



# PERU WELLNESS POST- RETREAT EXTENSION

Post-retreat: October 10 - 13, 2026\*

*\*limited availability*

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# POST-RETREAT OPTIONAL EXTENSION

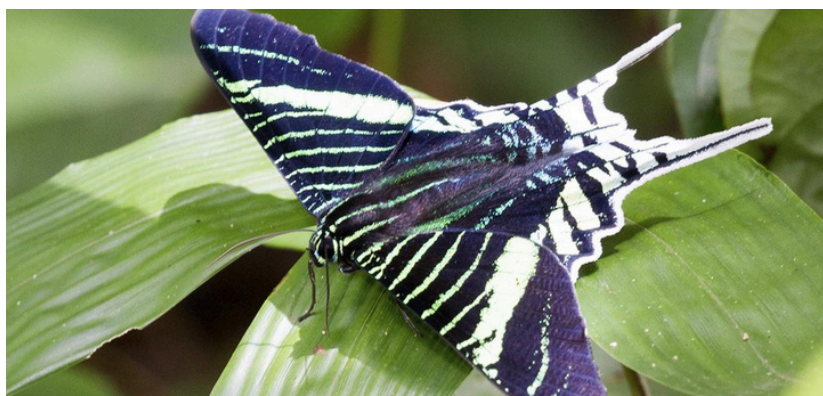


## Extend Your Wellness Journey: 4-Day Tambopata Ecolodge Rainforest Immersion

Take your retreat to the next level with a 4-day extension to Tambopata Ecolodge, an award-winning eco-retreat nestled deep in the pristine Peruvian Amazon. Located on the banks of the wild Tambopata River, this experience is the perfect complement to your wellness journey—offering profound reconnection with nature, immersive serenity, and unforgettable adventure. Wake each morning to the sounds of the rainforest, surrounded by lush canopy and vibrant wildlife. Enjoy guided jungle walks, peaceful river excursions, and time to rest in your open-air bungalow as you deepen your connection to the Earth.



## POST-RETREAT OPTIONAL EXTENSION



This optional post-retreat extension includes:

- Roundtrip flights and transfers to/from Cusco
- 3 nights in sustainable comfort at Tambopata Ecolodge
- Expert-led nature excursions: canopy tower, oxbow lake, wildlife spotting
- Fresh, locally sourced meals
- Ample time for rest, journaling, or quiet contemplation

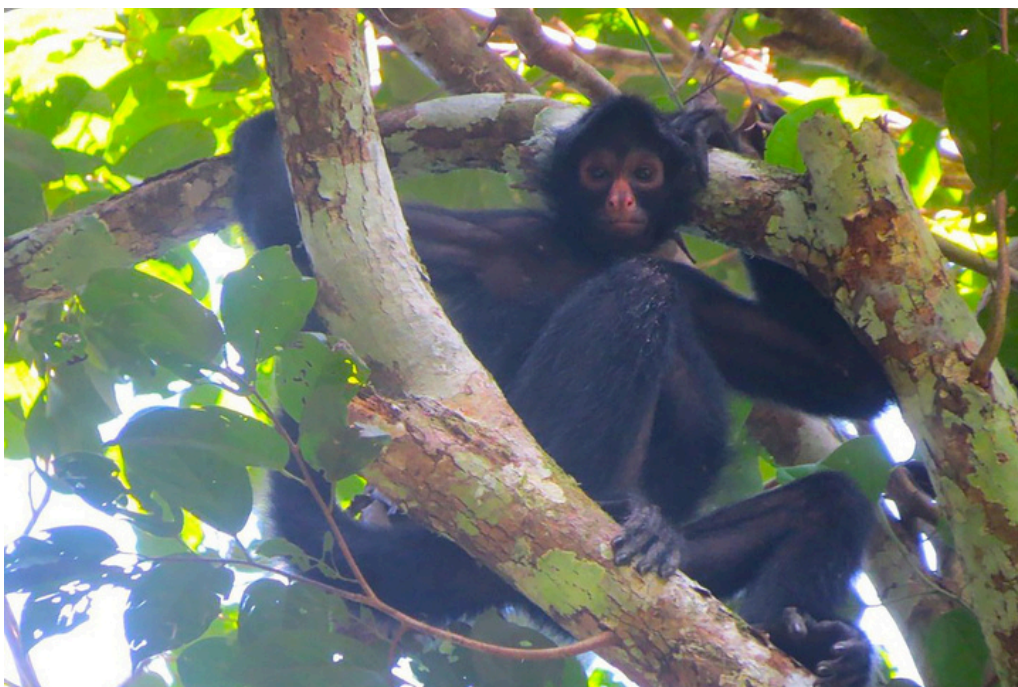
Whether you're seeking a digital detox, a deep exhale in nature, or a transformative close to your Peruvian journey, this extension offers the rare chance to truly unplug and be.



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## POST-RETREAT OPTIONAL EXTENSION



Fly from Cusco to Puerto Maldonado Airport  
Fly from Puerto Maldonado Airport to Cusco



Airport transfer to / from Tambopata Ecolodge  
(includes covered motorized boat)



Included activities and excursions

- Night wildlife spotting
- Jungle excursions
- Caiman spotting cruise
- Endless birdwatching

Optional working plantation visit



# POST-RETREAT OPTIONAL EXTENSION ITINERARY



## Day 1

After a brief stop in town to store large luggage, drive to the pier and travel by covered motorized boat to the jungle lodge. En route, spot bird species typical of the local river and forest edge. The Tambopata Rainforest area holds the world record for the most bird sightings in one area.

