



Finding Wellness At Willka T'ika

12/15/19

***The New Oxford American Dictionary* defines wellness as “the state or condition of being in good physical and mental health.” It’s certainly a goal worth pursuing, even if it means going out and pursuing it.**

And more and more people are doing exactly that. Wellness travel was a \$639 billion industry in 2017, according to the Global Wellness Institute.

Many of those seeking wellness through travel have found their way to Peru. Small wonder. Peru offers myriad opportunities for physical, mental and spiritual rejuvenation. One of those is Willka T'ika, which describes itself as "the original premier Luxury Wellness Retreat & Yoga Center of Peru's Sacred Valley."

Founded in 1994 by Carol Cumes, Willka T'ika is the first retreat center in the Sacred Valley dedicated to yoga and mindfulness practitioners. The retreat differentiates itself from other wellness destinations by paying homage to ancient Andean values. Traditionally, the Quechua ancestral belief is to honor *Pachamama*, Mother Earth, while embracing reciprocal exchange *ayni*, which is the principle of sustainable giving and receiving.

Located in one of the most stunning places on earth, Willka T'ika strives to serve the spiritual and cultural needs of all guests seeking a genuine mind, body, spirit experience. Nearby ancient Incan ruins, ceremonial sites,

temples and an abundance of cultural activities beckon. For hikers, winding rivers, charming villages and high mountain meadows where herds of llama and alpaca graze await exploration.

At Willka T'ika, guests have the opportunity to take part in daily yoga sessions, and spend healing relaxation time in the tranquil environs of the lush 7 Chakra Gardens, which is also home to an ancient Lucuma tree, the fruit of which is an antioxidant-rich superfood.

The Willka T'ika experience can also include traditional spa treatments and ancient healing arts sessions, such as massages, facials, crystal light therapy sessions and outdoor floral solar baths.

Willka T'ika engages the services of traditional Andean healers who can guide guests through ancient Incan and Quechua rituals including a ceremony of offerings to *Pachamama*, and a chakra-energizing, two-hour Earth dance known as a *Panchadanza*.

The retreat offers excursions to Machu Picchu and other Incan sites led by select professional guides.

The Willka T'ika environment is one of simple, yet refined luxury. Comfortable, spacious guest rooms and group spaces are constructed of all-natural local materials. Interior and exterior walls are decorated with local artwork, ornaments, crystals and Andean symbols.

The main building, Rimaywasi, includes a spacious living room with a fireplace, a cozy sitting area and a bar that serves as a gathering place before meals in the two large dining areas. Meals here are an exotic, vegetarian fusion of Andean, American, South Asian and African flavors. The dishes incorporate high-protein Andean grains and legumes, as well as organic, freshly harvested vegetables and salads grown on-site.

The property includes an indoor ceremonial temple. An outdoor ceremonial fire pit, set in the gardens and used by visiting Andean ritual specialists, is available for nighttime gatherings.

In a world that seems to be moving faster each day, Willka T'ika provides an opportunity to feel nurtured in an environment of natural beauty designed to awaken body, mind and soul.

If you would like to visit Willka T'ika yourself, please check out the trip [here](#).

Also, If you would like to see the work of the [Willka T'ika Children's Fund \(WTCF\)](#) in action by visiting one of their schools during your stay, be sure to take advantage of a **special offer** exclusively for *Your Perfect Peru* readers.

For Additional Features on Willka Tika and the WTCF in PromPeru, December 2019, see the following links:

Bringing Education to the Andes

<http://yourperfectperu.com/2019/12/12/bringing-education-to-the-andes/>

Q'ero Feature

<http://yourperfectperu.com/2019/12/12/where-incan-healing-traditions-are-alive-and-well/>

Interview with Etelvino

<http://yourperfectperu.com/2019/12/12/a-success-tells-his-story/>