



KALLPA WELLNESS RETREAT EXPEDITION

The Journey to the 7 Chakras

7 nights / 8 days

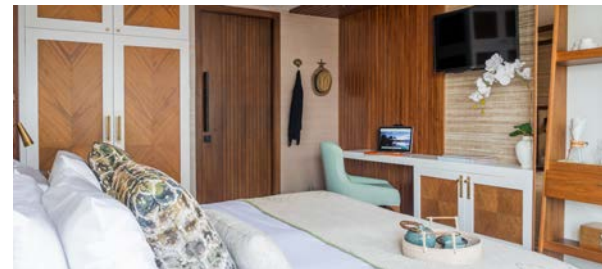


The Journey to the 7 Chakras

Kontiki Expeditions is a new concept in luxury ocean vacations focusing on conscious travel and immersive experiences, both under-the-water and on-land.

Kontiki's itineraries travel along the Ecuadorian coast and take full advantage of the country's wealth of flora, fauna, indigenous foods and cultural traditions while adhering to a philosophy of sustainability and giving back to communities.

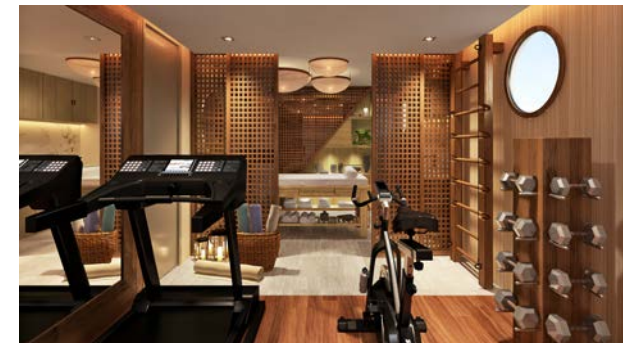
M/Y Kontiki Wayra luxury 128 feet-long boutique yacht, has only nine staterooms and a maximum capacity for 18 people.

