valley

September 7th



On our first day, we arrive in Cusco, the ancient capital of the Incan Empire and immediately begin grounding into the sacred rhythms of the land. Our group gathers for a nourishing welcome lunch at Green Point, a plant-based sanctuary in the heart of the city, where we begin to attune to the collective container. From here, we travel into the Sacred Valley, pausing at the ceremonial site of Qenqo for a meditation that invites stillness and presence. Qenqo was believed to be used by the Inca civilization for ritual and ceremonial purposes, particularly those involving offerings to Pachamama (Mother Earth). Upon arriving at our

retreat lodge, Munay Sonqo, we are welcomed with a Pachamama offering led by Q'ero medicine woman, María Paz, one of the most respected Q'ero elders in the Sacred Valley. The offering is a powerful ritual to honor the spirit of the land and open the energetic field of the journey. In the early evening, Dra. Lisa-Marie will relay the myths of Pachamama so that we may see our own brilliance reflected in Her image, and our sacred sound healer Melissa will guide us through a gentle sound healing session to help us ground into our bodies and anchor ourselves for the journey ahead. Our first dinner together is shared in the quiet beauty of the lodge, surrounded by sacred mountains.

Notes:



Overnight: Munay Sonqo, Sacred Valley



Meals: Lunch, Dinner

Day 2: Ceremonial Hike & Ñusta Karpay Initiations

September 8th



Our second day opens with a ceremonial hike to the Arin Waterfall, where we participate in a Water and Earth ritual led by ceremonial guide, Marlis Ferreyros. This stunning natural site is revered not only for its beauty but also for its powerful energetic and spiritual significance. Along the way, we stop to honor the flow of the Urubamba River, considered the lifeblood of Pachamama in Andean cosmology, deepening

our relationship with the elemental world. After lunch, we return to Munay Sonqo for the powerful Ñusta Karpay initiations. These seven energetic transmissions connect us to the Andean feminine spirits of mountain, water, fire, serpent, seed, condor, and womb, each one awakening ancestral memory and feminine wisdom within.

As evening falls, we gather around a sacred fire for a reflection circle and despacho ceremony. A despacho ceremony is a traditional Andean ritual offering to Pachamama and the Apus (mountain spirits), practiced primarily by the Q'ero people of Peru, who are considered the last living descendants of the Inca. During the ceremony we will anchor the teachings into our bodies and dreams.

Notes:



Overnight: Munay Sonqo, Sacred Valley



Meals: Breakfast, Lunch, Dinner

Day 3: Pilgrimage to Moray & Maras with Flower Reading Ritual

September 9th



Today we make a pilgrimage to the concentric terraces of Moray, an ancient site revered as a womb of Pachamama. Dra. Lisa-Marie offers a teaching on the spiral as a feminine principle of descent, creation, and return, guiding us into our own cycles of transformation and inspiring us to remember our bodies as mirrors to cosmic flow. We will experience womanhood as a container of transformative potential and process our own cycles of death and rebirth. We move ceremonially through the

spiral terraces, touching the still center within ourselves and honoring the journey we've each walked to arrive here. After a picnic lunch, we visit the pre-Incan salt terraces of Maras, where a subterranean spring feeds thousands of shimmering pools, an offering of abundance from deep within the Earth. Maras holds a deep connection to Pachamama through its ancestral use of natural resources, community reciprocity, and sacred geography.

Back at the lodge, we close the day with a gentle flower reading ritual, a traditional Quechua practice offering spiritual guidance through the symbolism of flowers. This ceremony allows nature to reflect the medicine each woman carries.

