

SACREDD

WELLNESS

Unlocking Inner peace

CARIBBEAN CONNECTION

LAND AND SEA

Experiential Tourism



CARIBBEAN CONNECTION

(13 days - 12 nights)

Tourist Destinations

Cartagena, Tierra Bomba
 Santa Marta, Ciénaga, Minca, Tayrona National Park - Magdalena
 Palomino, Cabo de la Vela – La Guajira
 Bogotá
 La calera, Cundinamarca

Plan Features

Accompaniment by wellness coaches:

- Cartagena and Rosario Islands: Ana María Muñoz, Psychologist and Health and Well-Being Coach certified by Duke University.
- Santa Marta, Tayrona, Palomino, and Cabo de la Vela: Milena Restrepo, a coach certified by the International Yoga Federation.
- La Calera: Mónica Ratner, certified in Integral Yoga by the Satyananda Yoga Academy (Bihar School of Yoga 1996), endorsed as a Kundalini Yoga Teacher according to Yogi Bhanan's teachings by the KRI (Kundalini Research Institute 2005), a student since the age of 8 of the MICROCHAKRAS Institute "Innertuning for psychological Wellbeing" with Sri Shyamji Bhatnagar.

Experiences guided by indigenous communities in Magdalena.
 Nature experiences oriented towards well-being with indigenous communities.



Average Temperature

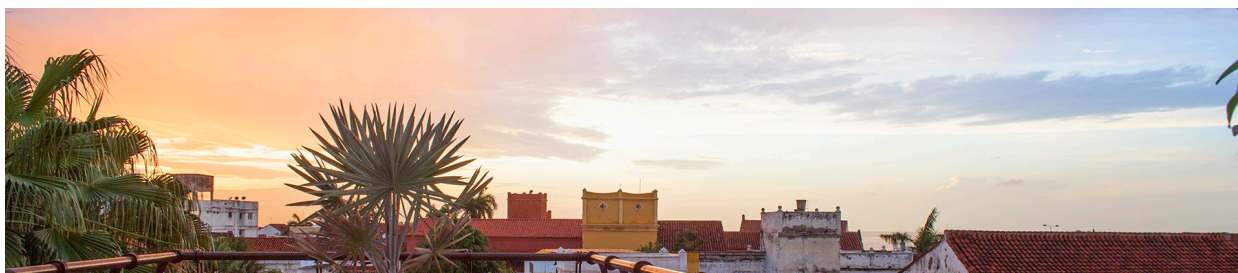
Cartagena (28°C) • Rosario Islands (27°C)
 Palomino (32°C) • Riohacha (29°C)
 Bogotá D.C. (13,5°C) • La Calera (13°C)

Altitude

Cartagena (2m) • Rosario Islands (1m)
 Palomino (2m) • Riohacha (5m)
 Bogotá D.C. (2640m)
 La Calera (2800m)

Difficulty

Cartagena (Baja) • Rosario Islands (Low)
 Palomino (Low) • Riohacha (Low)
 Bogotá D.C. (Low) • La Calera (Low)





Introduction

On this journey through nature in the Greater Colombian Caribbean, you will experience a rich diversity and the energy of Mother Earth through its topography. This is an invitation to connect with mangroves, mountains, beaches, deserts, and vibrant communities, allowing us to build the desired well-being as we traverse paths, trails, and beaches. This adventure brings together nature and wisdom keepers to ensure that each traveler enjoys a complete experience filled with well-being, culture, and magical settings in the Colombian Caribbean.

We start in Cartagena, connecting, learning, and seeking the secret of happiness among beaches, sand, and unique gastronomic activities. Then, we move to the magical land of the Sierra Nevada of Santa Marta, Minca, Tayrona National Natural Park, and Buritaca, where the river meets the sea. Here, the great Mamos of the region will teach us about the spirituality of life, where we learn about offerings to Mother Earth, fresh water, the sea, and thermal waters, with blessings that manifest the importance of dreams and trust through sensory activities experienced at each visited location. We continue this journey in La Guajira, the country's natural desert landscape where the magic and wisdom of Colombia's largest indigenous community blend, teaching us about the balance and self-healing in their beaches and solitary places. We end in Bogotá and the savannah, the epicenter of energy expressed to its fullest; an emblematic city that welcomes talented, creative, and dynamic Colombians, amidst calm and hustle; a city that embodies a transformative flow full of contrasts and intertwined stories, seducing you to renew yourself.

