

# Cancion Del Corazon - Your Hosts and Center Facilities



Greetings, we are Suzannah and Phil, co-founders of Cancion Del Corazon, Center for Holistic Living Arts. We are delighted to have the opportunity to share our a little taste of our vision, and what we have created here.

Coming to a new place can be full of exciting adventure, and lots of unknowns, and we want to let you know that we are here to help you navigate your planning process, and offer you all

the information you need to help you feel comfortable and excited to join us .

We are located in Vilcabamba Ecuador, known as the Sacred valley.

This document will walk you through:

1. An Overview of the Space
2. Arriving Here
3. Accommodations:
  - a. Two-room house with shared outdoor terrace and kitchen
    - Room 1: El Parajito (single bed, private bathroom)
    - Room 2: El Águila (queen bed with private bathroom)
  - b. Sol-Tierra Apartment (two-bedroom suite with shared bath)
4. A little bit about Vilcabamba
5. Cancion del Corazon Regenerative Permaculture Sanctuary
  - a. A brief note about our center
  - b. Community Guidelines
  - c.

If you're not sure where to get started, send us an email or reach out via what's app +593 96 936 0213 and we can help you figure out your options.

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## 1.Overview



We are located in the rural neighborhood of Barrio San José. We have been creating a regenerative permaculture sanctuary on 1 hectare of land, for over 14 years, offering guests an experience of sustainable living, through direct connection with Nature and our food

sources. We have breathtaking mountain *vistas*, walking paths to enjoy the beauty of our gardens and a growing permaculture food forest surrounding the facility.

We are inspired to share our knowledge and experience about permaculture living and the living library of plants and food producing species that we are growing here. During a retreat, all the participants will have their own private spaces for rest and integration, as well as use of the common spaces to be able to fully immerse themselves in the experience.



All of the structures are built with sustainability in mind, using non toxic, eco-friendly materials and permaculture principles. We have excellent tap water for bathing and drinking here in the San José barrio of Vilcabamba. We are supplied by a community owned water system cooperative, who access water from a pristine source and which is then treated in a silica sand filtration facility. All of our wastewater is treated using sustainable bio-remediation systems. *Please bring river-friendly soaps and shampoos.*

We offer a laundry service for \$5 per large load washed, dried and folded, to give you the option of a restful stay. High speed WIFI is available in all the spaces.



### The Sanctuary

The center of our collective gathering space is the Sanctuary de Luz. This is where we will be sharing our morning and evening practices, as well as participating in the scheduled workshops.

### 3. Arriving here

One of the reasons that Vilcabamba has such a special energy is that it has been protected from commercialization, and large scale tourist development. And the reason for that, is that it's a little out of the way. There are a few different options of how to get to Vilcabamba either bus, or shuttle or flights. We're happy to assist you with the best routes for how to get there.

### ACCOMMODATION OPTIONS TO CHOOSE FROM:

#### 4. Accommodations Shared two-room house with outdoor terrace and kitchen



Find your home away from home, overlooking the permaculture landscape of the Canción del Corazón orchards and gardens, with a majestic backdrop of Andean mountain vistas. Discover the joy of outdoor living with the perfect tropical climate, and feel one with nature as you enjoy the shared outdoor living space and kitchen.

Each unit has a hammock to relax in, as you take in the beauty of the gardens and tranquility of nature.



The open air kitchen is well stocked with stainless steel pots, blender, toaster oven, 4 burner stove and fridge. There is a dining area and sitting terrace where you can watch the hummingbirds feeding on the flowers. There is high speed internet available in all the spaces.

Both rooms have private ensuite bathroom has 24/7 hot water and comes equipped with towels, and eco-soap/shampoo

**Unit #1 El Parajito (single occupancy):**

Check out our airbnb listing for all the pics and reviews, but book directly with us for this special offer. <https://www.airbnb.com/rooms/2897352>

One of our most popular units on Airbnb, this room has a single bed, writing desk, and private bathroom. Just outside the door there is a hammock for afternoon siestas, where you can relax in the embrace of Pacha Mama, nestled among the banana trees, and surrounded by permaculture gardens. In this perfect tropical climate, you can enjoy the feeling of living in nature with the shared open air kitchen, and terrace, surrounded by growing food forests, flowering plants, birds and butterflies.

