
- AMAZON -

MINGA LODGE

& SANCTUARY



Your path to living your longest,
healthiest and best life.

FULFILLED LIFE TRAVEL



Every retreat at Minga Lodge & Sanctuary is an immersion in nature, wellness and connection. It's a chance to restore energy while discovering new ways to live a fulfilling life. Minga Lodge is a transformational sanctuary where you can experience the untouched beauty of the Amazon rainforest as you connect with the local community and help drive lasting impact through conservation and local partnerships. It's designed for people who care not just about what they build, but also about who they become along the way.



WELCOME TO MINGA LODGE & SANCTUARY

Minga Lodge & Sanctuary is nestled in the heart of the Ecuadorian Amazon Rainforest – a sanctuary where the pace of the modern world fades and the rainforest’s ancient rhythm takes over. Here, the land itself creates space for rest, healing and connection.

When you gather at Minga Lodge, you’re not just planning a retreat – you’re stepping into a serene sanctuary designed to help you reconnect with nature and yourself. This guide will help you create an experience that renews energy, nurtures well-being and inspires lasting change. Here, wellness, nature and community come alive – the vibrant heartbeat of the Amazon.



ABOUT MINGA LODGE & SANCTUARY

Minga Lodge & Sanctuary is a private retreat in the heart of the Ecuadorian Amazon, set within 700 acres of protected rainforest along the Rio Napo. It offers a rare opportunity to escape the noise of modern life and reconnect with the healing power of nature.

Guests stay in elegant, climate-controlled cabins where modern comfort meets the untouched beauty of the rainforest. Farm-to-table dining features vibrant Amazonian superfoods from our own Minga Superfood Farm, nourishing both body and spirit. Wellness here includes a traditional temazcal, a yoga and meditation pavilion, hot and cold plunge pools, a fully equipped fitness center, rainforest trails and ancient Amazonian rituals designed to restore balance, clarity and energy.

Days unfold with guided rainforest explorations, meaningful connections with local culture and abundant space for reflection, restoration and well-being.

HIGHLIGHTS OF MINGA LODGE

- **Yoga Pavilion:** An open-air yoga and meditation space surrounded by rainforest, designed for movement, stillness and deep restoration.
- **Temazcal Sweat Lodge:** A traditional Amazon experience designed to purify, release and restore balance.
- **Plunge Pools:** Hot and cold plunge pools to invigorate the body and calm the mind.
- **Gym:** A space designed for strength, mobility and recovery, whether through HIIT sessions or mindful movement.
- **Accommodations:** Private, eco-luxe cabins with rainforest views, crafted for comfort and calm.
- **Rainforest Dining:** Meals unfold overlooking the Rio Napo with nourishing Amazonian superfoods and vibrant local flavors.
- **Napo Nook Bar:** A welcoming gathering place for smoothies, fresh-pressed juices and Ecuadorian coffee.
- **Minga Superfood Farm** Our on-site superfood farm supplies much of what we serve at the lodge while advancing conservation and community training.
- **Minga Animal Sanctuary & Reserve:** A shelter for healing and rehabilitating Amazon animals.





ACCOMMODATIONS

Minga Lodge & Sanctuary offers elegant, eco-luxe cabins crafted to bring comfort and calm to the heart of the Amazon.

Each cabin features climate control, floor-to-ceiling glass windows framing panoramic rainforest views and an outdoor veranda with a macrame hammock – a place to rest, reflect and feel immersed in nature.

Cabins are furnished with canopy beds, en-suite bathrooms, crisp cotton linens and whitewashed Nordic ceramic floors.

All accommodations include ensuite bathrooms, daily cleaning, nightly turndown service and organic amenities – simple touches of care that support renewal and restoration.





FOOD: THE ONE-MILE DIET

At Minga, every meal is rooted in the land itself. Fresh ingredients come directly from the Minga Superfood Farm, our regenerative, superfood farm just across the Napo River.