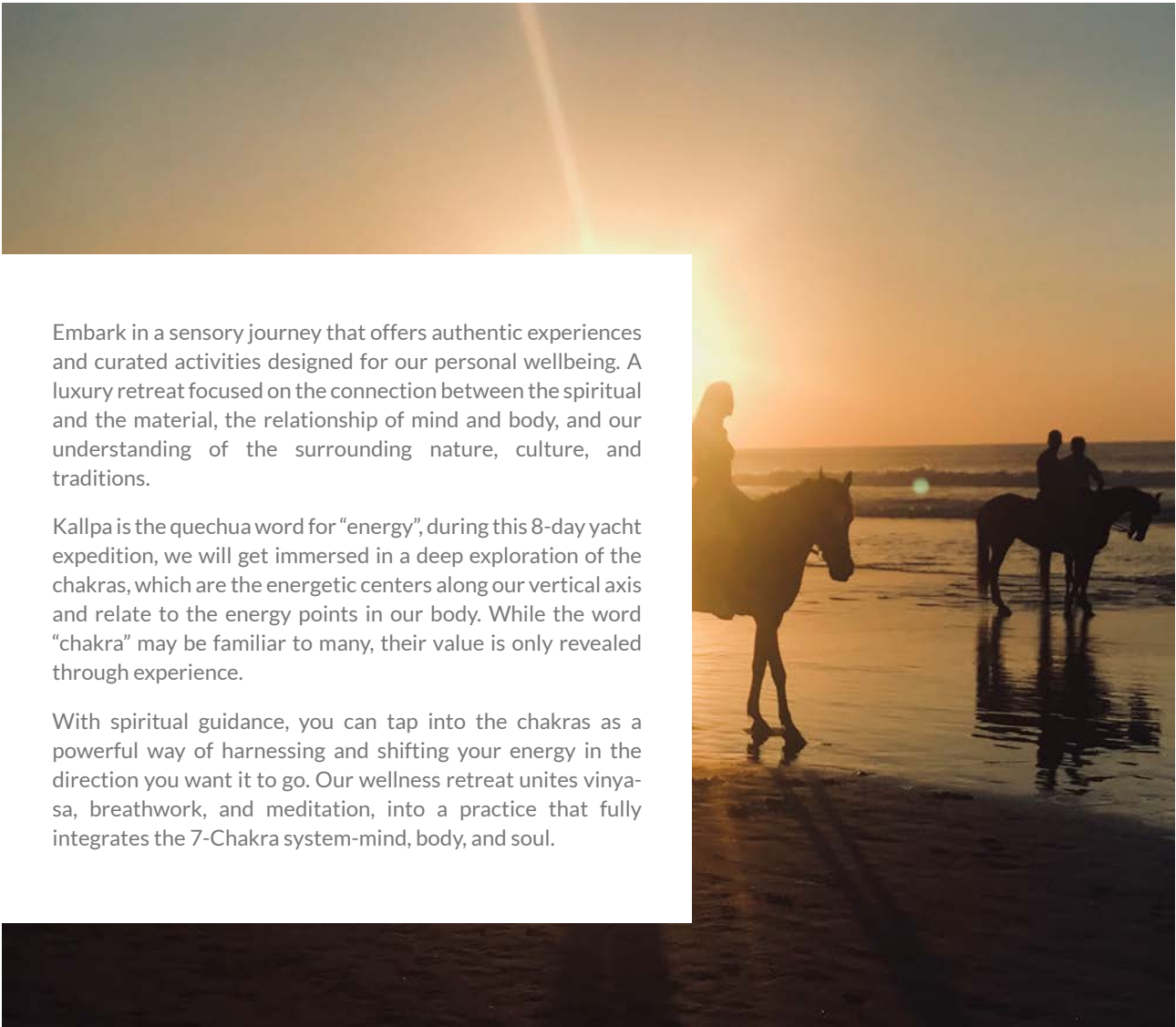


The programs are led by 13 experienced crew members committed to providing prime service for an unforgettable stay. Onboard, wellness professionals, naturalist guides, a concierge and local chefs add to the distinctive Kontiki experience that will let you discover Ecuador's Coastal region like no one has ever before.



Also include entertainment areas such as a sundeck equipped for alfresco meals, a gourmet salon with panoramic views, two outdoor lounges, the organic bar, the chill parlour, jacuzzi, a gym and fitness area.





Embark in a sensory journey that offers authentic experiences and curated activities designed for our personal wellbeing. A luxury retreat focused on the connection between the spiritual and the material, the relationship of mind and body, and our understanding of the surrounding nature, culture, and traditions.

Kallpa is the quechua word for “energy”, during this 8-day yacht expedition, we will get immersed in a deep exploration of the chakras, which are the energetic centers along our vertical axis and relate to the energy points in our body. While the word “chakra” may be familiar to many, their value is only revealed through experience.

With spiritual guidance, you can tap into the chakras as a powerful way of harnessing and shifting your energy in the direction you want it to go. Our wellness retreat unites vinyasa, breathwork, and meditation, into a practice that fully integrates the 7-Chakra system-mind, body, and soul.

8 days and 7 nights

Manta - Manta

Guidance in English and Spanish

DAY BY DAY ITINERARY



- Day 1. Manta - Ayangue
- Day 2. Ayangue - Machalilla National Park
- Day 3. Machalilla National Park - Isla de la Plata
- Day 4. Isla de la Plata - Bahía de Caráquez
- Day 5. Bahía de Caráquez - Pacoche / San Lorenzo
- Day 6. Pacoche / San Lorenzo - Jaramijó
- Day 7. Jaramijó - Manta
- Day 8. Manta



DAY 1

Manta - Ayangue

Our discovery journey of the chakras starts in Manta, one of the most important ports in the country and a strategic location for tourism in Manabí.

Our shuttle will take you to the Port Authority, from where we will board M/Y Kontiki Wayra for check-in and our retreat welcome message by Corina Rogers and Ingrid Bott. Our concierge will introduce you to our crew members, go over the yacht areas and assign the staterooms that will become home for the next 8 days.

In the evening, we will enjoy a welcome dinner hosted by our executive chef onboard.

Overnight sailing to Ayangue.



DAY 2

Ayangue - Machalilla National Park

Muladhara or Root Chakra

Objective: Grounding, Support, Existence

Element: Earth

Sense: Smell

Activities: Meditation, Pranayama, Kriya, Chakra grounding, Restorative Yoga

Guest Speaker: María Fernanda Bueno, Ayurveda Coach

Workshop: Ayurveda Talk & Workshop

Optional: Spa Treatments onboard

Our second day onboard starts with an early introduction to the chakras, mantra and pranayama followed by a meditation and kriya session at sunrise. “Root to rise,” is a concept in yoga, that means that to go up you must work from your foundation first.