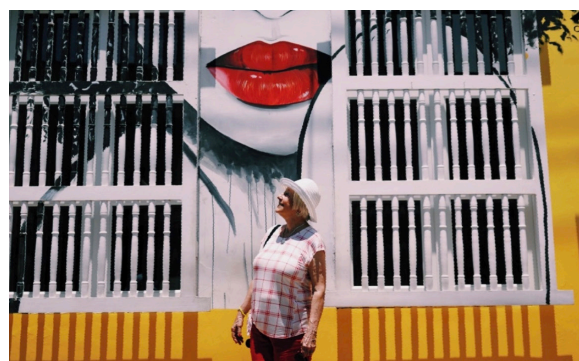
Itinerary

Day 1, Cartagena

Upon arrival at Cartagena's airport, you will be greeted by the warmth of the walled city, filled with colors and sweets from the Caribbean palenqueras, before settling into your accommodation in the historic center of the city, just 15 minutes from the airport. Here, you will enjoy a delicious Cartagenan lunch prepared by a local cook, full of authentic flavors. The afternoon will be free to rest and engage in activities of your choice. In the evening, a welcome dinner will be waiting for you at the house.



Day 2, Cartagena



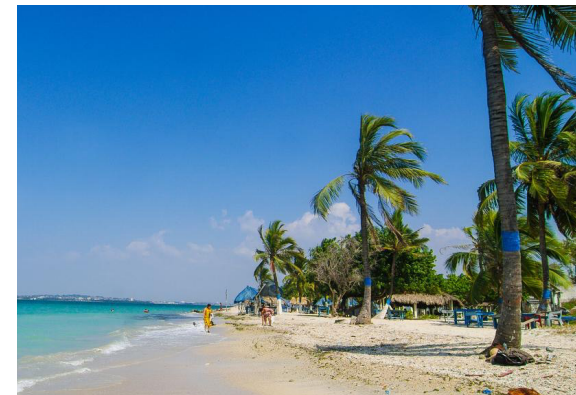
A meditation class with the sound of the sea will be held in the morning, followed by breakfast. The buffet breakfast at the accommodation will offer various healthy options to kick off a detox cycle with a variety of tropical fruits. Then, you will have a walking tour lasting around about an hour and a half, learning about the city's history while sampling different dishes and exotic fruits. This day will be dedicated to exploring the best

historical experiences of Colombia's famous tourist city, with its small cobblestone streets where carriages and tourists enjoy the romance of its colorful balconies, adorned with plants cascading down the facades.

A local cooking class will also be held, including the purchase of fish and other ingredients at the traditional Bazurto market, followed by food preparation. The afternoon will be free to go around and shop. Around 7:00 PM, dinner will be served at a restaurant in Cartagena, and the day will end with rest at your Villa

Day 3, Tierra Bomba

This day will be dedicated to detoxification or "detox day" to recharge your body and mind. After breakfast at the villa, we will embark on a 15-minute speedboat ride to Tierra Bomba, a small island off the coast of Cartagena. Upon arrival, you will be welcome with a green juice, and in the morning will be free to



enjoy the pool and beach. At around noon (12:30 PM), you will have a traditional Cartagena lunch prepared by local cooks, with an invitation to observe the regional cooking process and the main ingredients used. Afterward, you'll have time to enjoy the beach and its surroundings. In the mid-afternoon (3:00 PM), we'll hold a "journaling & cacao" workshop where you'll have the opportunity to learn about the virtues of cacao and its many health benefits. Around 5:00 PM, we will enjoy the sunset before returning to Cartagena by boat and preparing for a dinner hosted by a local chef in one of the city's historic houses. The day ends with the opportunity to rest at your accommodation or to enjoy the city's nightlife.

