



Galapagos Wellness Cruise

with Phyllis Pilgrim | October 25 - November 3, 2018

Join a voyage of discovery to the Galapagos Islands with renowned yoga and meditation teacher Phyllis Pilgrim. Our longtime friend and former INCA Galapagos traveler, Phyllis, will accompany you through the Enchanted Isles while sharing her practice of mindfulness.

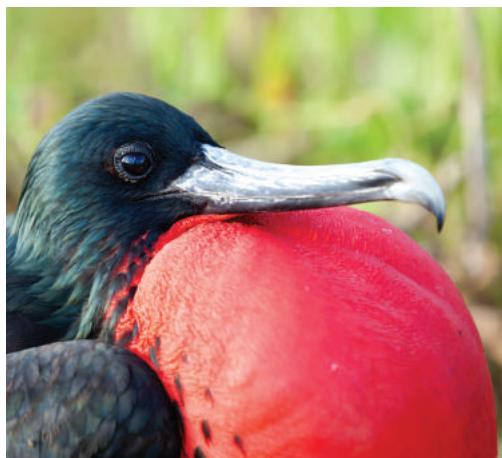
Phyllis will lead yoga, meditation, T'ai Chi and qi gong sessions that are organically woven into your in-depth Galapagos experience as you cruise aboard the luxury yacht INTEGRITY.

Your adventure begins with an exploration of Colonial Quito, Ecuador, a UNESCO World Heritage Site, followed by a restorative eight days in the remote, unspoiled Darwin's Islands, the Galapagos. Your days are filled with island walks among the fearless birds and animals, snorkeling with sea lions and penguins, kayaking, wellness sessions, and naturalist led talks about natural history.

It will be easy for you to be in the moment and to savor your immersion into the natural world among the stretching sea lions, sky-pointing boobies and sun-worshiping marine iguanas. There may be a no more inspiring place for you to connect with nature and reconnect with yourself.

Highlights

- Two nights in Quito, Ecuador
- Tour of Colonial Quito
- Eight-day Galapagos cruise aboard luxury yacht INTEGRITY lead by expert naturalist Pati Stucki
- Wellness Program lead by Phyllis Pilgrim including yoga, meditation, Tai Chi, qigong
- Maximum 15 guests





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10-Day Itinerary

October 25, 2018

Arrive Quito

October 26, 2018

Explore UNESCO World Heritage city of Quito, welcome orientation

October 27, 2018

Fly to Galapagos, see giant tortoises in the wild, visit Charles Darwin Station, board INTEGRITY

October 27 - November 2, 2018

Galapagos cruise with yoga, meditation, Thai Chi, shore visits, snorkeling, kayaking

November 3, 2018

Disembark, return to Quito, connect to international departures.



Phyllis Pilgrim

A survivor of Japanese prisoner of war camps in Indonesia, Phyllis taught Geography in London and Barbados for 24 years. While in Barbados, she opened a successful yoga center with her husband. Phyllis left Barbados to work at Rancho La Puerta in Tecate, Mexico, as a yoga teacher and fitness instructor, and introduced meditation and mindfulness to "The Ranch," where she was Fitness Director for 18 years. She still teaches yoga, Tai Chi, qi gong and meditation at the Ranch, dividing her time between the Ranch and San Diego. A world-wide traveler, Phyllis has recently led groups in Turkey, Bhutan, and Tanzania. She is a many-time visitor to Galapagos.

Rates

\$7995 per person, double occupancy

Supplements (per person)

Suite on INTEGRITY +\$1200

Single on INTEGRITY +\$1800

Single at hotels: +\$695

Included

All hotel and yacht accommodations, most meals, all transfers on tour days, all tours, yoga equipment, snorkel equipment, laundry aboard INTEGRITY

Not Included

International airfare, Galapagos airfare (est. \$560), Galapagos National Park Fee (\$100), Galapagos Transit Card (\$20), gratuities for guides and crew, bar tabs, items of personal nature.

Rates subject to change.



Pati Stucki

Pati's fascination with the Galápagos Islands began at a young age, when she sold chocolates to raise funds to protect the enchanting archipelago. Today, Pati shares her passion for flora and fauna with Galápagos travelers full-time. When she is not guiding, Pati enjoys diving, gardening, taking care of her small cocoa farm in the Santa Cruz highlands, and maintaining her yoga and meditation practice.



INTEGRITY

Galapagos luxury for 16 passengers, INTEGRITY is stabilized for a smooth cruise. All nine staterooms are on the main deck and have multiple picture windows. The salon and dining deck has an open floor plan with 270° views. The sun deck is perfect for yoga and watching frigatebirds soar. Meals are gourmet and special diets accommodated. INTEGRITY operations are one of the most environmentally conscious in Galapagos and has earned the Galapagos Quality Gold Seal for its commitment to conservation and environmental practices.

Join Phyllis in Galapagos in October! Contact INCA or visit www.inca1.com/galapagos-wellness-cruise