

CUSCO - PERÚ

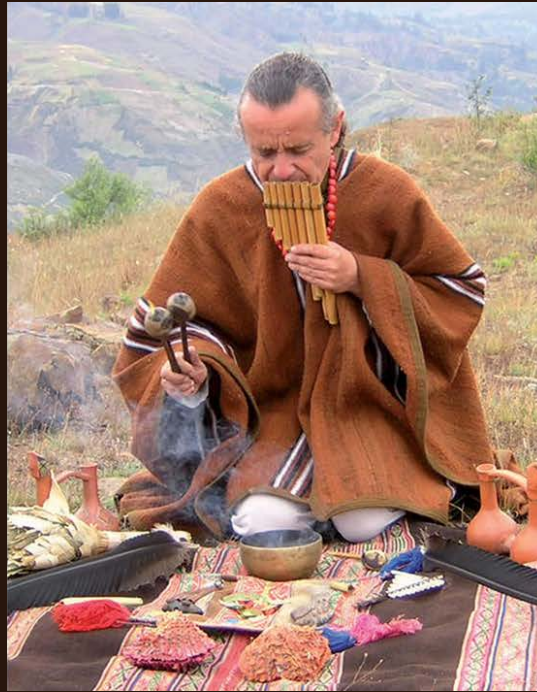
VIAJE A LOS ORIGENES

SACRED MOUNTAINS . CEREMONIES . SOUND . TRADITION

WITH MAESTRO TITO LA ROSA

A JOURNEY TO YOUR ORIGINS IN THE HEART OF THE
SACRED VALLEY OF THE INCAS.

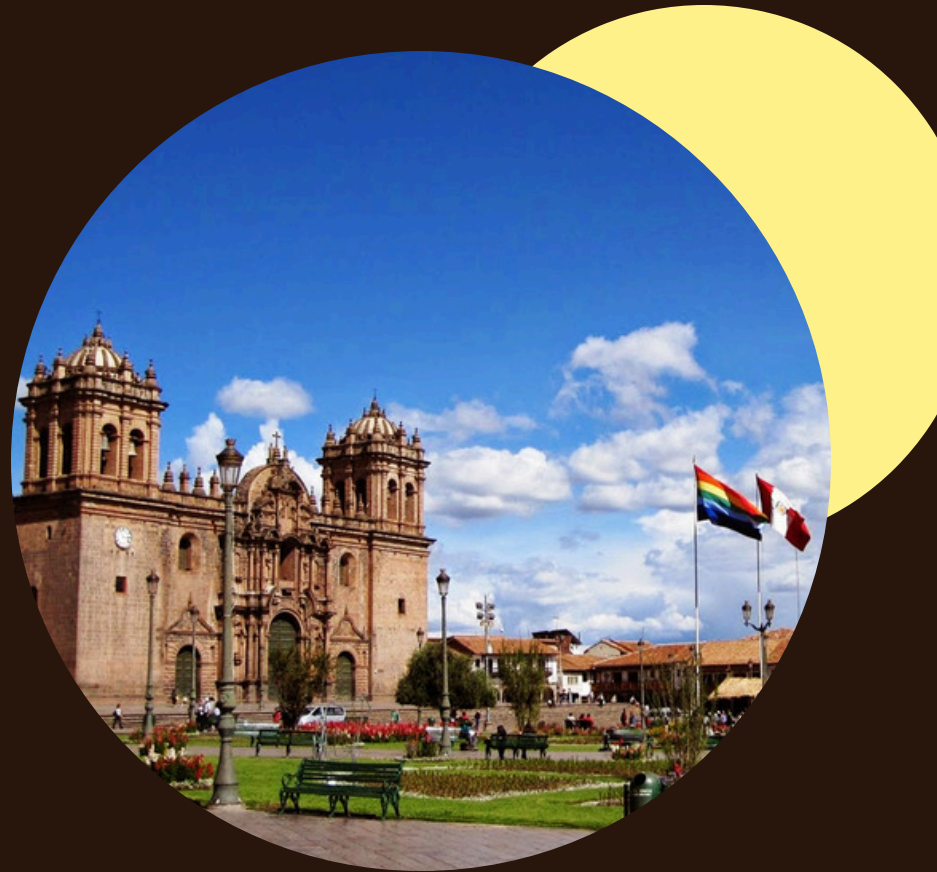
VIAJE A LOS ORIGENES CON TITO LA ROSA



"In the universe everything has a mother. The mother of the universe is sound and the mother of sound is silence. Sound is luminous vibration that is outside time and beyond the physical. It is the seed of the creation of everything. Sound can reveal to us our origins, it can show us our history and can help us find and create our path. Sound is invisible energy, it is a portal that opens closed spaces towards life, towards healing, but above all, sound is an expression of love that moves your most intimate fibers." – Tito La Rosa

CUSCO CITY

Millenary city, archaeological capital of America, navel of the World.