Day 4, Cartagena - Santa Marta - Minca

Early in the morning, breakfast will be served at the hotel, followed by check-out. We will depart around 8:00 AM for Minca, a beautiful town in the Sierra Nevada de Santa Marta. On this approximately 5-hour road trip, we will pass through the city of Barranquilla and the large Magdalena marshlands before reaching the mountain town of Minca at 800 meters above sea level, where we will check into the hotel and rest.

During the journey, there will be stops to hydrate and use restrooms, as well as opportunities to take in the landscape and feel the area's wonderful energy. We will also have a lunch



prepared with products from the Sierra to introduce you to the region's authentic cuisine, made by local cooks who will teach us about the use of each local product. Accommodation in Minca will be in a traditional hotel in the mountains, and in the afternoon will be free to explore its coffee plantation into the Ecohabs located in Cañaveral, have lunch, and rest. In the afternoon, we will take a walk to the natural pool to connect with nature and the sea, meditating and resting among the palm trees to feel their balance. This is achieved through meditation both in the sea and on the sand. The goal is to rest, accompanied by nature and its living beings. Around 5:00 PM, we will return to the Ecohabs for dinner and time to rest and relax.

Día 5, Minca - Tayrona National Park

We are going to play with sensations and learn about the land and all the wonders that the Tayrona National Natural Park has to offer in its natural environment of mountains, beaches, staircases, ecological trails, wild birds, local communities, and various spots to enjoy the sun.

Before dawn, you're invited to breathe to breathe deeply and absorb the sun's energy as its first rays appear. After breakfast, we will head to Oído del Mundo, so bring swimwear. The intention is to connect with the water as it originates from the mountains and flows down to the Caribbean Sea, embracing its purity. Immerse in the water, surrounded by the forest, we will savor this powerful experience before continuing our journey to Tayrona Park. We will settle into the Ecohabs located in Cañaveral, have a rest, and lunch. In the afternoon, we will take a walk to the natural pool with the aim of connecting with nature and the sea, meditating and resting among the palm trees to achieve a sense of balance. This will be done through meditation both in the sea and on the sand. The goal is to rest while being accompanied by nature and its living beings. Around 5:00 PM, we will return to the Ecohabs for dinner and time to rest and relax



Day 6, Tayrona National Natural Park - Palomino

Before dawn, we will have a beach session with breathing techniques and yoga. After breakfast, we will head to the Don Diego River, one of the most renowned rivers in the region, for an ancestral recognition experience. We will participate in a local activity that involves a cleansing, an offering, and a spiritual protection ceremony led by the Mamo or Chief of the community, which will cleanse and purify our being, freeing us from negative energies. In this region, we will also engage in a sustainability activity. Since this location is dedicated to



regenerating the native forest of the Don Diego River basin, every visitor will plant a native tree to give back oxygen to the land as a way of offsetting the impact of our visit. This practice also helps local communities improve their quality of life by promoting good practices with nature. After the planting, we will enjoy a traditional lunch with the local indigenous community, followed by a visit to their village, crops, and their management of the coca leaf. Here, they will teach us about "mambeo," the intention is to connect with the water element as it originates from the mountains and flows down to the Caribbean Sea embracing its purity. To end the day, we will take a 20-minute drive to Palomino, the town where we will begin exploring La Guajira. Here, the beaches and landscapes offer some of the most remarkable experiences, where we can find harmony and enjoy the tranquility of silence. We will check into the hotel, have dinner, and enjoy a restful night.

Day 7, Palomino

The days in this enigmatic region begin with one hour of yoga practice on the beach, which allows for greater physical and emotional control. After each session, we will have breakfast



and take a walk to the beach to experience the transformative effects of the sand and sea, with the saltwater cleansing impurities and helping to release stress and worries. Amidst a unique landscape between the desert and the Atlantic, we will have lunch and take a break before ending the day with a one-hour guided meditation focused on self-healing, leaving the rest of the afternoon free to explore the area. In the evening, we will enjoy dinner at the hotel and relax while observing the stars that the Guajira night offers its visitors.