Notes:



Overnight: Munay Sonqo, Sacred Valley



Meals: Breakfast, Lunch, Dinner

Day 4: Pisac Temple, Lynli Mountain Hike & New Moon Red Tent

September 10th



Our morning begins in the spiritual village of Pisac, where we explore the temple ruins perched above the town and wander through its market. We then hike a nearby apu named Lynli, a masculine mountain, reflecting on the sacred dance of polarity and how it lives in our own bodies. Lynli, with its upright, towering, assertive form and protective force, is revered as the guardian of Pisac, watching over its people, terraces, and sacred space. The mountain is believed to have been part of Inca spiritual life, possibly even the residence or domain of ancestral Inca beings. In Andean cosmology, Apus, the spirit beings of mountains,

are understood not just as physical landforms but as living consciousnesses with personalities, energies, and genders. Local communities in Peru often determine whether an Apu is masculine or feminine based on a blend of ancestral oral tradition, energetic qualities, intuitive sensing, and physical features of the mountain. And on this masculine mountain, we will integrate our own masculine energies, not to become like men, but to ascend into whole and sovereign womanhood.

After lunch in Lamay, we will visit a local woman who brews chicha de jora, a traditional corn beer tied to fertility and feminine ancestral rites. Later that afternoon, we will gather for a cacao ceremony to prepare our hearts for the evening's deeper descent. As night falls, we enter the Red Tent, held in an intimate ceremonial space beside the Urubamba River, for a New Moon ritual. Here, we remember the ancient ways of bleeding with the Earth, storytelling by fire, and offering our emotions and blood as sacred nourishment for the collective field. This circle will center themes of self-expression, boldness, and personal radiance to deepen our connection to the personal medicine that we can offer our world.

Notes:



Overnight: Munay Sonqo, Sacred Valley



Meals: Breakfast, Lunch, Dinner

Day 5: Weaving Traditions & Exploring Ollantaytambo

September 11th



We begin the day with a visit to Huilloc, an Andean weaving village, where we witness the sacred artistry of women who carry the threads of lineage in their hands. Their presence reminds us of the beauty and strength that lives in cultural memory and feminine skill. Here, we experience weaving as not just a practical endeavor, but a sacred manifestation of woman as a unifier of peoples and a mediator between realms. Afterward, we enjoy lunch and a visit to the Alqa Museum in Ollantaytambo, which is a beautiful cultural space located in this historic town. It's much more than a traditional museum, it's a vibrant

hub for Andean artistic expression, community support, and culinary creativity. Here, we process our own genius, invite personal divine expression, and honor the aesthetic watermarks with which we color our individual communities. Next we will continue to the majestic fortress of Ollantaytambo, a place of both protection and initiation. There, we explore its stone stairways and temples while reflecting on the Andean view of power as tenderness in right relation. In a terrace overlooking the valley, we hold an elemental invocation, calling on the winds, waters, fires, and stones within us and place ourselves in a harmonious relationship with nature and with each other. In the early evening, we board the train to Aguas Calientes, descending into the lush cloud forest at the base of Machu Picchu.

Notes:



Overnight: El Mapi, Aguas Calientes



Meals: Breakfast, Lunch, Dinner

Day 6: Butterfly Garden & Sacred Entry into Machu Picchu

September 12th



We rise with the sun to visit a butterfly garden, symbolic messengers of transformation and beauty. After lunch, we make our sacred entry into Machu Picchu. Walking as a community of women, we move as pilgrims through the citadel's temples and terraces, tuning into the quiet wisdom of a civilization built in devotion to the land. Dra. Lisa-Marie offers a final transmission here: an invocation of fire and purpose.

In this mythic terrain, she speaks to the women as keepers of medicine, as vessels of ancestral light who are carrying antidotes encoded in their cells. Stirring and mobilizing into holy action, each woman will be called to rise as a blessing to her community and the medicine that the world is seeking. She will walk home carrying legacy in her hips and devotion in

her breath. This is not the end of the journey; it is the ignition of their return to their people as healer overflowing. After our time at the site, we return to Munay Sonqo in the Sacred Valley for a night of rest and integration.

Notes:



Overnight: Munay Sonqo, Sacred Valley



Meals: Breakfast, Lunch, Dinner

Day 7: Spa Renewal & Temple of the Moon Ceremony

September 13th



We begin our final full day in Peru by easing into a nurturing spa experience, crafted to support rest, integration, and feminine renewal. This is a time to tend to the body and spirit, to soften, receive, and allow the journey to settle within you. The morning is yours to be held in stillness and care.

