








SPIRITUAL YOGA RETREAT IN CHILE
Santiago, Wine Country and Lake District



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Let your imagination soar

Journey overview

Explore immense beauty, expand your mind, and balance your chakras on a nine-day holistic yoga itinerary through dramatic Chile. Delve into Santiago, and explore the wonders of this vibrant city. Wind your way through the quaint charming town of Valparaíso, a vibrant hub featuring open-air galleries and multi-hued houses. Explore the bustling fishing village of Concón and enjoy meditative Gong Therapy in lofty sand dunes, a space of serenity and solitude. The next leg of your journey takes you to the Colchagua Valley, known for its gentle, rolling hills planted with modern and traditional vineyards, and picturesque haciendas. Never far from sublime wine and glorious scenery, kick back and relax, as you relish decadent picnic lunches at private vineyards, and rejuvenate body, mind and soul with al fresco yoga sessions at sunset. Your journey culminates just outside the adventure hub of Pucón, in Chile's Lake District. A spectacular wonderland awaits as you coil through evergreen rainforests, sparkling lakes and massive Araucaria trees. Enjoy a spectacular array of curated cultural activities and outdoor excursions. Tailor-make your own exciting adventure as you select from a range of 39 inspiring experiences including yoga, trekking, horseback riding, birdwatching, kayaking, floating raft, fly-fishing, skiing and helicopter activities. The options are seemingly endless and all excursions are specifically tailored according to your interests and fitness levels. Embrace this adventure that endeavours to inspire calm, reflect tranquillity and delight in the discovery of a South American utopia.

What we love about this journey:

- Delving into a tranquil Zen experience in the charming coastal cities of Valparaíso and Concón
- Incredible excursions to private vineyards, sipping a variety of wines in breathtaking surrounds
- A travellers dream, discover an array of captivating adventures, activities and excursions at &Beyond Vira Vira

Highlights of this adventure:

- Serene yoga sessions in the poetic beauty of iconic Valparaíso against a colourful urban backdrop
- Mindfulness in the Colchagua Valley, with yoga classes immersed in dreamy scenery
- Yoga in the adventure wonderland of Pucón, a landscape of mystic ambiance and natural allure

Specially created for:

- First-time travellers to Chile
- Couples or small groups
- Yoga lovers
- Nature and outdoor enthusiasts



At a glance



8 nights / 9 days

2 Guests

DAY	PROGRAMME
1	<ul style="list-style-type: none"> • Private transfer from Comodoro Arturo Merino Benitez International Airport to The Singular Santiago • Overnight: The Singular Santiago
2	<ul style="list-style-type: none"> • Coastal Zen Experience • Overnight: The Singular Santiago
3	<ul style="list-style-type: none"> • Private transfer from The Singular Santiago to Vik Chile in Millahue Valley • Overnight: Vik Chile
4	<ul style="list-style-type: none"> • Yoga experience in Wine Country • Activities provided by your hotel / All meals included • Overnight: Vik Chile
5	<ul style="list-style-type: none"> • Transfer from Vik Chile to Comodoro Arturo Merino Benitez International Airport • Scheduled flight from Comodoro Arturo Merino Benitez International Airport to Temuco Airport • Transfer from Temuco Airport to &Beyond Vira Vira / Dinner at your lodge • Overnight: &Beyond Vira Vira
6 to 8	<ul style="list-style-type: none"> • All days, yoga classes with a local yoga instructor • Excursions provided by &Beyond Vira Vira / All meals included • Overnight: &Beyond Vira Vira
9	<ul style="list-style-type: none"> • Transfer from &Beyond Vira Vira to Temuco Airport • Scheduled flight from Temuco Airport to Comodoro Arturo Merino Benitez International Airport • Departure

Expect the extraordinary

The Singular Santiago

Santiago, Chile

Day 1

Upon arrival at Santiago's International Airport you will be warmly welcomed by a member of the &Beyond team. They will assist you through passport control and baggage claim to your waiting vehicle, and drive you to The Singular Santiago.

The Singular Santiago is a five-star luxury hotel located in the cosy Lastarria neighbourhood in the heart of downtown Santiago. The hotel was designed specifically to fit seamlessly into this iconic neighbourhood, which epitomises the pride and creativity of the people of Santiago.

Spend your afternoon at leisure

Day 2

Enjoy a Zen experience in the central coastal part of Chile.

Explore this region and immerse yourself in an urban journey in the ever-popular Valparaíso, where the natural beauty of the area near Concón, and meditation sessions make for a very special day.