QENQO

Carved stone altar, where they are present and the three worlds of the Tradition are crossed.



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SAQSAYHUAMAN

Cosmic sanctuary, mirror of the
universe, place without time.



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PISAQ

House that keeps the "Intihuatana", clock of the times, astronomical observatory. "Amaru Punku", portal of wisdom.



URCO

Place of the serpent, ritual water
space, temple of fertility.



MORAY

Spiral of life, place of meditation,
sanctuary of the seed.



MARAS

Mountain of pink salt, energetic
place of purification.



CHOQUELLA

Center of initiations, stone altar,
place of the puma, "Kay Pacha".



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MACHUPICCHU

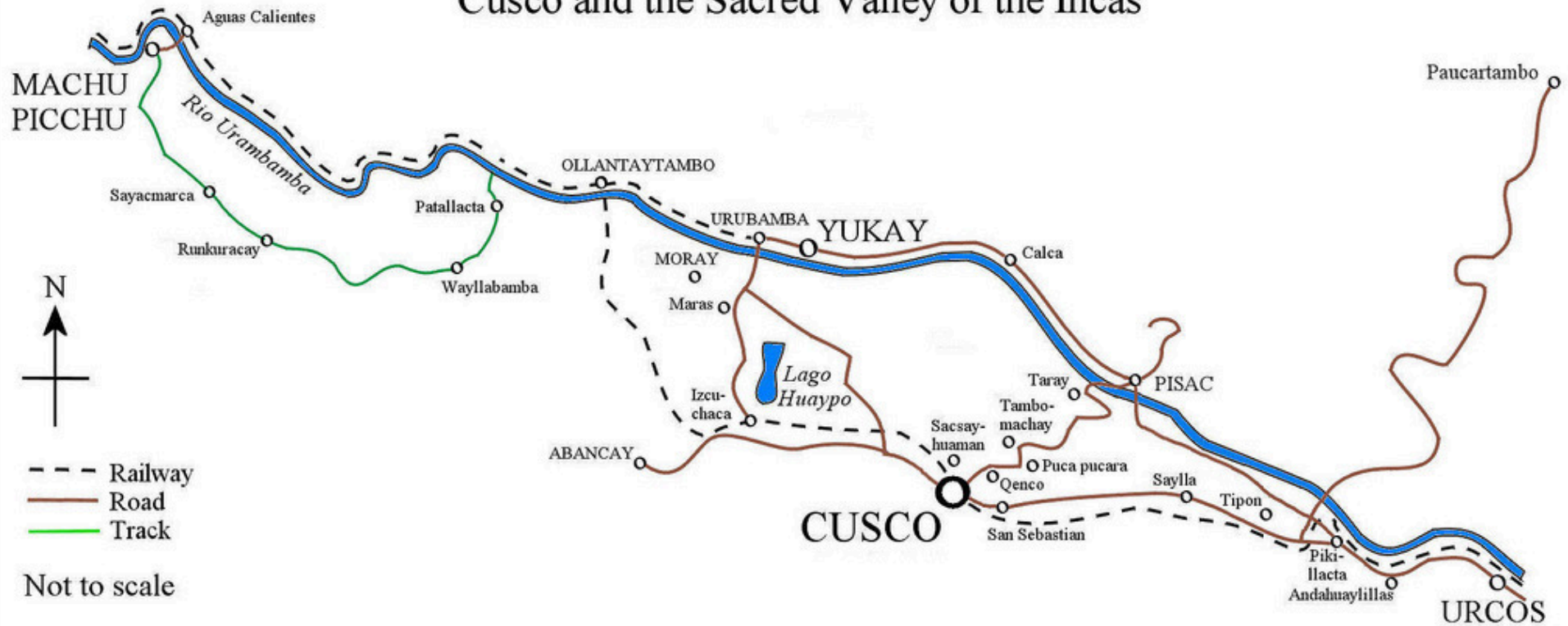
Sanctuary of humanity.



