

Yoga Retreat & Safari

IN THE FOOTSTEPS OF THE PUMA



Samadhi Expeditions
The Yoga Outdoor Experience

Yoga – Yoga Outdoor
Safari – Photography
Trekking – Wild nature
Geology – History

September 17 – 20, 2022

June 23 – 26, 2023

August 12 – 15, 2023

TORRES DEL PAINE – PATAGONIA – CHILE



GENERAL INFORMATION

Join us in this new luxurious experience...

We will visit the most impressive landscapes of the Eighth Wonder of the World: Torres del Paine. At a time of the year rarely visited by tourists, in order to have the opportunity to enjoy the real and free behaviour of the surprising species that inhabit this true Eden.

We will start each day before dawn, to tune in with the wilderness of the place. Our ultimate goal? Admire and photograph closely the behaviour of the King of Patagonia: **The Puma**, the formidable feline that is reproducing more and more under the protection of the National Park.

In addition to the puma, we will have the opportunity to see rheas, guanacos, foxes, hogs, armadillos and an infinity of birds including the majestic Condor, the largest land bird on the planet.

As always... excellent Yoga classes. This time directed by **Gaba Fierro**, acknowledged Yoga Instructor in Chile, who will accompany us throughout our adventure with her contagious vitality.

The Yoga sessions will take place in an exclusive Yoga hall in Puerto Natales and other Outdoors, with the imposing Paine Massif as a backdrop (if weather conditions allow us).



GENERAL INFORMATION

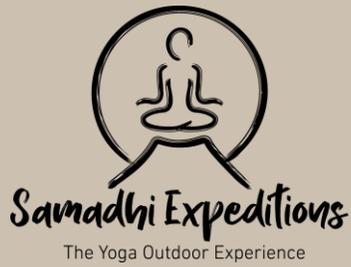
And as if this were not enough, on the last day we will do a trekking in Benitez Hill. A place of great scenic beauty, which also stands out for its scientific importance, where numerous remains of animals from the Pleistocene epoch have been found (Panthers, Saber-toothed Tigers and the famous Mylodon, among others.)

We will be guided throughout the experience by the great team of professional guides from iso100outdoor, who have earned well-deserved respect within The Paine, not only for their knowledge and efficiency, but also for being true guardians of the Park. Always imposing their respect and protection of the fragile wilderness that populates this geological paradise located at the end of the world.

And to be able to count with the energy required for adventure, we have chosen luxury accommodation: Hotel Kau and Aquaterra. To guarantee a well-deserved rest after each day.

Do not miss this unique opportunity!

To know and tune in with the magic of one of the most amazing natural paradises on the planet. Always hand in hand with a passionate and committed professional team.



HIGHLIGHTS

- Two days of photographic safari inside Torres del Paine Park, in the footsteps of the king of Patagonia: **The Puma**.
- Tour through the most beautiful natural settings of the National Park, closely observing the wild and pristine Patagonian wilderness, which freely inhabits these lands (guanacos, condors, rheas, foxes, hogs, armadillos, flamingos, and swans, among others.)
- Two Yoga sessions in an exclusive Yoga hall in Puerto Natales: Mandala.
- Two Outdoor Yoga sessions with the impressive Paine Massif as a backdrop (if weather conditions allow us).
- Yoga classes directed by Gaba Fierro, renowned Yoga Instructor with a long trajectory in Chile.
- One night's accommodation with dinner included at the exclusive *Hotel Kau Serrano* in the Río Serrano area, with a spectacular view of *The Horns* of Paine Massif.
- Two nights of accommodation in the comfortable *Aquaterra Hotel*, in Puerto Natales.
- Trekking in *Benítez Hill*. Place recognized both for its landscapes, as well as for its scientific importance, where innumerable remains of Pleistocene animals have been found: Panthers, Saber-toothed Tigers and the famous Mylodon, among others. A true open-air museum that reveals the antiquity of the planet, fathomless for human beings.

ACCOMMODATION



Exclusive mountain lodge located in Serrano River Area in Torres del Paine.

The Hotel stands out for its exclusive and innovative facilities.

It has a private viewpoint of the imposing Horns, of the Paine Massif.

The Hotel stands out both for its comfortable and welcoming facilities, views of the Park, as well as for its sophisticated gastronomy, based on typical dishes of the Magallanes Region.

www.kaurioserrano.com

Kau Serrano Hotel

Torres del Paine



Cozy hotel located in the central area of Puerto Natales, next to the Yoga hall: *Mandala*.