Afterward, we make our way back toward Cusco, winding through the Sacred Valley one last time. Before arriving in the city, we pause at the powerful and mysterious Temple of the Moon, a sacred site honoring feminine energy and lunar wisdom. Here, we will gather for a despacho ceremony, an

offering of gratitude to Pachamama, the Apus, and all that has been revealed and transformed. This ritual marks our return with reverence, sealing the energetic journey we've shared. We then arrive at our hotel in Cusco for our final night together. In the evening, we come together for a closing dinner, a space to reflect, share stories, and honor the sisterhood that has unfolded. This is a night of celebration, remembrance, and deep gratitude for the path we've walked, both individually and as a collective.

Notes:



Overnight: Hotel in Cusco



Meals: Breakfast, Lunch, Dinner

Day 8: Farewell & Return Home

September 14th



On our final morning, we rise slowly and depart as transformed women. Transfers will be arranged to the airport as scheduled. Though our journey concludes here, the remembrance we've reclaimed will ripple outward through every step we take from this point on.

Notes:



Meals: Breakfast

Adventure Details

Our adventures are all-inclusive, crafted with the intent of providing you with an unforgettable adventure travel experience. From a detailed pre-departure information package to your park permits and support vehicles, we've thought of everything – so all you have to do is show up at the airport!

During your trip, our knowledgeable guides and support staff take care of the details of your transportation, lodging, meals, and activities. We've even scheduled in a bit of free time for you to explore, relax, shop, or eat on your own.

For this trip, the following inclusions/exclusions apply:

WHAT IS INCLUDED:

- ☐ Comprehensive pre-departure information package that includes trip details, all applicable forms, and packing list
- ☐ T.E.P. support before and during the entire trip
- ☐ All lodging
- ☐ Meals as noted in the itinerary
- ☐ Experienced, bilingual local trip guides
- ☐ All support vehicles and ground/boat transportation
- ☐ Airport transfers
- ☐ Park entrance fees and other site entry fees
- ☐ All guided tours, as noted in the itinerary
- ☐ All local taxes

WHAT IS NOT INCLUDED:

- ☐ Travel expenses between your home and your destination country
- ☐ Any air travel expenses (incl. airport taxes and baggage charges)
- ☐ Pre- and post-trip accommodations or activities
- ☐ Optional hotel/lodging services and activities (e.g. spa service, room service, laundry, etc.)
- ☐ Personal items
- ☐ Insurance of any kind
- ☐ Cost of medical immunizations
- ☐ Alcoholic beverages
- ☐ Gratuities for dining, trip leaders, guides, drivers, and other local staff

Accommodations

Munay Sonqo Retreat and Yoga Center Sacred Valley, Peru

Munay Sonqo is an award-winning eco-luxury retreat in Peru's Sacred Valley, designed to inspire inner growth and connection with nature. Surrounded by stunning mountain views and sacred rock formations, the property features lush gardens, water features, and multiple campuses with luxury accommodations, a spa, and private dining areas. Its crown jewel is the Munay Sonqo Mesa, home to the largest yoga temple with heated hardwood floors, selenite crystal grids, and space for up to 50 people, ideal for yoga, ceremonies, and meditation in a serene, spiritual setting.



El Mapi Aguas Calientes, Peru

El MaPi by Inkaterra is a contemporary 4-star hotel located in the heart of Machu Picchu Pueblo, just steps from the town center and museum. Designed with lofty ceilings, panoramic windows, and natural elements, it offers a bright and inviting atmosphere perfect for unwinding after a visit to the Machu Picchu Archaeological site. Guests can enjoy its lively yet relaxed ambience, blending modern comfort with the surrounding cloud forest's natural beauty.



Munay Sonqo Accommodations

Munay Sonqo Retreat and Yoga Center | Sacred Valley, Peru

Room Type: Pitusiray House

Pitusiray house is named after the great mountain spirit which overlooks our center. This double-storey house has four triple rooms, each with a bathroom and balcony with views of the valley. The rooms can be converted into four-bed dorm rooms.