Meals are thoughtfully prepared by our chef who leverages the Amazon's bounty while sourcing premium, specialty ingredients across the country to create fresh, healthy delicious epicurean meals designed to nourish your well-being and your soul.

Dining Highlights:

- Anti-inflammatory ingredients
- Longevity-promoting Amazonian superfoods like cacao, sacha inchi, chonta and others
- Flexibility for every dietary need: vegan, gluten-free, dairy-free, etc.
- Dishes designed to support gut health, restore energy and sustain presence throughout your stay

Food is served at Mikuna, our rainforest restaurant with sweeping views of the Rio Napo. Meals foster not just wellness but also connection and community.



CELEBRATING FARM-TO-TABLE DINING: VISITING THE MINGA SUPERFOOD FARM

The Minga Superfood Farm is at the heart of our conservation and community engagement — a place where nutrient-rich Amazonian superfoods like cacao, sacha inchi and chonta are grown with care and respect for the rainforest.

Here, the Melipona Bee Rescue Sanctuary protects stingless bees that are vital to biodiversity and rainforest regeneration.

By sourcing directly from the Superfood Farm, Minga creates a closed-loop food system: fresh ingredients that nourish body and spirit, restore the land, strengthen local livelihoods and connect guests to the living story behind every meal.



WELLNESS AT MINGA

RECONNECT MIND, BODY AND SOUL

At Minga Lodge & Sanctuary, wellness is not a single moment – it's a full-spectrum journey.

From ancient cacao ceremonies and rainforest sound baths to a state-of-the-art Biohacking Center and world-class gym, every experience is designed to reconnect your body, clear your mind and awaken your spirit. Whether you participate in some activities or all, this is your space to restore, recharge and return to yourself – fully.



WELLNESS AT MINGA



Detox Program

Reset your system through a curated cleanse using fresh, local ingredients.



Sound Baths

Experience deep relaxation and clarity through curated healing vibrations.



Biohacking Center

Sharpen your mind and biology through cutting-edge therapies such as Vagal Nerve Training.



Shamanic Cleansing

Clear your energy and restore balance through this ancient Amazonian ritual.



Temazcal Sweat Lodge

A traditional Amazon sweat lodge experience to foster deep purification and renewal.



Hot and Cold Plunge

Rejuvenate your body and boost circulation through an invigorating cold plunge. Melt away tension and ignite deep relaxation in soothing hot pools.

WELLNESS AT MINGA



Fully Equipped Gym

Gain optimal strength and wellness in our fully equipped gym.



Forest Bathing

Reconnect and reflect on guided walks along lush rainforest trails.



Yoga & Meditation Pavilion

Find balance and serenity in our open-air pavilion surrounded by nature.



Sacred Cacao Ceremony

Awaken your senses, invite reflection and set intentions through mindful sips of pure cacao.



Spa Indulgence and Massage Therapy

Restore and reawaken through holistic treatments that blend Amazonian botanicals with expert care, from deep massages to reflexology.



Ayurvedic Healing

Elevate your well-being with ayurvedic healing (available with an additional cost). Explore ancient wisdom to balance your body and mind in the heart of the Amazon.

MINGA WILDLIFE SANCTUARY AND RESCUE CENTER

Set deep within 700 acres of protected Amazon rainforest, the Wildlife Sanctuary at Minga Lodge is a living refuge for some of the region's most vulnerable species. It plays an important role helping to address the illegal wildlife trafficking that still goes on in Ecuador.

Here, dedicated conservation work rescues, rehabilitates and rewilds cherished Amazon animals – from caimans and tamarin monkeys to the beloved sloth. In partnership with government agencies and local ministries, our team steps in to help, providing medical care and recovery for rescued or wounded wildlife.