It stands out for its comfortable facilities. Welcoming staff and varied buffet breakfast (included in the price).

www.hotelaquaterra.com

Aquaterra Hotel

Puerto Natales



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STAFF



Gaba Fierro
Yoga Instructor

Director of Yoga City.

Trained in Sadhana Yoga in the methods of *Alignment* and *Harmonic Yoga* where she currently teaches both.

Her focus in practice is precision in each movement, based on finding the state of mindfulness and meditation.

Her objective as an instructor is to be able to help the student to deepen their self-knowledge and observation.



Miguel Fuentealba
Photographer/Guide

Wildlife photographer in Patagonia

Founder of *Iso100 Outdoor*.

In addition to being recognized for his spectacular photos and videos of the great feline of Paine; Miguel stands out for his respect towards all the species that freely inhabit Torres del Paine.

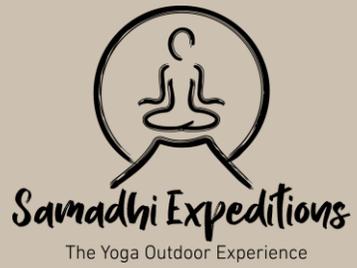
Enthusiastic and dynamic, Miguel manages to make each excursion a unique and different experience; guiding passengers to achieve unique images of the Paine wildlife.



Samadhi Expeditions
The Yoga Outdoor Experience



Itinerary



DAY 1

Saturday, September 17th

3:00 pm: Begins check-in at *Aquaterra Hotel*, in Puerto Natales.

6:30 pm: Welcome and Yoga session at *Mandala*, exclusive Yoga hall in Puerto Natales.

* Free dinner, not included in the price of the program.



DAY 2

Sunday, September 18th

5:00 am Private transportation will pass for passengers to be taken to the *Torres del Paine* National Park, heading to our excursion: "In the footsteps of the Puma". Entrance to the Park through Amarga Lagoon.

Breakfast to go and box lunch included.

In this excursion led by the wildlife photographer, *Miguel Fuentealba*, we propose to observe and photograph the feline in its natural habitat, in a responsible manner, without interfering with its daily activities and respecting its times and distances.

The search is carried out mainly by vehicle, and on some occasions on foot (light intensity walks), but always in public and permitted places.

Most of the sightings are promoted by our specialized staff, but the distances depend on the spirit of the animal, the space and the respect that we show during the encounter.

Going off the trails, following and harassing the animals, is not an option in this experience that we offer.

**The puma is a wild animal that lives freely in Torres de Paine. The search and track experience will be unforgettable and is guaranteed, but there is always the possibility of not achieving a sighting or the "perfect" photograph.*

If we are lucky and the weather is good, we will have an Outdoor Yoga class during the day with the Paine Massif as a backdrop.

8:00 pm Dinner and lodging at the exclusive *Kau Serrano Hotel* in the Serrano River area, with a spectacular view of The Horns of the Paine Massif.



DAY 3

Monday, September 19th

5:30 a.m. Breakfast at the hotel.

6:00 am Departure in private transportation to continue with our photographic safari: *"In the footsteps of the Puma"*.

We will visit different areas of the National Park, depending on the movements of the feline.

We will not just be able to photograph the cougars. We will have the opportunity to obtain unique images and closely observe the behaviour of the numerous species that freely inhabit the National Park: Rheas, guanacos, foxes, Patagonian hognose, armadillos and hundreds of exotic birds, including the majestic Andean condor, the largest land bird of the world.

If we are lucky and the weather is good, we will do an Outdoor Yoga class during the day with the Paine Massif as a backdrop.

Departure from the Park through the Serrano entrance, touring some of the most beautiful and emblematic settings of the National Park.

Box lunch included during the day.

8:00 pm Approximate time of return to Puerto Natales.

Accommodation at *Aquaterra Hotel*

Does not include dinner



DAY 4

Tuesday, September 20th

6:30 am Harmonic Yoga session in *Mandala*, exclusive Yoga Hall in Puerto Natales.

8:00 am Breakfast at *Aquaterra Hotel*.

8:45 am Private transportation will pick us for our next excursion: a trekking in Benítez Hill.

20 minutes from Puerto Natales we begin our tour next to the Mylodon cave.

During the hike, we will pass through condor nests and lenga forests until we reach the "*Sofia* viewpoint" with a spectacular view of the lagoon and surrounding mountains. We continue the tour passing through rocky walls where we can observe one of the largest concentrations of cave paintings of Magellan Region. These paintings constitute archaeological remains left by the native peoples who inhabited this Region.

We continue in the direction of The Window cave, another important archaeological site.