Day 8, Palomino - Cabo de la Vela

The day begins with the daily yoga session to achieve physical and emotional balance, helping you to connect body and soul. After an hour, we will have breakfast and check out. We will take a 3-hour drive to Cabo de la Vela, making stops along the way to enjoy the landscape of the Guajira desert and take photos of the Wayuu territory and its spectacular scenery.



Upon arrival at Cabo de la Vela, we will settle into the Wayuu Rancheria and enjoy a delicious seafood or lobster lunch in preparation for our community adventure. In the afternoon, we will begin with a visit to ancestral and cosmic sites, including a walk to the Lighthouse (Faro) and then to Ojo de Agua beach, where we will have a one-hour guided meditation to take in the vastness of the ocean before enjoying the sea and walking along the beach. We will return to the Rancheria and, in the evening, enjoy a delicious seafood dinner and the experiencing Wayuu cosmogony and their relationship with the stars.

The night, wind, and moon will combine to help you mentally recharge before resting in your accommodation to the sound of the waves in the land of Jepirrá, the land of spirits

Day 9, Cabo de la Vela

This is the last day to enjoy a cycle of nature, mind-body-soul balance, and the traditions of the Greater Colombian Caribbean cultures. We'll start the day early with the daily fasting yoga session to achieve physical and emotional control, harmonizing your personal journey with music therapy. Afterward, we will have breakfast and take a break to prepare for departure. We will visit a community where we will learn about "Wereke," the ancestral Wayuu weaving, through a handicraft workshop. We will explore their colors, sizes, and weaving techniques, and also engage in a conversation about

their traditional medicine. At this time, you can purchase a local craft or Wayuu mochila, known worldwide for its vibrant colors and unique weaves, which support the families in the area. Afterward, we will enjoy a local lunch with cooks who create exquisite flavors using wood-fired stoves, sharing goat, friche, or seafood with the "arijunas" or visitors, before leaving the community with recharged energy. We will cross the desert, its trails, and dunes, delighting in the orange Guajira sunset before returning to the Rancheria. In the evening, we will have dinner by the sea and participate in a Wayuu Cinema Forum where an hour learning about their clan formations, communities, lifestyle, needs, and achievements in sustainability and entrepreneurship. We will end the night with rest and a walk in the land of Jepirrá or Cabo de la Vela, where the spirits of the Wayuu are said to reside

**Day 10, Cabo de la Vela - Riohacha**

Today, with our bodies and souls recharged, we say goodbye to this land, have breakfast, and drive to Riohacha airport to board the flight to Bogotá.

The city is in the mountains and known for its altitude, so it's advisable to drink plenty of fluids to avoid discomfort. After an hour and a half flight to Bogotá, we will head to the hotel for check-in and then go to a renowned restaurant in the capital for a lunch of typical Colombian culinary specialties.

After lunch, you will have the afternoon free to explore the city and rest on your own.

**Day 11, Bogotá**

Early in the morning, you'll have breakfast at the hotel to welcome creativity and talent by discovering a tour of the city's historic center. You'll uncover history in every corner during this tour, experiencing special activities like learning about clay as part of our Muisca land, a craft that brings moments of relaxation and sensory activation through traditional techniques practiced by María Paula and Diego, winners of the "Emprende Bogotá" award and the "Contemporary Craft Mastery Medal" in 2019. After this, you will enjoy a typical Bogotano lunch prepared with traditional techniques and taste the winning recipe of the VI Santaferense Ajiaco Competition.

The tour continues with a tasting of Chicha, a sacred drink of the Muisca indigenous people from pre-Columbian times. We'll then return to the hotel for rest.

Day 12, Bogotá

Breakfast at the hotel, followed by a journey to the Bogotá Savannah on a two-hour drive, where a dose of inner connection awaits you. Amidst the green fields highlighting the crops in the Savannah, we'll engage in a meditation activity focused on the gift of joy, walking through a labyrinth blindfolded, allowing for laughter and emotional release. Around noon, you will indulge in artistic and healthy dishes made with homegrown produce and a selection of exotic Colombian fruits. You'll bid farewell to Savannah to the rhythm of contagious beats, leading to the most beautiful expression of your body; dance. And thus, you will close this day, breathing the fresh air of the Savannah, its green pastures, mountains, and crops before returning to the hotel on a two-hour drive, having dinner, and resting.