Room Type: Sawasiray House

Sawasiray house is one of our newer guest houses at Munay Sonqo. This double-storey building has four double rooms, each with their own bathroom. The house also features a majestic fireplace and lounge spaces on the first and second floors.



Munay Sonqo Accommodations

Munay Sonqo Retreat and Yoga Center | Sacred Valley, Peru

Room Type: Kan Kan House

Kan Kan house has two matrimonial rooms each with double bed and private bathrooms.



Room Type: Qente House

Qente house is two deluxe double storey apartments. Each apartment has a lounge room with fireplace, kitchen, two bathrooms (one with a bathtub), queen bed, and a balcony with great views.



Trip Pricing / Terms & Conditions

PRICING (BY ROOM TYPE)*

- **Spiritual Lodge Room Type: Pitusiray - Triple Standard Occupancy**
 - # of spaces available: 12
 - Price: \$7,495 USD per person
- **Spiritual Lodge Room Type: Sawasiray - Double Occupancy**
 - # of spaces available: 8
 - Price: \$8,495 USD per person
- **Spiritual Lodge Room Type: Kan Kan - Single Occupancy**
 - # of spaces available: 1
 - Price: \$9,495 USD per person
- **Spiritual Lodge Room Type: Q'ente - Triple Deluxe Occupancy**
 - # of spaces available: 6
 - Price: \$7,995 USD per person

***All rooms in Aguas Calientes and Cusco are priced as double occupancy. If you are interested in having your own room either of those nights, please inquire with us.**

PAYMENT SCHEDULE

- Deposit: \$1,500 USD per person (non-refundable)
- 2nd Payment: 50% of balance due 180 days prior to trip start date
- Final Payment: Balance due 125 days prior to trip start date

CANCELLATION POLICY

- 125+ days prior to departure date: Non-refundable cancellation administration fee of \$1,500 USD per traveler is due.
- 125–180 days prior to departure date: 60% of total trip cost is non-refundable.
- 124 days or less to departure: 100% of total trip cost. No refund.
- At or after trip departure: 100% of total trip cost. No refund.

TEP CANCELLATION POLICY

If you must cancel your reservation, cancellation charges will apply. Please see our full terms and conditions at www.explorerspassage.com.

FLIGHTS

TEP does not have an air department. When either booking your flights on your own or speaking to a travel agent, please ensure that the flight arrival and departure times are compatible with the activities listed in this itinerary. TEP does provide airport transfers at the start and conclusion of your adventure.

Adventure Terms & Conditions

TRIP ITINERARY SUBJECT TO CHANGE

Our goal is to provide you with an unforgettable adventure. We take a lot of pride in our itineraries, as we have invested an enormous amount of time and energy into creating and organizing them. Sometimes, however, due to unexpected circumstances adventures don't always go according to plan. Because of this, we reserve the right to cancel or change aspects of the itinerary at any time, and for any reason. When necessary, we will substitute hotels, events, and/or activities. Each time we do so, we will on a best efforts basis keep the quality the same, ensuring that the category of service substituted is the same as what is in the itinerary.

SINGLE SUPPLEMENT

Our adventure pricing is based on double occupancy. For individuals who would like their own room and/or tent, each of our itineraries have an additional single supplement charge.

PRICE FLUCTUATIONS

We will make a strong effort to maintain price. As per industry norm, the adventure price is subject to increase based on unforeseeable changes beyond our control. The changes may include a change in the cost of travel, currency fluctuation, taxes, fuel surcharges, security costs, or unavoidable charges imposed by our activity providers. These fees are to be paid upon notification if such a situation does arise. The per person cost increase to clients is \$100 for these increases and The Explorer's Passage will absorb the rest.

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TRAVEL INSURANCE

Given the active, often remote and international nature of our adventures, and our strict refund policy, we require you to purchase travel insurance. To learn more, please visit <https://explorerspassage.com/support/insurance/> or call one of our adventure consultants at 1-855-208-6800.



We look forward to seeing you in Peru!

The Explorer's Passage | 300 Witherspoon Street, Princeton, NJ 08542

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