Local community members make up the majority of lodge staff, including multilingual naturalist guides. Take the opportunity to learn about the area's rich flora and fauna and locals' extensive use of medicinal plants and other forest plant resources through traditional techniques for building, fishing, and hunting.

Enjoy a welcome drink and orientation. Before dinner, head out for a night walk around the lodge grounds.



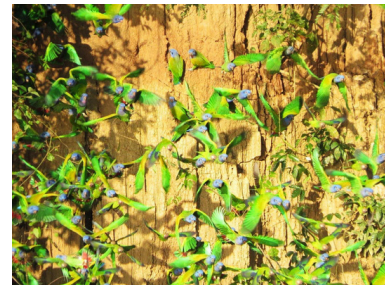
# POST-RETREAT OPTIONAL EXTENSION ITINERARY (CONT'D)



## Day 2

Head out early to catch the jungle at its wildest (and coolest). Walk slowly through the forest searching for wildlife before heading out on an oxbow lake by canoe.

Enjoy visits to oxbow lakes to learn about the jungle and its inhabitants. Be introduced to the area's rich flora and fauna by expert naturalist guides, who can teach extensive uses for medicinal and other forest plant resources through traditional techniques. Be prepared to go early morning or evening to avoid the heat of midday. Enjoy a leisurely pace – the trip requires some walking, but nothing too strenuous.



The afternoon brings you some time to spend around the lodge or go further afield. Free time is yours to explore any way you want!

Head out after dark by motorized canoe to search for caimans on the river banks. Enjoy a lesson on caimans from the expert guide. Take advantage of the keen eyes of the expert naturalist guides – they are truly spectacular at spotting these elusive smaller cousins of alligators hiding on the muddy banks.

Optional excursion to a working plantation.



## Day 3

Take a boat excursion to a spectacular hidden lake. There's a chance to spot the elusive black caiman and giant otters. Return for lunch and another free afternoon for relaxing.



Enjoy visits to oxbow lakes to learn about the jungle and its inhabitants. Be introduced to the area's rich flora and fauna by expert naturalist guides, who can teach extensive uses for medicinal and other forest plant resources through traditional techniques. Be prepared to go early morning or evening to avoid the heat of midday. Enjoy a leisurely pace – the trip requires some walking, but nothing too strenuous.

Enjoy some free time in the afternoon!

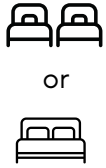


## Day 4

Start early for the canoe trip back to Puerto Maldonado. Search for early morning wildlife. Howler monkeys are frequently heard, as they stake out their territories. Arrive back to the port and journey by van to the lodge office to collect luggage before heading to the airport.



# ROOMS + PRICING



## **\$739 | Cabin-style Double Room\***

Per person, based on double occupancy (shared or own bed). Perfect for couples, solo travelers or friends traveling together (shared room); 1 King or 2 Twins/Doubles, en-suite bathroom, private terrace, mosquito netting



## **\$1,019 | Cabin-style Single Room\***

Per person, based on single occupancy (private room). For those who prefer a private room; King bed, en-suite bathroom, private terrace, mosquito netting.



*\*Room configuration is subject to availability. Pricing may vary slightly depending on airfare fluctuations at time of booking.*

Prices listed are per person, based on double or single occupancy. Final cost may fluctuate based on internal airfare prices when booked.



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# INCLUSIONS

## What's included:

- ☒ 3-night accommodations
- ☒ Shared airport transfers (via shuttle and boat)
- ☒ Daily local homemade meals (breakfast, lunch + dinner)
- ☒ Excursions listed in itinerary
- ☒ Professional bilingual, local naturalist guide
- ☒ Internal flights (Cusco to Puerto Maldonado and Puerto Maldonado to Cusco)



## What's NOT included:

- ☐ International airfare
- ☐ Trip insurance
- ☐ Extra add-on excursions
- ☐ Gratuities
- ☐ Non-alcoholic/alcoholic beverages ordered at bar
- ☐ Entrance fee to Tambopata National Reserve

**For questions, please contact Tracy at**  
**860-603-2387**  
**twisteddogyoga@gmail.com**



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# PAYMENTS, CANCELLATION POLICY + TRIP INSURANCE

## Payments

Non-refundable reservation deposits are due upon booking:

- Pre-retreat City: \$150
- Post-retreat Rainforest: \$250

First payment of 50% is due May 4, 2026.

Final payment is due July 4, 2026.

To confirm your reservation, you must submit your completed and signed Twisted Dog Yoga Retreat Agreement and Liability Release.

## Cancellation Policy

**All payments are non-refundable.** If you need to leave the retreat early there are no refunds or pro-rating of days. We understand there are things in life beyond our control, therefore Trip/Travel Insurance is compulsory.

## Trip/Travel Insurance

Trip/Travel Insurance is required to participate in our Retreat. Should something unexpected happen, this will provide you with the confidence that your trip will be covered.

You must send proof of your Trip/Travel Insurance within 14 days after booking your reservation. We highly recommend "Cancel for Any Reason" provision be added to your policy.

When selecting a travel insurance policy please bear in mind that you must have medical coverage and that it's required to have a minimum coverage of USD \$200,000 for repatriation and emergency rescue. It's strongly recommended that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance, you must provide proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

To help in your selection of Trip/Travel Insurance, you will receive details on available trip insurance that can be added or you may find insurance on your own.



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WELLNESS THROUGH MOVEMENT

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