**Day 13, Bogotá**

Departure day to your place of origin. After breakfast, enjoy a relaxing body massage and the hydrotherapy circuit in the hotel's spa to close your cycle of mind-body-soul balance after experiencing the most distinctive aspects of nature in Colombia. At the agreed time, transfer to El Dorado airport in Bogotá for your flight back to your city of origin.

The trip is tailor-made, , and you can either complete the entire circuit or break it up according to your preference.

DAY 1 TO 13 - 12 NIGHTS / 13 DAYS: Starts in Cartagena and ends in Bogotá

DAY 1 TO 10 - 9 NIGHTS / 10 DAYS: Starts in Cartagena and ends in Riohacha

DAY 4 TO 13 - 5 NIGHTS / 6 DAYS: Starts in Cartagena and ends in Bogotá

Combination between Bolívar, La Guajira, and Bogotá.





LAND AND SEA

(11 days - 10 nights)

Tourist Cities:

Cartagena and Rosario Islands - Bolívar
Palomino - La Guajira
Bogotá - Cundinamarca

Operated by:

TWO TRAVEL, KAISHI TRAVEL, and VYVE / WOMEN4WOMEN

Plan Features

Accompaniment by specialized wellness coaches:

- Palomino: Ana María Vargas, transpersonal psychologist, therapist, healer, life mentor, and creator of Shivana Spa for the Soul. Kundalini yoga teacher, music therapist, and certified alchemical breather in high-impact techniques.
- Cartagena and Rosario Islands: Ana María Muñoz, psychologist and Health and Well-Being Coach certified by Duke University

Average Temperature

Cartagena (28°C)
Islas de Rosario (27°C)
Palomino (32°C)
Riohacha (29°C)
Bogotá D.C. (13,5°C)



Altitude

Cartagena (2m) • Rosario Islands (1m)
Palomino (2m) • Riohacha (5m)
Bogotá D.C. (2640m)

Difficulty

Cartagena (Low) • Islas de Rosario (Low))
Palomino (Low)) • Riohacha (Low))
Bogotá D.C. (Low))

Introduction

This journey is designed to help deepen trust, harmony, and joy, contributing to inner balance as we explore four Caribbean destinations and the nation's capital, located in two of the most important tourist regions: the Greater Colombian Caribbean and the Eastern Andes. In this fusion of climates, heritage cities, beaches, mountains, customs, and traditions, we will immerse ourselves in nature to achieve personal balance. We'll experience the charm of Cartagena, a UNESCO World Heritage city; La Guajira, with its Palomino beach nestled in the mountains; and Bogotá, the cosmopolitan city recognized as the world's "Arbor City" in 2024.

We begin in Cartagena with personal connections, blending the past and present. In the Rosario Islands, we rediscover the secret of happiness. Then, we continue to Palomino in La Guajira, where we learn to manage our senses among beaches, rivers, and mountains that balance our natural power and cultivate self-healing.

We conclude in Bogotá, the energy epicenter due to its multicultural nature, where we seal the end of a cycle filled with sensory experiences.



Itinerary

Day 1, Cartagena

Upon arrival at Cartagena's airport, you'll be greeted by the warmth of the walled city, with its vibrant colors and sweets from the Caribbean palenqueras, before transferring to your accommodation in the historic city center, just 15 minutes from the airport. Here, you'll enjoy a delicious Cartagenan lunch prepared by a local cook, full of authentic flavors.



The afternoon will be free to rest and stroll through the streets of the center. In the evening, dinner will be served, followed by rest at the accommodation after a long day.

Day 2, Cartagena

Breakfast at the accommodation will be a buffet with various healthy options to detoxify and boost the body's defenses. Then, you'll have a walking tour of approximately an hour and a half, learning about the city's history while sampling different dishes and exotic fruits.

There will also be a Conscious Eating session with organic and local foods, where everyone can prepare their own meals and learn about balanced nutrition. Recognizing Cartagena as a city with a wide range of gastronomy, this day will be especially dedicated to enjoying the present and the exotic flavors of our land.