Some stay longer than others but, whenever possible, they are released back into their natural habitat. Each successful return strengthens local ecosystems and reinforces the fight against the illegal wildlife trade. Guests can volunteer to help or come to learn. As they restore their inner world, they'll witness the healing of the outer one – a rare and humbling connection to nature's intelligence, resilience and grace.



ACTIVITIES AT MINGA

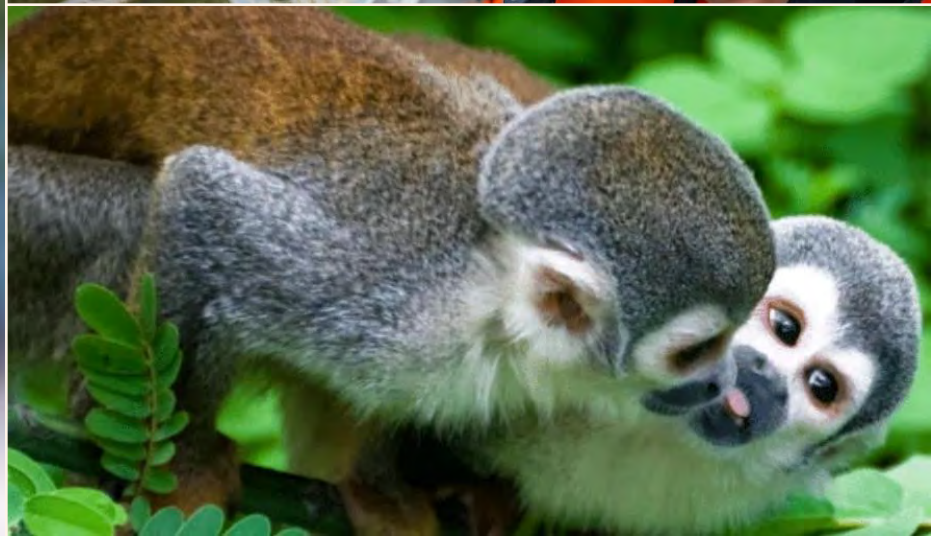
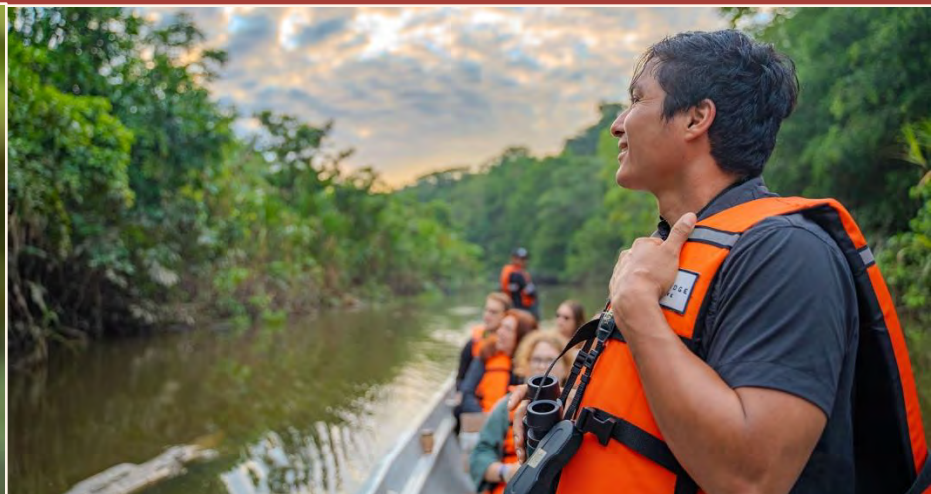
Discover a variety of activities designed to reconnect you to nature—and yourself!

Community and culture

Authentically experience what it is like to live in the Amazon. You will cook, craft and learn from local guides, artisans, farmers, chefs and Indigenous knowledge keepers.

Rainforest exploration

Hike and canoe under the rainforest canopy to spot amazing wildlife and birdwatch. Or hop into an open-air truck and make your way further into the unexplored corners of the Amazon.