An iconic destination on Chile's central coast, Valparaíso is a quaint, charming, somewhat chaotic, and very colourful port city. Your day begins on Cerro Bellavista, one of the 45 hills that overlook the city and the bay, and certainly one of its most vivid. The first activity will be a one-hour meditation session in a purpose-built room overlooking the multi-hued houses that characterize the city, with the urban backdrop providing an amazing contrast to the serenity within the room. You will then enjoy a leisurely stroll around this part of the city, ride a rickety funicular railway, and see a fascinating open-air gallery of approximately 20 murals created by local artists. Lunch will follow at restaurant of your choice, before continuing to Concón. The drive will cut through Viña del Mar, a modern city jampacked with impressive ocean-side apartment blocks, leafy plazas, and an excellent infrastructure. In stark contrast, Concón is a cross between a seaside resort and fishing village, where luxury apartment buildings stand alongside cheap and cheerful seafood stalls. Upon arrival to Concón, you will be joined by Chile's only instructor in 'Gong Therapy'. The healing sound of the gong is known to affect the body at a molecular level, and its vibrations are conducive to a deep state of meditation. There will be a two-hour session in the sand dunes north of Concón, after which we will wind down with a selection of fruit and a cup of green tea, leaving you relaxed and revitalized for the early evening return back to Santiago.



Expect the extraordinary

The Singular Santiago

Santiago, Chile

The hotel's design embraces the artistic heritage of the neighbourhood, and the interior of the hotel is a tribute to the palaces of past centuries.

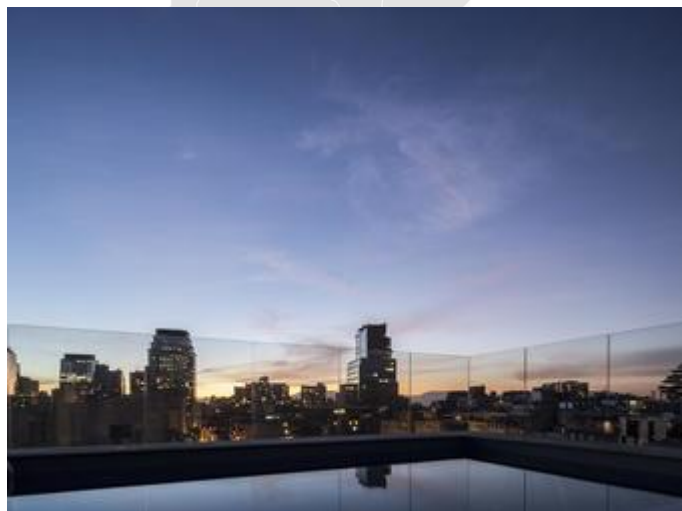
Your accommodation at the hotel is an alluring blend of classic and contemporary, offering modern comforts while exuding the charm of a bygone era. The guest rooms and suites are equipped with safety deposit boxes, a refrigerator with soft drinks and WI-FI internet access.

Hotel facilities include a spa, dining at the Singular Restaurant with dazzling views and refreshing cocktails on the ninth floor Singular Rooftop Bar. Relax on the elevated terrace with spectacular views, and cool off in the sparkling rooftop swimming pool.

Located just a few minutes away from the hotel is some of the finest visual and performance art Chile has to offer. Explore The Museum of Fine Arts, The Museum of Visual Arts and the Gabriela Mistral Centre, displaying masterpieces of celebrated Chilean artists.

Why we love it

- Get your dose of culture with a gentle stroll to some of the city's nearby attractions, including the Museum of Fine Arts, the Museum of Visual Arts and the Gabriela Mistral Centre
- Take a break from the hotel's urban setting and enjoy the magnificent views of the adjacent Parque Forestal from the rooftop bar
- Don't forget to sample some of the gourmet sandwiches served in the rooftop bar - we recommend their delicious king crab creation



Expect the extraordinary

Vik Chile

Millahue Valley, Wine Country, Chile

Day 3

After a delicious breakfast you will be driven to the Colchagua Valley, in the heart of Chile's main wine production area.

The Colchagua Valley is arguably Chile's most outstanding wine area, particularly for Shiraz, Cabernet Sauvignon, and Carménère. The latter is a variety of wine grape that formed part of original six red grapes of Bordeaux, wiped out by the devastating phylloxera virus in Europe in the 19th Century, and presumed extinct for over a century before being rediscovered in Colchagua in 1994. It is now the most emblematic of Chilean varietals, flourishing in the ideal climate and terroir of Colchagua and other valleys. Colchagua however is not only home to dozens of fine boutique wineries, but also the seat of Chile's rural culture and traditions, which gives the place a real identity.