After a light breakfast, we will disembark in the small town of Ayangue, also known as the pool of the Pacific for its calm waters. We will have a hands-on pottery experience with the Valdivian community. Valdivia is a millenary culture that maintains intact its pottery tradition. We will learn about the techniques and materials used in making ancestral pieces as we make our own in a beautiful “experience in clay”. Here we will have grounding practices to get in touch with our first chakra, the Root Chakra.

We will enjoy lunch onboard our yacht.

In the afternoon we have free time to enjoy a snorkeling expedition in Ayangue, have fun in the ocean or simply relax in the facilities onboard.

After all activities, we will enjoy an Ayurveda Talk with our guest speaker. Restorative yoga at sunset overlooking the ocean from the sundeck.

Dinner onboard and overnight sailing to Machalilla National Park.



DAY 3

Machalilla National Park - Isla de la Plata

Manipura or Solar Plexus Chakra

Objective: Intent, Determination, Drive, Inner Force

Element: Fire

Sense: Sight

Activities: Meditation, Pranayama, Kriya, Fire Element Power Yoga, Twists and Arm Balance, Vinyasa Flow

Guest Speaker: Denisse Ramos, Health Coach

Workshop: Emotions

Optional: Spa Treatments onboard

On our third day we will be getting things heated up by some breath of fire, connecting to our core where our second chakra is situated, where our sense of “I am” resides. This energy center is connected to our identity, ego, and personality, and establishes our sense of willpower and determination. We will start our day with a meditation, pranayama and kriya session at sunrise.

After a light breakfast we will disembark in the harbor of Puerto Lopez where private transportation will take us to Agua Blanca. This small community houses archeological pieces from one of the oldest civilizations in South America, the Manteño Culture, which dates back to the year 1500 A.C. Temples, ceremonial urns and other archeological remains are some of the treasures in Agua Blanca. After a short walk through the forest, we will be part of a traditional ritual with the community shaman and will do a Fire Element Power Yoga Flow practice, in which we will be playing around with some arm balances.

Return to the yacht for lunch.

In the afternoon we will enjoy a private beach experience in the islets of Machalilla National Park and we will enjoy marine activities such as snorkel, paddleboard, kayak, or swim in our beach club which includes an oceanic pool, a water slide, SeaBobs, etc. Afternoon Vinyasa Flow at sunset on the beach.

Before dinner we will have a workshop about Emotions in which we will learn practical tools to understand our feelings, to begin to connect with them and with their purpose in our growth. Navigate, understand and use our emotions as a tool of self-discovery.

Dinner and overnight sailing to Isla de la Plata.





DAY 4

Isla de la Plata - Bahía de Caráquez

Svadhishthana or Sacral Chakra

Objective: Sensory Flow, Creation, Emotions, Intimacy

Element: Water

Sense: Taste

Activities: Meditation, Pranayama, Kriya, Water Flow Yoga, Yin Yoga, Heart Opening Vinyasa Yoga

Optional: Spa Treatments onboard

Our fourth day onboard starts with an early centering meditation, pranayama, and kriya session at sunrise. Our third chakra, the Sacral Chakra is source of our creativity and is deeply connected to our emotions, moods, and sexuality. After a detox drink and light breakfast, we will engage in a water element flow practice onboard. Free flowing will enable us to express our more difficult emotions and connect to the element of water.

We will start our activities with a wet landing in Isla de la Plata, which belongs to Machalilla National Park. Isla de la Plata holds natural treasures. A walk through its trails will take us to nesting areas of Blue Footed Boobies, Masked Boobies and Frigates. We will have our Heart Opening vinyasa Yoga practice at The Cliff overlooking magical views of the island and the ocean.

After our land exploration, we will go back to the yacht for lunch.

In the afternoon we will do a guided underwater snorkeling expedition to learn about the marine ecosystem in the island. We will be able to see a variety of marine species including giant stingrays, whale sharks, and during mating season we will be able to see humpback whales in the distance. Scuba diving is available by request at the time of booking.

Dinner onboard and overnight sailing to Bahía de Caráquez.