As the sun sets, visitors will have the afternoon free to shop and rest. Around 7:00 PM, dinner will be served at a restaurant in Cartagena, and later, you'll have the opportunity to experience the nightlife in Cartagena.

Day 3, Rosario Islands

After breakfast at the villa, we'll embark on a private boat for a tour of the Rosario Islands Natural Park, where we'll visit a natural pool to practice snorkeling and observe the most beautiful corals and fish of the Colombian Caribbean. Onboard the boat, food and drinks will be provided, and we'll stay until around 4:00 PM, enjoying the marine nature, sun, and sea.

Upon returning to Cartagena, a farewell dinner will be waiting for us at the Colonial House, prepared by a local chef showcasing the many ingredients the region has to offer.



Day 4, Cartagena - Palomino

reakfast will be served early at the hotel (7:00 AM), followed by check-out and a drive to Palomino, a journey of approximately 5 hours.

During this trip, we'll travel along the entire Colombian Caribbean coast, making some specific stops. The first stop is in Barranquilla, the land of Shakira, Colombia's industrial city and a major shipping port. Barranquilla is also internationally known for its excellent gastronomy, particularly its Arab cuisine.

We'll make a hydration stop here. We'll continue our journey to the bay of Santa Marta, El Rodadero beach, and the Quinta de San Pedro Alejandrino, where the remains of the liberator Simón Bolívar are found. We'll then pass through Ciénaga, a town recognized for its vast mangroves that we'll cross along

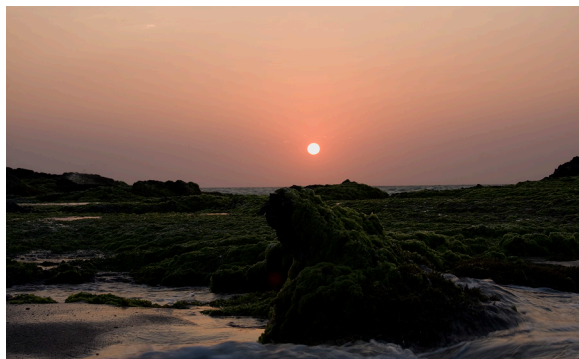


the way, where we'll also stop for hydration and enjoy a traditional regional empanada or arepa.

From there, we'll continue along a long straight road that leads us to the world-renowned Tayrona National Park, famous for its beautiful beaches and indigenous communities. Half an hour later, we'll arrive in the Department of La Guajira, passing through Dibulla before arriving at Palomino, the region's most famous beach, where we'll find highly acclaimed hotels and where we'll settle in to work on our sensations and emotions through the five elements.

After settling into the hotel, we'll have lunch and rest before resuming activities at 3:00 PM with "Earth Day," a mindful walk into the mountains, reflecting on our journey, obstacles, fears, and taking actions to leave them behind. We'll rest for 15 minutes to stabilize our emotions and then move on to "Fire Day," focusing on the inner fire, empowering the inner warrior with yoga techniques, holotropic breathing and firewalking. This activity will take place on the beach, ending around 7:00 PM, followed by a light dinner and rest at the accommodation.

Day 5, Palomino



We start the day on the beach with a 90-minute fasting yoga session. This practice allows for greater physical and emotional control. Afterward, breakfast will be served, followed by a rest.

Around mid-morning, at 11:00 AM, we continue with "Water Day," a deep dive into healing your relationship with the great teachers of life: the father, who connects with abundance, and the mother, who connects with love, to establish a bond with your inner child, releasing the pains of the past. This activity will take place in the water, in the sea, for two hours. At noon, we'll have lunch and take a good rest before continuing the process of rebirth in the waters of the Don Diego River with exercises that help achieve harmony between body, mind, and soul.

These experiences form a chain of events that lead us to revisit, rethink, and renew. In the evening, we'll have dinner and rest at the accommodation.