Spend two nights at **Vik Chile**, with all meals included. Alex and Carrie Vik are the art-collecting couple behind Viña Vik, a one-of-a kind vineyard, nestled in the Millahue Valley (a sub-valley of Colchagua), two hours south of Santiago. Perched on a hilltop it is set amidst a beautiful area of rolling hills and the forested Andes mountains. Suites are modern and minimalist in their design, boasting large windows that offer sweeping views across the valleys. The cuisine is another highlight, and certainly a key component in the experience, with menus created for ideal wine pairings.

Day 4

After breakfast, you can choose from a variety of exciting activity options including trekking, a bike ride, or horseback riding. The excursions will end at the winery for a guided, private visit. In the tasting room you can sip a range of Vik's wines in the company of an expert, who will enlighten you as to how to tap into the soul of their wines.

Balance your chakras with a gentle yoga class at sunset, on the deck of the pool with the spectacular views of the countryside. Different levels of yoga are available.



Expect the extraordinary

Vik Chile

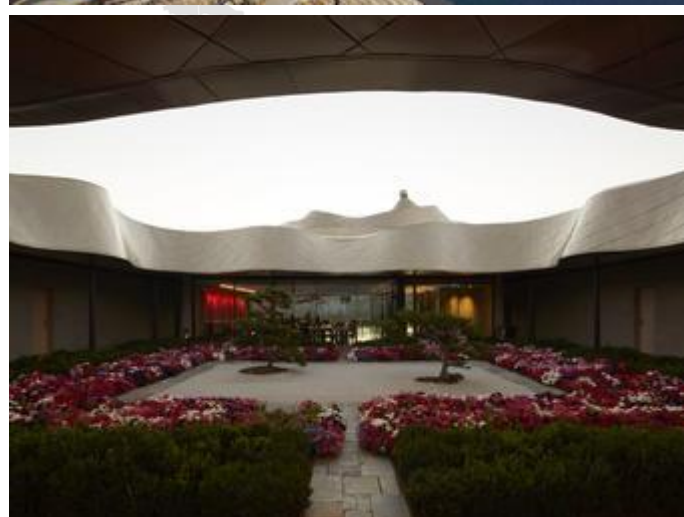
Millahue Valley, Wine Country, Chile

Viña Vik is an art-filled 22-suite avant-garde retreat and wine spa located in Millahue, Chile on the Vik vineyard. Perched on a lush hilltop above a shimmering lake, this vineyard offers 360-degree panoramic views of the vines, fertile valleys, hills, and forests with the majestic Andes Mountains in the distance.

Viña Vik welcomes guests through a central, open living area and garden. Every suite boasts floor-to-ceiling windows, allowing guests to take in the majestic views of the striking landscape. Beyond the public living areas, guests will find an ultramodern cantilevered pool made of Absolute Nero granite extending out over the valleys and lake below, offering the sensation of swimming above the vineyard.

Why we love it

- Indulge in a massage, facial or body scrub using products made from grapes grown on the property at the hotel spa
- Set off on a horseback ride along an ancient trail into the Andes, accompanied by an authentic Chilean huaso
- Round off a traditional South American barbeque with some stargazing beneath incredibly clear night skies



Expect the extraordinary

&Beyond Vira Vira

Pucón, Chile

Day 5

After a delectable breakfast, you will be driven to Santiago Airport for your domestic flight to Pucón. On your arrival you will be welcomed by an &Beyond representative and driven to &Beyond Vira Vira. Arrive at the lodge and get acquainted with your spectacular surroundings.

Generally considered as the adventure capital of Chile, the area around Pucón offers myriad outdoor activities including rafting, hiking, skiing, kayaking, and fly-fishing. There is however much more to this multi-faceted destination. Among its many natural highlights, are invigorating thermal springs and picturesque national parks. Volcanoes, mountains, and lakes create some of the most beautiful natural sites that Chile has to offer.

You are encouraged to explore a new adventure or experience every day, with the aim of understanding the mystic ambience of these ancient Mapuche territories. There are also several cultural activities, aimed at revealing the secrets of the region.

Day 6 to 8

Pick and choose what captivates you and enjoy three full days of exciting excursions arranged by the hotel. The area is an adventurer's paradise when it comes to adventures and choice of activities. You are encouraged to explore a new adventure or experience every day, with the aim of understanding the mystic ambience of these ancient Mapuche territories. With some 39 options available, choosing what to do may seem daunting. That is where the role of your hosts and guides become of paramount importance. Each day they will make a series of options available, allowing you to pick and choose according to your personal preferences, level of difficulty, or simply a natural or cultural focus.

- Explore the majestic Villarrica Volcano, visiting its labyrinth of tunnels, or even reaching the summit.
- Participate in water sports, horseback riding, meandering through national parks and trekking in the foothills of the Andes.
- Delve into cultural activities, aimed at revealing the secrets of the region.
- Balance your chakras all and enjoy yoga sessions that harmonise body, mind and spirit. Find your inner peace and enjoy the silence, nature and serenity the area has to offer. The yoga instructor will come from Pucón (10km / 6 miles away) and sessions will take place at the lodge.