DAY 5

Bahía de Caráquez - Pacoche / San Lorenzo

Vishuddha or Throat Chakra

Objective: Communication, Self-Expression, Relationships

Element: Space

Sense: Hearing

Activities: Meditation, Pranayama, Kriya, Throat Chakra Vinyasa Yoga, Cocoa Ceremony, Restorative Yoga Practice

Guest Speaker: Cristina Bajaña, Sound Medicine Therapist

Workshop: Cocoa Ceremony

Optional: Spa Treatments onboard

The fifth day starts connecting to our throat chakra, which governs our voice, speech, and ability to authentically express our most genuine self. We will start our day with a meditation, pranayama and kriya session at sunrise.

After a light breakfast, we will depart aboard our dinghies to Puerto Amistad in Bahía, where private transportation will take us to Iche in San Vicente, a gastronomic laboratory led by Fuegos Foundation to educate local chefs in creating 'haute cuisine' using ancestral techniques of food preparation. At arrival we will have our Throat Chakra Hatha Yoga practice by the Ceibo tree. After we will learn about the purest Cocoa bean in the world in a workshop and cocoa tasting led by Servio Pachard, a local farmer specialized in organic production, whose farm is home to Cocoa Heritage Trees of 120 years of age and still in production. Following the workshop, we will experience a Cocoa Ceremony.

Lunch at Iche, a gastronomic farm to table experience hosted by two local chefs that will reveal a mix of history, tradition, and the unique flavors of coastal cuisine.

In the afternoon, we will get back to the yacht to relax at the sundeck and be part of a Restorative Yoga practice.

Dinner onboard, local artisan chocolate tasting and overnight sailing to Pacoche / San Lorenzo.



DAY 6

Pacocha / San Lorenzo - Jaramijó

Anahata or Heart Chakra

Objective: Unconditional Love, Compassion, Acceptance, Forgiveness

Element: Air

Sense: Sight

Activities: Meditation, Pranayama, Kriya, Heart Opening Vinyasa Yoga, Slow Flow

Guest Speaker: Alexandra Arteaga, Holistic Therapist

Workshop: In My Power

Optional: Spa Treatments onboard

After a light breakfast onboard, we will disembark in the harbor of Manta where private transportation will take us to the Refuge of Coastal Marine Wildlife Pacocha. This visit is divided in two. Our first visit is to the tropical forest where we will hike through one of its trails to look at the community of howling monkeys who live in the middle of its exuberant vegetation.

The second visit takes place in the Reserve Lighthouse, where a short walk will take us through several lookout spots from which we will enjoy the amazing view of the coastal shoreline and neighboring beaches. Afterwards we will enjoy a special gastronomic experience in San Lorenzo followed by a unique Toquilla Straw Hat workshop led by master weaver Domingo Carranza.

In the afternoon we will return to the yacht and enjoy some relaxing time onboard. Slow Flow at sunset.

Late afternoon talk In my Power. This is a transformational workshop that teaches you to release limiting emotions such as anxiety and depression, for you to fully step in to your greatness, owning your gifts, your brilliance and your worthiness.

Dinner onboard and sailing to Jaramijó.



DAY 7

Jaramijó - Manta

Ajna or Third Eye Chakra

Objective: Intuition, Perception of Surroundings, Subconscious Mind

Element: Aura

Sense: Intuition/Intellect

Activities: Meditation, Pranayama, Kriya, Drishti Focused Flow, Inward Practice Forward Folds, Future Intent Talk

Guest Speaker: XXXXXXXXXXXX

Workshop: Future Intent Talk

Optional: Spa Treatments onboard

On the seventh day connect to your intuition, your third eye chakra. Energy flows where attention goes. We will start our day with a meditation, pranayama and kriya session at sunrise. After our detox drink we will practice our Drishti, our visual focus.

Our last day of activities is designed for guests to enjoy the coastline, marine activities and to do some local handcraft shopping. After breakfast we will disembark in the port of Jaramijó and head off to Montecristi, cradle of the Liberalism in Ecuador and an important production center for toquilla handcrafts and home goods.

In Montecristi we will visit Ciudad Alfaro, a historic building dedicated to General Eloy Alfaro, one of the most important political figures in the republican era of Ecuador.

After this visit to ciudad Alfaro, we will walk around Montecristi and their dozens of little shops featuring toquilla goods, such as tableware, bags, hair accessories, souvenirs, etc. This is a nice opportunity to do some local shopping.