**Unit #2 El Aguila (queen bed - single or double occupancy)**

Check out our airbnb listing for all the pics, and reviews, book directly with us for this special offer. <https://www.airbnb.com/rooms/3136113>

Sweet and comfortable private bedroom with queensize bed, and writing desk. full ensuite bathroom and 24hr. hot water. Includes use of a shared kitchen and furnished outdoor terrace to help you feel at home away from home. Enjoy the beauty of living within a permaculture paradise, and the inspiring mountain vista from the front porch hammock. Relax in the warmth and comfort of the ideal climate, and take in the beauty of the gardens and tranquility of nature.

a. **Sol-Tierra Apartment (two-room accommodation)**

Check out our airbnb links to see all the pictures, and reviews, book directly with us for this special offer.

<https://www.airbnb.com/rooms/1765923>

The Sol-Tierra suite is a spacious fully equipped, self contained private 2 bedroom apartment complete with a private kitchen, bathroom, & outdoor patio/lounge. There is both ethernet and Wifi available throughout the



### *Bedroom 1 (queen size bed)*

The main bedroom has a very comfortable queen orthopedic bed, with space for a second single bed on request. It comes equipped with two dressers, and a working desk.

### *Bedroom 2 (single bed)*

The second bedroom has a single-sized bed, or can be converted into an office or therapy space on request.

### Suite Facilities

#### *Indoor lounging*

Sol-Tierra comes with a private lounge area that includes a sitting area and a dining table.

#### *Kitchen*

The stainless steel kitchen comes fully equipped with pots, pans, plates, glasses, bowls and mugs. It includes a water filter, an oven for cooking, a toaster oven for toast, baking or to reheat meals.

[include pictures of toaster oven, oven, blender, plates and glasses]

#### *Bathroom*

The full 3 piece bathroom is equipped with a drying rack, 24 hour hot water, and towels.

#### *Outdoor lounging*

Your private outdoor lounge includes a hammock where you can rest, a couch and coffee table. There is also another dining table to work or enjoy your outside meals.

## 5.A little bit about Vilcabamba



Vilcabamba is considered a jewel in the crown of the Southern Andean mountain range of Ecuador, about 5° south of the equator. The climate is commonly referred to as “eternal spring”, with both a dry and wet season, though temperatures are always moderate. Long known also as the “Valley of Longevity”, and the “playground of the Incas”, where Incan royalty would go for rejuvenating retreats. This theme carries forward to present times, as its healthy environment

energetically supports self development and spiritual awakening.

The Vilcabamba town center is only a 25 minute walk or \$2.50 taxi, and is a social center for many travelers. One can find international cuisine along with local fare, and local markets of tropical fruits and vegetables. Vilcabamba is nestled on the edge of Podocarpus National Park, where stunning vistas, wilderness hiking and horseback trail riding adventures await.

Vilcabamba has been known as a center for healing and longevity since ancient times, and the healing energies of these mountains, and crystal waters, continue to draw people here for healing and rejuvenation. Vilcabamba has a collective of world class healers, therapists, and transformational community events, and we are happy to help guests with a directory in which you add some extra personal rejuvenation sessions while you are here.

## 6.Cancion del Corazón Center Holistic Living Center for the Arts



The vision of this center is to share the inspiration and example of what is possible when we create our lives upon a foundation of wholistic wellness, and inter-relationship. Believing that our primary connection with life comes from the earth, and the elements, we

build our foundation for wellbeing based upon the principles of permaculture, becoming deeply related with the systems of life that sustain us, through conscious design that supports this interrelationship on every level, and brings us into constant connection with the vital energies of life that are here to support us.

This vision arose, as a song from our hearts, a calling to co-create with Nature, and bring our lives, and our actions into greater harmony with Life. We have cultivated this 3 acre property to be a regenerative living sanctuary, a living laboratory to experience a deeper relationship with Life, through sustainable living practices, and embodied spirituality.



We are cultural creatives, devoting our lives to share our integrative wisdom toward a renaissance of human consciousness. We have been a hub of transformational learning experiences, hosting retreats, workshops and international visitors for over a decade, and are deeply inspired by the vision of cultural rebirth, through empowerment of the collective. We believe in mind, body and spirit wellness, that is directly sourced from Nature. Our regenerative living sanctuary is an ecosystem of food production, diversity, ecological regeneration, and beauty, featuring permaculture systems, and organic gardening that allows us to offer seasonal farm to table menu to our guests. We nourish the spirit with offerings, such as yoga, and community chanting, and sweat lodge.

The center is entering its 15th year of development; the food forests and garden plantings are gradually evolving into a self-sustainable system, the solar energy systems, water systems, human habitation facilities are in place, and consciousness and community development work is ongoing.

## 2. Community Guidelines

We have a strict no-smoking policy for all inside spaces. Guests are welcome to smoke outdoors, unless it is in proximity to other non-smoking guests. Please respect the air quality preferences of others. Guests are welcome to enjoy the beauty of nature and are free to explore the 1 hectare permaculture landscape.