Day 6, Palomino

The day begins very early with "Air Day," where we will share a conscious dance at dawn; since this is a day of healing beliefs through mindfulness and music therapy with bowls and gongs, there will be no limits. After the activity, we'll enjoy an energizing breakfast. Around mid-morning, at 11:00 AM, you'll have a yoga session with physical and emotional control practices to

harmonize vibrations and prepare for "Love Day," where you will establish new personal life agreements. These will be written on colored papers and taken with you to review in a year to see if they've been fulfilled. Lunch a gift from nature for days of renewal, will be followed by "Harmony Day," an ancestral cleansing ceremony performed by the Wayuu



community as a closure and celebration of what has been achieved—harmony. Visualizing the accomplishments made in facing the here and now, completely harmonized. These activities will take place on the beach at sunset. We'll end the day with a group farewell dinner and rest at the accommodation.

Day 7, Palomino - Riohacha - Bogotá

Breakfast at 7:00 AM and transfer to Riohacha airport to take the flight to Bogotá, arriving around noon. After settling into the hotel, you'll be taken to a renowned Bogotá restaurant known for its traditional culinary specialties and the best Colombian fruits. After lunch, the afternoon and evening will be free to rest.



Day 8, Bogotá

Breakfast at the hotel, followed by the start of "Joy Day" with a tour of the city's historic center. Discover a story in every corner during this tour, where you'll have special and curated experiences, such as learning about clay as part of our Muisca heritage—a craft that provides moments of relaxation and sensory activation through traditional techniques practiced by María Paula and Diego, winners of the "Emprende Bogotá" award and the "Contemporary Craft Mastery Medal" in 2019.

Afterward, you'll enjoy a typical Bogotá lunch prepared with traditional techniques and taste the winning recipe from the



VI Santafereno Ajiaco Contest. We'll continue this tour with a tasting of chicha, a drink that was sacred to our Muisca indigenous people in pre-Columbian times. Return to the hotel to rest.

Day 9, Bogotá

The "Inner Connection Day" begins after breakfast at the Hotel de la Opera. Today, we'll visit Bogotá's iconic mountain, Monserrate, originally named Cerro de las Nieves, where we will reconnect with our inner essence by connecting with the Chibcha and Muisca gods, and enjoy the best panoramic view of Bogotá (recognized as the sixth-best tourist destination in the world and ranked in the top 10 destinations in South America by the TripAdvisor awards). Here, you will also visit Monserrate Sanctuary, a pilgrimage site for many Catholics worldwide. Lunch will feature typical dishes from the area, and in the afternoon, you'll savor the gentle aroma of Colombian coffee, while learning about our flagship product.

This experience will take you on a journey through Colombia exploring its coffee, flavors, and origins. This will be combined with a visit to the spa, where you will experience a coffee therapy with hydromassage and exfoliation. Return to the hotel to rest.



Day 10, Bogotá

The "Ancestry Day" begins early with the farming community of Agroparque Los Soches. With the spirit ready to enjoy the silence, you'll have a moment of introspection while observing the birds, their colors, and sounds as they fill your being. Then we'll take a brief pause with the warmth of an "apthapi," an Andean tradition, on one of the mountains of the Colombian Eastern Andes. After crossing a trail, we'll arrive at the mystical Laguna de Chinará, where we'll engage in a meditation and reflection called "the pairing of life," followed by close interaction with the local farming community. Maribel, their leader, will welcome us with a gastronomic offering made from organic ingredients from her garden and rooted traditions. To end the day, we'll learn how to prepare an ancestral ointment using ancient methods and medicinal herbs for personal use. After the activity, we'll return to the hotel to rest.



Day 11, Bogotá

Breakfast and at the indicated time, transfer to El Dorado airport to take your flight back to your city of origin.



The trip is tailor-made, and you can either complete the entire circuit or break it up according to your preference.
DAY 1 TO 11 - 10 NIGHTS / 11 DAYS: Starts in Cartagena and ends in Bogotá.
DAY 1 TO 7 - 6 NIGHTS / 7 DAYS: Starts in Cartagena and ends in Riohacha.
DAY 4 TO 11 - 7 NIGHTS / 8 DAYS: Starts in Riohacha and ends in Bogotá
Combination between Bolívar, La Guajira, and Bogotá.