We will go back to the yacht for lunch and in the afternoon we will have free time to enjoy marine activities, relax at the hot tub, enjoy some spa treatments, and participate in an onboard cooking class with our chef. We will enjoy our final talk focused on Future Intent or new beginnings; how we are going to move forward. After we will have the Inward Practice Forward Folds practice onboard.

Farewell dinner and cocktail onboard.





DAY 8

Manta

Sahasrara or Crown Chakra

Objective: Spirituality, Consciousness, Beliefs, Knowledge, Fulfillment

Activities: Meditation, Pranayama, Kriya, Inversion Flow

Our seventh chakra, the Crown chakra, represented by pure awareness, bliss, and spirituality. We will be getting upside down, changing our point of view, in a playful manner.

We will enjoy our final breakfast onboard and will proceed with check-out.

Transfer to airport or local hotel of choice.



RETREAT AND WORKSHOP LEADERS



INGRID BOTT

Certified Yoga Instructor

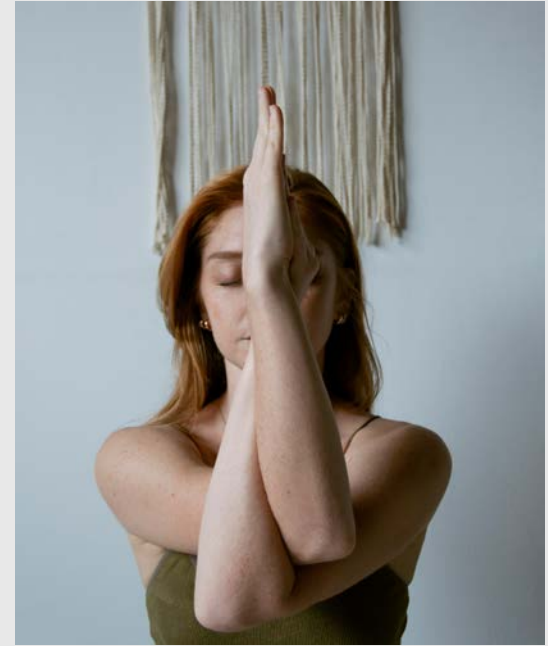
Her renowned fluid and dynamic yoga teaching style is the extension of Vinyasa, designed to express the freedom of movement between mind and body.



CORINA ROGER

Certified Yoga Instructor

Her classes are fun, and they showcase a mixture of different styles, combining techniques and tools from Anusara, Ashtanga and Iyengar.



DENISSE RAMOS

Health Coach

She teaches about practical tools to set goals and direct our actions towards reaching our dreams. Learn to recognize your abilities, skills and virtues to use them in your favor.

RETREAT AND WORKSHOP LEADERS



ALEXANDRA ARTEAGA

Holistic Therapist

She provides guidance on how to heal wounds, and control emotions to enjoy a life that inspires you. Regain your self-esteem, cultivate self-love and reconnect with your intuition.



CRISTINA BAJAÑA

Sound Medicine Therapist

Her sound bath therapy along with the cocoa ceremony, will make you stop, breathe and meditate. Release tensions and blockages from the body, relieve stress and anxiety, and improve your mental clarity.



MARÍA FERNANDA BUENO

Ayurveda Coach

She is an expert in physical and emotional healing through the practice of Yoga and Ayurveda philosophy. Learn how to bring her teachings to face the challenges of everyday life.

M/Y KONTIKI WAYRA

Technical Data Sheet

Year built, Shipyard

2011, Varadero Maridueña

Guests

18

Crew

13

Complete remodeling of the yacht

2021

Guest cabins

9 automated staterooms (3 double, 6 x double or twin)