On the south-east side is the *Hidden Cave*, which we will enter crouching down and with headlamps, to reach an enclosure with ancient stalactites and stalagmites, formed by minerals that took millions of years to form.

Leaving the cave, we will head towards the "*Dos Herraduras*" from where we will enter a lenga forest with trees over 300 years old. After this, we will finish the tour and return to Puerto Natales.

Trekking of medium difficulty and a duration of 3 hours approx.

Box lunch during the day.

Passengers will be taken to the Puerto Natales airport (those traveling on SKY H2 422 flight, departing at 2:47 pm.)

The rest of the passengers will be taken to the bus station or their hotel in Puerto Natales.

* END OF SERVICES *



Prices

PRICES

TYPE OF ACCOMMODATION	PRICES P/PERSON
Quadruple Room Kau Hotel - Double Room Aquaterra Hotel	961 US
Triple Room Kau Serrano- Double Room Aquaterra Hotel	1.080 US
Double Room Kau Serrano - Double Room Aquaterra Hotel	1100 US
Single Room Kau Serrano- Double Room Aquaterra Hotel	1156 US
Single Room Kau Hotel - Single Room Aquaterra Hotel	1277 US

- *Prices per person in US dollars.*



IT INCLUDES

- Two Yoga sessions guided by *Gaba Fierro* in Mandala's Hall in Puerto Natales.
- Two Outdoor Yoga sessions guided by *Gaba Fierro* in Torres del Paine National Park, (if weather conditions allow us).
- Two nights of accommodation with breakfast at *Aquaterra Hotel*, in Puerto Natales.
- One night of accommodation with breakfast and dinner at *Kau Serrano Hotel* in Río Serrano, with a spectacular view of *The Horns of The Paine Massif*.
- All meals mentioned.
- Private transportation with personalized guides throughout the program.
- Entrance to Torres del Paine National Park.
- Entrance to Caves for trekking in Benitez Hill.
- *Samadhi Expeditions* souvenir.



DOES NOT
INCLUDE

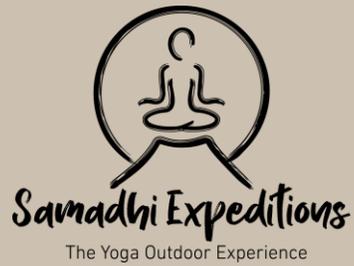
- Airfares
- Transportation to Puerto Natales
- Medical Insurance. All participants must have their own medical insurance and provide contact and information about it, to the Samadhi Expeditions staff
- Meals not mentioned in the program
- Items not stipulated in the program



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Reservations & refunds



RESERVATIONS

To reserve a place, you must pay 50% of the total value of the retreat.

The balance must be paid no later than 10 days before the start of the retreat.

We offer two forms of payment:

1. For international and credit payments, you can do it through the Paypal app. In this case, request your payment to the following email: info@samadhiexpeditions.cl

2. Other way is through an electronic transfer to the following bank account in Chile:

Banco Santander

Javiera Martín Floegel

Current account 6261604-0

Rut (Identification N°) 13903217-9

Mail: info@samadhiexpeditions.cl

RESERVATIONS



REFUNDS

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Fine of 25% of the total value of the retreat up to 11 days before its start.

10 days before: no return option.

If the activity does not reach a minimum of 6 participants, 100% of the reservations will be returned.



COVID PROTOCOL

MAY PARTICIPATE IN THE RETREAT:

- People with their current mobility pass.
 - People who do not have their valid mobility pass may participate by performing PCR or antigen test 48 hours before the date of the retreat.
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- IN THE EVENT THE RETREAT HAS TO BE SUSPENDED DUE TO COVID-19; 100% OF PAID RESERVATIONS WILL BE REFUNDED.
 - *All the accommodations used in our retreats and experiences have the highest security and preventive measures in relation to COVID 19*



HOW TO GET THERE

You can arrive directly by plane to Puerto Natales on Skyairline flights (<https://www.skyairline.com>)

Another option is to travel by plane to Punta Arenas and from the same airport, take a bus to Puerto Natales.

The bus tour lasts around 3 hours and the ticket has a value of \$9,800 CLP.



BASIC EQUIPMENT

- Yoga mat
- Comfortable clothing for yoga
- Comfortable shoes for trekking (high leg)
- Warm and light clothing for walks (ideal “layers” system).
- Warm jacket (ideal duvet jacket)
- Gloves
- Jacket and pants against water (waterproof)
- Sunscreen
- Bottle for water
- Sunglasses
- Hat and bandana for the neck
- Photographic camera
- Flashlight (optional)
- Trekking poles (optional)

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