ACTIVITES AT MINGA



Traditional Kichwa cooking

Visit a local farmer to help him harvest fruits and vegetables from his farm. Take them back to Minga Lodge and join our Kichwa chefs for a cooking lesson that transforms local ingredients into delicious traditional dishes like fish wrapped in palm leaves.



Coffee tasting

Start your day with a coffee tasting of locally sourced and expertly roasted coffees. Try your hand at scoring the aroma, acidity, body, and flavor of coffee prepared in several ways.



Weapons training

Follow the footsteps of an Indigenous weapons expert and learn how to throw a spear and shoot a blowgun. Test your precision as you take aim at targets of papayas mounted on sticks.



Birdwatching

Paddle down a tributary of the Rio Napo by canoe or kayak where it is not unusual to spot more than 30 species of birds in one hour, like the prehistoric looking Hoatzin, as well as majestic eagles.

—— MEET SOME OF OUR PAST GUESTS ——



▲ MARTIN LUTHER KING III | Thought Leader, Peace Maker, Negotiator



▲ DREW SCOTT | Property Brother, Actor, Entrepreneur



▲ LILY SINGH | TV Host, YouTuber, Comedian, Author



▲ NATALIE PORTMAN | Actor, Activist



▲ MALALA YOUSAFZAI | Activist



▲ MACHEL MONTANO | Singer, Songwriter



WHY HOST AT MINGA?

Minga offers a rare setting where rainforest, purpose, community and wellness converge.

Here's what makes it different::

- A one-of-a-kind location in the heart of the Amazon – inviting every guest to slow down, restore and reconnect with nature and themselves.
- Farm-to-table dining, powered by vibrant Amazonian superfoods from our Minga Superfood Farm, nourishing both body and spirit.
- Eco-luxe cabins with panoramic forest views, climate control, and outdoor verandas for comfort and reflection.
- Transformative wellness amenities including a yoga and meditation pavilion, Temazcal sweat lodge, hot and cold plunge pools, and a fully equipped fitness studio.
- Our Wildlife Sanctuary, protecting and rehabilitating vulnerable Amazon species and offering guests a meaningful connection to conservation.
- Meaningful engagement with local partners – every retreat directly supports conservation, education and livelihood programs, turning wellness into collective impact.

This is for leaders who care about what they build—and who they become in the process.

SAMPLE 5-DAY ITINERARY



Day 1 – Arrival

- Land in Quito
- Overnight at airport hotel
- Optional dinner, gentle movement or journaling time

Day 2 – Journey to Minga

- Flight from Quito to Coca
- Canoe ride from Coca to Minga Lodge & Sanctuary
- Arrival, check-in and fresh juice at the Napo Nook
- Evening yoga and meditation
- Welcome dinner

Day 3 – Movement + Connection

- Guided Rainforest Hike
- Temazcal
- Visit to the Animal Sanctuary
- Meditation and breathwork session
- Dinner and reflection
- Night hike in the Amazon Rainforest

Day 4 – Community

- Birdwatching
- Temazcal
- Traditional Amazonian cleansing ceremony
- Restorative yoga session
- Cacao ceremony
- Dinner under the stars

Day 6 – Departure

- Depart Minga Lodge in your canoe
- Fly from Coca to Quito
- Evening departure from Quito

OR

Continue your adventure and discover more of the wonders of South America with a customized trip extension

WHAT YOUR RETREAT INCLUDES

- Pick-up service at Quito airport
- One-night accommodation at an airport hotel in Quito
- Round-trip transfer from Quito to Coca and onward to Minga Lodge & Sanctuary
- Accommodation at Minga Lodge & Sanctuary
- Free flow filtered & purified drinking water
- All meals and snacks at Minga Lodge & Sanctuary
- Fresh juice, smoothies and local coffee
- Full access to the Napo Nook Bar
- Luxury organic amenities
- Complimentary Wi-Fi
- Daily cleaning service
- Laundry service
- Nightly turndown service
- Access to the gym
- Full use of the Yoga Pavillion, Temazcal and other wellness amenities
- Support from an on-site retreat coordinator
- Local visits: Superfood Farm and Animal Sanctuary
- Dedicated, world-class staff – including a private chef, rainforest guides, wellness instructors and professional security team