Lenght

39 mts

Beam

8.20 mts

Outdoor

5 outdoor recreational areas

Draft

1.42 mts

Gross tonnage

296

Engines

2 x 715 hp Caterpillar

Propulsion

Waterjet

Maximum speed

18 knots

Cruising speed

12 knots

Fuel consumption at cruising speed

30 gals./hr

M/Y KONTIKI WAYRA

Tenders & Toys



4 Tandem Kayaks



4 Seabobs



4 Paddle boards



18 Snorkeling Eq.



18 Wetsuits



NautiBuoy Marine Platform



Gym



Spa



Jacuzzi / Whirlpool



Fun Air Fun Waterslide



Oceanic Pool



Unlimited WiFi



2 AB Tenders



Chill Parlour



Satellite Communications



Private Wine Cellar

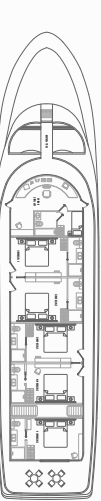
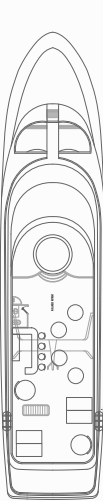
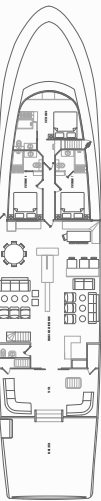
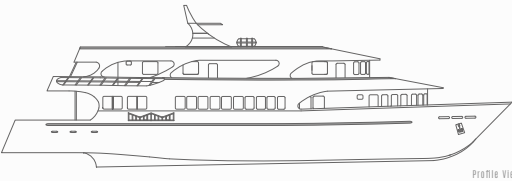


Organic Bar



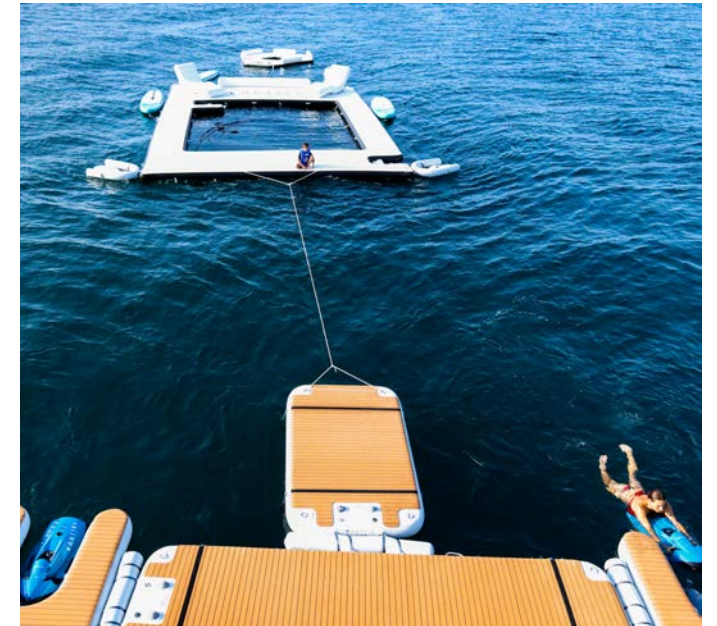
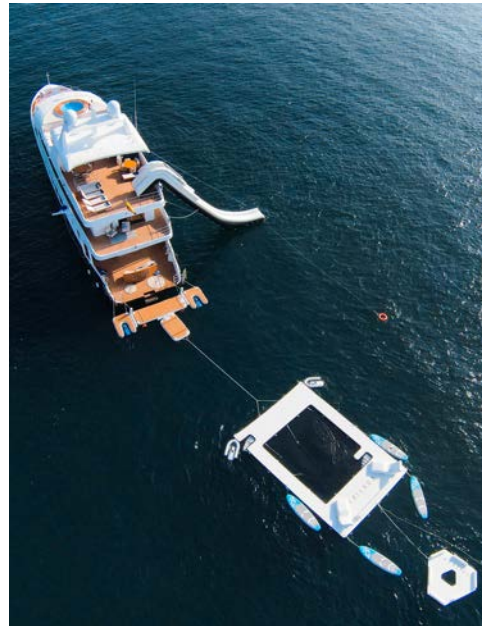
Formal and al fresco dining room

Deck Plans



SPONDYLUS EXPEDITION

Marine Toys & Activities



OUR SUGGESTIONS

What clothes to wear?