- &Beyond Vira Vira also offers some wonderful experiences at the hotel itself such as cooking, cheese-making, and even spending a day in the organic garden.
- What better way to relax than sitting in a hot pool of thermal spring water, glass of red wine in hand, and looking out across a backdrop of mountains, forests and volcanoes?



Expect the extraordinary

&Beyond Vira Vira

Pucón, Chile

Located in the heart of “Araucanía”, in Chile’s Lake District, the homeland of the courageous Mapuche people, breath-taking glacial lakes mirror the frosted tips of volcanoes and lush flora decorates national parks. Once a war ground, this area stretching over 99 square kilometres (38 square miles), saw the Mapuche people resisting the advances of Inca and Spanish invaders. Thriving farmlands transformed into a tranquil tourist mecca, where a colourful intricately woven tapestry of quaint villages, such as Pucón are sprawled along the shores of the Villarrica Lake, near the active Villarrica Volcano. Evergreen rainforests, sparkling lakes and massive Araucaria (or monkey puzzle) trees, some over 1 000 years old, add to the idyllic landscape waiting to be explored.

Nestled amidst a spectacular sprawling 22 hectare (2200 acres) estate is the exceptional &Beyond Vira Vira. Immersed in a beautiful park with natural lagoons, flowing rivers and sensational views of the Villarrica Volcano, luxurious grounds boast both a magnificent lodge and Hacienda with beautifully appointed suites and villas. A modern working farm, organic vegetable garden and state-of-the-art cheese factory complete the estate that is set just outside of Pucón, Chile. Cuisine plays an important role in the &Beyond Vira Vira experience. Blending Chilean and ancient indigenous recipes, created with the freshest seasonal ingredients, the chef prepares sublime cuisine daily, paired with the perfect wine for each dish. Guests can enjoy myriad exploits, hosted by knowledgeable and engaging guides, including trekking in the national parks; horseback riding in the cordilleras; scenic helicopter flights over the Villarrica Volcano; skiing, snowboarding, snowshoeing or snowmobiling in winter. The list is seemingly endless with fly fishing, mountain biking, and a variety of water sports.

Why we love it

- Every morning, guests have an opportunity to discuss their daily adventures with their expert guides, ensuring their experience is tailor-made at every turn
- The property is managed by strict ecological standards and boasts a modern cheese factory
- Mealtimes are undoubtedly one of the main highlights of the lodge - an extravagant and mouth-watering affair! Discover the flourishing organic vegetable garden, and relish sublime farm-to-table dining with fresh produce and ingredients



Expect the extraordinary

Departure

Pucón, Chile

Day 9

After your breakfast at &Beyond Vira Vira, you will be driven to Temuco Airport for your domestic flight to Santiago. Upon your arrival in Santiago, you will connect to your outbound flight.



Journey overview

Validity: from 15 January to 15 December 2019

Rates per person in double base: USD 8 405

Total Program: USD 16 810

Flights

DATE	DETAILS
Day 5	Comodoro Arturo Merino Benitez International Airport to Temuco Airport
Day 9	Temuco Airport to Comodoro Arturo Merino Benitez International Airport

Transfers

DATE	DETAILS
Day 1	Comodoro Arturo Merino Benitez International Airport to The Singular Santiago
Day 3	The Singular Santiago to Viña Vik Millahue
Day 5	Viña Vik Millahue to Comodoro Arturo Merino Benitez International Airport
Day 5	Temuco Airport to &Beyond Vira Vira
Day 9	&Beyond Vira Vira to Temuco Airport

Accommodation

DATE	DESTINATION	ACCOMMODATION	DETAILS
Day 1 to 3	Santiago	The Singular Santiago	1x Singular Rooms Breakfast
Day 3 to 5	Millahue Valley	Viña Vik Millahue	1x Double Suite Breakfast, Lunch and Dinner
Day 5 to 9	Pucón	&Beyond Vira Vira	1x Villa Breakfast, Lunch and Dinner

Journey overview

What's included:

- All nights of accommodation mentioned in the program
- Private transportation (when it is available) in the best available vehicles
- Tours as mentioned in the program with private **English** speaking local guides
- Meals as indicated in the program
- Domestic Air Tickets and local airport tax
- Taxes included, where applicable

What's not included:

- International Airfare / Airport taxes
- Early check in or late check-out charges
- Items of personal nature like laundry, phone calls, etc.
- Any video/still camera fee during the trip
- Tipping
- Drinks
- Excess of baggage
- Travel Insurance
- Visa or reciprocity fee expenses

The details are in the fine print