OPTIONAL EXTENSION PACKAGES FROM QUITO

QUITO, OTOVALO AND COTOPAXI

Start by enjoying Quito's many unique sights and activities. Drive overland to the regions of Otavalo and Cotopaxi for a unique glimpse into Ecuadorian life – from vast, open-air markets to snow-capped mountains in the highlands. Recharge and refresh at traditional and welcoming haciendas in the Andean mountain range. Enjoy optional daily hikes and excursions to breathtaking vistas, waterfalls and tranquil villages, all provided by our partner haciendas.



GALAPAGOS ISLANDS

Join expert guides for an unforgettable journey to discover the remarkable biodiversity and flora and fauna of this famous archipelago. Located 1,000 km from the Ecuadorian mainland, enjoy a remote paradise made famous by Charles Darwin and explore the many natural wonders on land or by sea. No matter which option you choose, we are happy to create the perfect adventure for you. Book early to secure your spot – Galapagos trips sellout very quickly.



MACHU PICCHU AND BEYOND

Start your journey in Peru's bustling coastal capital of Lima before traveling to the ancient city of Cusco. Spend a day wandering its cobblestone streets, exploring Inca ruins and admiring beautiful Spanish architecture against the backdrop of the cloud-topped Andes mountains. Then begin your journey to Machu Picchu, traveling through the Sacred Valley aboard a glass-topped Vista dome train. Along the way, take in stunning views of Peruvian villages nestled beside lush forests and rushing rivers. Your final ascent to Machu Picchu begins the next day.



Inquire for pricing.

ADDITIONAL FULFILLED LIFE TRAVEL PROPERTIES

EMBARK ON AN EXTRAORDINARY NEW WELLNESS EXPERIENCE AT KILIFI BEACH VILLAS, KENYA

Kilifi Beach Villas is a stunning luxury property nestled on the pristine white sands of Bofa Beach on Kenya's East Coast.

With private access to a serene stretch of soft sand beach and endless horizons, it's one of the most tranquil healing environments in the world. The resort will soon offer an unparalleled world-class wellness experience designed to guide you back to reconnection and renewal – to yourself, your health and a life that feels full.





ADDITIONAL FULFILLED LIFE TRAVEL PROPERTIES

BOGANI CAMP: IMMERSIVE SAFARI SANCTUARY IN THE HEART OF THE MAASAI MARA

Set within Kenya's 5,000-acre Enarau Conservancy, Bogani Camp is not simply a safari destination – it's an invitation to renewal, connection and purpose.

Here, the wild beauty of the Maasai Mara opens space to slow down, reflect and rediscover what matters most.

At Bogani, modern comfort meets the untamed wilderness. Guests stay in luxury safari tents and family cottages designed for rest and reconnection, enjoy nourishing farm-to-table meals sourced from our nearby regenerative Oleleshwa Farm, and gather in open-air spaces that bring people closer to the land and one another.

More than a retreat, Bogani is part of a larger story of impact. Each stay helps support education for local students at Legacy College and community-led healthcare at Baraka Hospital.





Let's Get Started

We provide hosts with retreat planning support to make the experience seamless and stress-free. Sales and marketing support include providing high-resolution photos, sample email copy and co-branding opportunities to make retreat promotion seamless and effective.

CONTACT US FOR MORE DETAILS.



YOUR JOURNEY OF
RENEWAL AWAITS.

—— *We hope you join us.* ——

Contact Us: janice@legacyplus.org