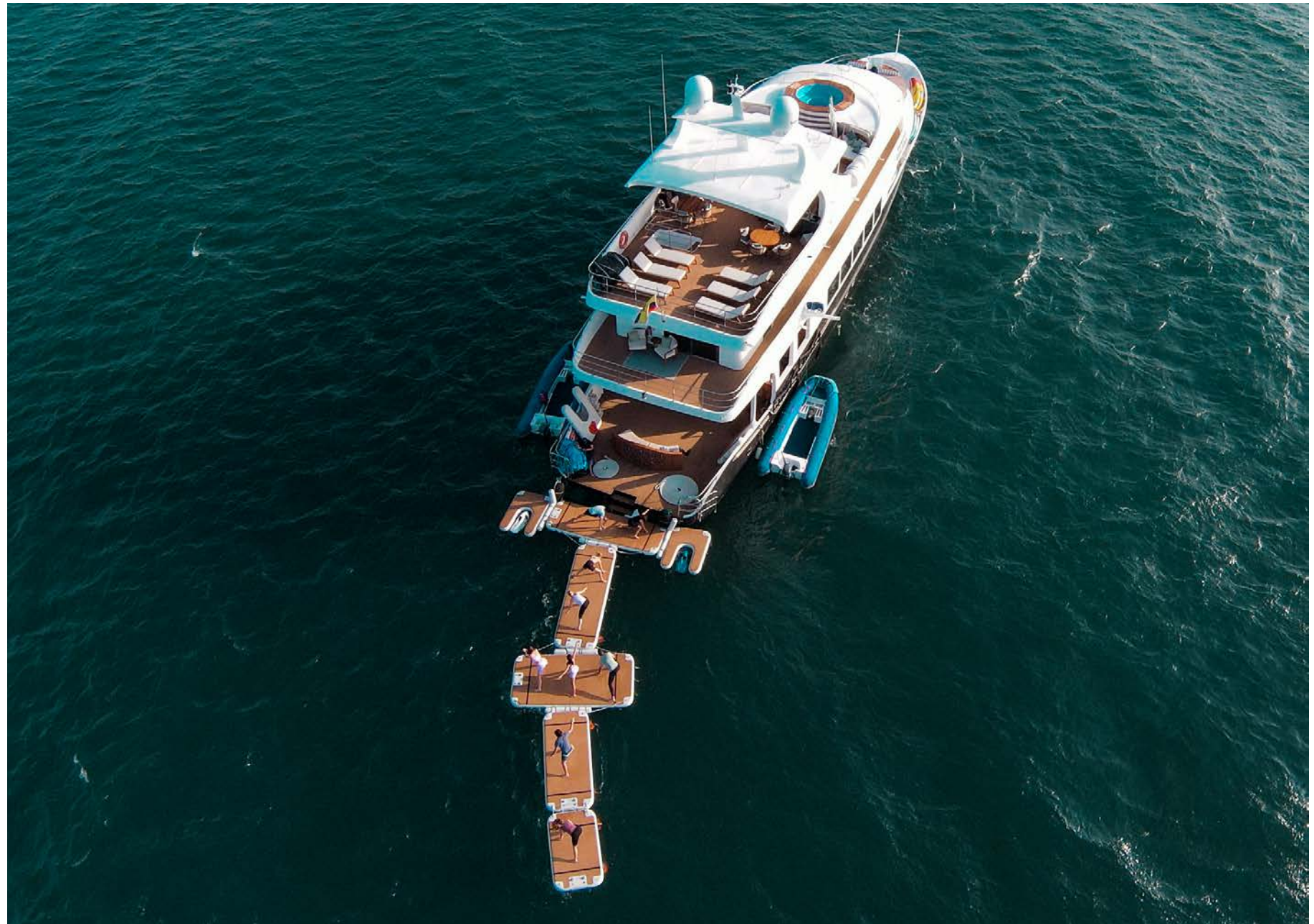
Light clothing, comfortable shoes, sunblock, bathing suit, a hat, sandals, water shoes, a light sweater and insect repellent.

What is included?

This program includes accommodations, all meals, alcoholic beverages, soft drinks, English guidance, local land transfers and access to parks and natural reserves, equipment for marine activities.

What is not included?

Premium spirits, spa treatments, meals not specified in the program, personal expenses, gratuities or transfers others than detailed in the program.



USEFUL INFORMATION

Land Expeditions

The yacht will sail along the coast and will anchor close to the shore. Expeditions to land sites will start with a dinghy ride that may result in wet or dry landing. Wet landing involves stepping into water (ankle to knee high) and walking to shore; dry landings involve stepping directly into land. Our expert guides will lead all zodiac rides and will assist you during either type of landing.

A detailed brief of the expeditions is provided ahead of time to inform about the location, topography of the land (most of the trails are easy or moderate), weather and appropriate clothing.