SACRED VALLEY OF THE INCAS - CUSCO - PERÚ

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Cusco and the Sacred Valley of the Incas



Viaje a los Origenes Itinerary July 15th to 23rd, 2018

Day 0, July 15, Arrive Lima.

Most planes land at night. We will coordinate our different arrivals once we know the arrival times of everyone. We will spend the night in a hotel in the Mira Flores part of Lima and prepare to take a mid morning flight to Cusco the next day. If you want to arrive a day earlier to rest and explore Lima a little, that can be arranged.

Day 1, July 16, Fly to Cusco.

(Ninety minute flight) connecting to a seventy-five minute van ride to the Sacred Valley. We arrive at our lodging, followed by lunch. We will relax, and in the late afternoon and early evening we will gather for our first group session a time to create the sacred space and context for our coming week together followed by dinner at 8pm.

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Day 2, July 17, Working with The Seed.

In the morning we will travel to the rings of Moray, an ancient agricultural site that was dedicated to research in seed diversity. We will work with the energy of the goddess/guardian of Mama Rayhuana, the woman who guards the seed in her body, the Andean symbol of fertility and abundance.

In the afternoon we will travel to the Salinera de Maras, the ancient rose colored salt ponds where we will work with the masculine principle within us, represented by Ayar Kachi, the guardian of the minerals that concentrate energy to summon the power of what it means to return to your roots, to your essence. Ayar Kachi is the guardian of salt, and the minerals of the stone that he loves. Ayar is the Quechua word for salt.

At about 3pm we will return to our lodging to rest and then begin to work with the Kintu, that we will build on during our week together exploring the three communities of the Andean Cosmovision, The community of the Gods, The Community of Humanity and the Community of Nature. We will integrate our experiences of the day at Moray and the Salinera de Maras.

Day 3 July 18, Exploring the Sacred Valley.

Driving through the Sacred Valley we will go to pueblo of Pisac and ascend to the temple there, taking our time to absorb the ambiance, gradually descending to the town where we will have lunch at a nice restaurant. We will have time to go into the shops that sell shamanic items, local traditional weavings and other wares. Returning to our lodgings we will rest, have an early dinner and then an evening session working with las vasijas silbadoras, the whistling vessels, exploring how to use them in working shamanically with sound.

Days 4 and 5, July 19 and 20, Journey to Machu Picchu.

Today we will work with the Amanacer, the dawn, the element of fire and light as it manifests as luminous vibration. This is the journey to the temple within us. Our van will take us at 7am to catch the train to Machu Picchu where we will arrive in Aguas Calientes. After a meal and rest we will walk to a waterfall where we will do an ofrenda, an offering to Mother Earth and to the Water. After we return to our hotel we can go to the thermal baths and go to sleep early in preparation for our 6am ascent to Machu Picchu. This World Heritage site, considered by many as one of the seven wonders of the world is the most familiar icon of Incan civilization. As we ascend the winding stone path we are free to walk in meditation and reflect on the path we are seeking to open within ourselves as well as outside ourselves in the continuing unfoldment of our life's journey.

Apon arriving we will explore this magnificent site with a guide learning about its history and spending time in the ruins alone before we return to Aguas Calientes where we will either spend another night before returning to the Sacred Valley or return by train and van that evening to eat and rest and reflect. Once we are back at home base, we can have free time to relax and write or share with each other what we are experiencing on our journey.

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Day 6, July 21, Discovering Healing with Sound with Tito.

We will spend this day in Tito's Museum/Music room in his home in the Sacred Valley. It is always a surprise what happens in these sessions. It depends on us, el maestro Tito and the seres vivos (living beings) that are embodied in these ancestral instruments. The only thing that can be said is that something will be learned and deeply felt, mysteries will reveal themselves as new ones form and sounds will enchant and take us to places within that will welcome us home. Tito will teach and we will practice and play and have lunch together and marvel at the sacred art and healing tools in the museum.

Day 7, July 22, Cusco.

This day we will journey to the city of Cusco, the capital of the Incan Empire. We will explore the city's many marvels and landmarks and we will spend the night at a local hotel so that we have plenty of time to explore the city and surrounds. Prepare to be amazed by this beautiful city.