Land transfers will be necessary to reach some sites. Company vehicles are used for transportation to ensure comfort, safety and timely departures. There are usually two guided visits per day allowing for enough time to discover and connect with local culture and with nature. Water activities such as kayaking, snorkeling, SUPs and swimming are also available in most coastal expeditions.



Water Activities

We are well equipped to help you enjoy multiple opportunities for water activities available during our expedition.

Snorkeling equipment (masks, fins and snorkels) and 3 mm wetsuits are available in various sizes free of charge in a first come first served basis. Wetsuits are not often necessary as average water temperature off the coast of Ecuador ranges from 24C (76F) to 26C (80F).

If you are a frequent snorkeler, you can plan ahead and bring your own equipment for a perfect fit and comfort.

Six tandem kayaks and four stand up paddleboards are also available for coastal exploration and fun.



Gratuities

You will quickly discover that the warm smiles and greetings from our staff extend well beyond the chilled glass of champagne that welcomes you aboard.

A service charge is not included in the fare as it is optional and should be based merely on your perception of our crew performance at the end of the expedition.

As a guideline we suggest that each passenger leaves between US\$ 300.00 – US\$ 350.00 per week, which is the international standard for Luxury Expeditions. Gratuities may be paid in cash or charged to your credit card and will be distributed among our crew and guides.





FAQ

Family Accommodations

We count with 4 interconnected rooms for families with children. Our expeditions are family friendly, however, we strongly suggest children to be 6 years or older at the time of the departure.

Onboard Purchases

Any on board purchases from the gift shop, restaurant, or spa can be charged to your tab and paid at the end of the expedition in cash or credit card.

Special Requests

Special arrangements for birthdays, anniversaries, or any other celebration are available upon request. Please inquire with our customer experience team at the time of booking and at least 30 days prior to departure.

Drinking Water

Bottled water is complimentary on board and available in your stateroom and throughout the yacht. Drinking tap water is not possible.

Smoking Policy

Smoking is prohibited in all indoor areas of the yacht. There is an outdoor designated area for smoking.

Currency

Ecuador has adopted the US Dollar as official currency.

Power outlets and electricity

Standard 120V and standard frequency of 60Hz. Power outlets are type A and B, similar to the ones used in the U.S. European plugs will need an adapter.

Luggage

Although rooms have plenty of space, please be prepared to bring a small to mid-size suitcase on board.

Time Zone

Ecuador is in the GMT -5 time zone, same as US Eastern Time. However, we have no daylight savings.

Language

Official language is Spanish, but most of the staff, the concierge, guides and the captains speak fluent Spanish and English.

Clothing

Light clothing, comfortable shoes, sunscreen, swimwear, sunglasses, hat and, insect repellent.

Medical Facilities

The yacht is equipped with first aid kits for basic medical issues. In case of any medical emergencies, the yacht is close to mainland and count with permanent direct communications with all emergency lines.

Motion Sickness

There might be moderate movement of the yacht during navigation. Most passengers will not feel anything, but we strongly recommend that you bring motion sickness medication if you are prone to seasickness.

Physical Limitations

Our expeditions require a reasonable level of health and fitness from our passengers. Most excursions take a few hours of moderate unassisted hiking at a relaxed pace in warm weather. Getting on and off the zodiacs also call for a certain balance. If you are unsure about any of the visits, please check with one of the guides before disembarking the yacht. Also, please inform our customer experience team of any physical limitation or health condition that may require special attention at the time of booking.

Connectivity and Entertainment

Free WiFi is available throughout the vessels in multiple devices. A complete entertainment guide is available in each stateroom with smart UHD TVs, music players with Bluetooth technology, and fully automated a/c, shades and lightning.



YOU CAN FIND US IN THE FOLLOWING COORDINATES

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📞 +34 607 047 886

📷 **f** **in** **▶** **🐦**

follow us on our social networks

@kontikiexpeditions



INGRID **BOTT**
YOGA TEACHER



KONTIKI

ITINERARY CONDITIONS

Kontiki Expeditions reserves the right at its sole option and discretion and that of the Captain of the vessel without liability for damages or refund of any kind to deviate from the vessel's advertised or ordinary itinerary for any reason including mechanical failure. Kontiki will not be held responsible for any refund whatsoever for changes to the printed or scheduled itinerary.