Photo to the right is of Saxaywaman, an Incan fort on one edge of Cusco.



Day 8, July 23, Our final day.

We bring to a close our time together in Cusco and we say goodbye to Tito taking a flight back to Lima in the early afternoon. Ailish will accompany the group back to Lima and assist people with their travel plans. In Lima perhaps we will have time to have a dinner at Huaca Pucllana a restaurant on the edge of an ancient Huaca or ruin in the middle of Lima. We might have time to go to the Mercado Indigena to shop for local arts and crafts or take a walk through Mira Flores to Arco Mar a complex of shops restaurants, a cinema on the bluff above the ocean. Many flights leave late at night around midnight and arrive in the U.S. at midday the next day.

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Price.

\$3500. For 8 nights and 8 days. This includes hotel, double occupancy, and all meals. A single supplement for the trip (not sharing a room) is \$50 a night or \$400 for all nights. It also includes entrance fees and transportation costs during the tour.

Not included in this price is airfare round trip to Peru and round trip from Lima to Cusco.

Intent To Register.

If you decide that you want to take this trip, please call Ailish at 415-990-9042, and she will discuss with you if the trip is right for you. You will be sent a Release of Liability form to read and sign when you decide to register.

Deposit:

A \$1000. Non-refundable deposit is required to reserve a space. More information about payment will be made available should you decide to register for the trip as well as a release of liability waiver. The balance of the tour cost is due June 18, 2018 and is non refundable.

Participants:

Minimum 6 maximum 8. We want this journey to be a small group that will support the ease of group travel and learning.

Waiver

Trip insurance is required to cover any emergencies including medical emergencies. This kind of insurance can be purchased at low cost as part of the purchase of an airline ticket.

Ideally, We want to know who is coming by June 1, 2018 so that we have time to make all of the reservations with anticipation as the accommodations fill up quickly in Cusco during the dates of the tour.

Trip Leaders

Tito La Rosa

For more than a decade, La Rosa, a descendent of Quechua Indians of the Peruvian Andes, has been recovering and preserving, studying, and intuiting the ancestral music of Peru. La Rosa, educated as a sociologist, worked for the Peruvian Ministry of Culture where he was given access to museums at night he spent exploring the sonorous universe of pre-Columbian instruments.

Experimenting with the sounds of these 2000-year-old musical instruments, speaking with the archeologists, listening to the sounds of the wind and the murmuring of the birds when flying, La Rosa was deeply moved by this acoustical and magical ancestral world.

Invited by a friend to the jungle to participate in a healing retreat conducted by local medicine men and women who use plant medicines and traditional songs to invoke healing, La Rosa began studying their traditions and musically accompanying these curanderos in their traditional healing ceremonies.

His honoring of these two ancestral universes along with their ceremonies and rituals is the base of his sound

healing work. Over thirty years he has collected pre Columbian musical instruments and shamanic art. He considers these instruments and musical instruments in general to be living beings.

La Rosa has released nine CDs of original recordings. He has toured with Kitaro and was featured on Kitaro's 2001 Grammy-winning CD, *Thinking of You*. Kitaro has said of La Rosa, *"His attraction to the Spirit dimension and his love of all things from the natural world allow him to traverse musical landscapes with tranquility and deep passion."*

Tito is a Curandero de Sonido, a Shaman of Music. When performing ritual and ceremony for healing, he enters into an altered state to bring forth sound that elevates the frequency of an individual and allows for healing and balance to occur.

La Rosa is a frequent presenter at International Conferences including a conference on Traditional Instruments in Contemporary Music, sponsored by the French Government. He also took part in *"Heart and Hands: Musical Instrument Makers of America,"* a Smithsonian traveling exhibit.

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Trip Leaders

Ailish Schutz

Ailish Schutz, President of Ayni Projects, and Co-Founder of Will Schutz Associates an international consulting firm she started with her late husband, Ailish has 25 years of experience in the field of Human Relations Consulting. A licensed Marriage and Family Therapist she has a background in Body-Oriented Psychotherapy with extensive experience in working with teams, groups and individuals as a group facilitator, coach, and therapist.

In 2004 a chance meeting with Tito began a fourteen-year association and friendship that has included collaboration in launching humanitarian projects in Peru, tours with Tito in the United States and Peru and assisting him in Sound healing work.

