

# Conscious Leadership Program

Willka T'ika, Sacred Valley, Peru  
February 26 - March 4, 2023



Believe that  
your intuition is  
as powerful as  
your mind

Search for the  
deeper  
purpose in your  
career

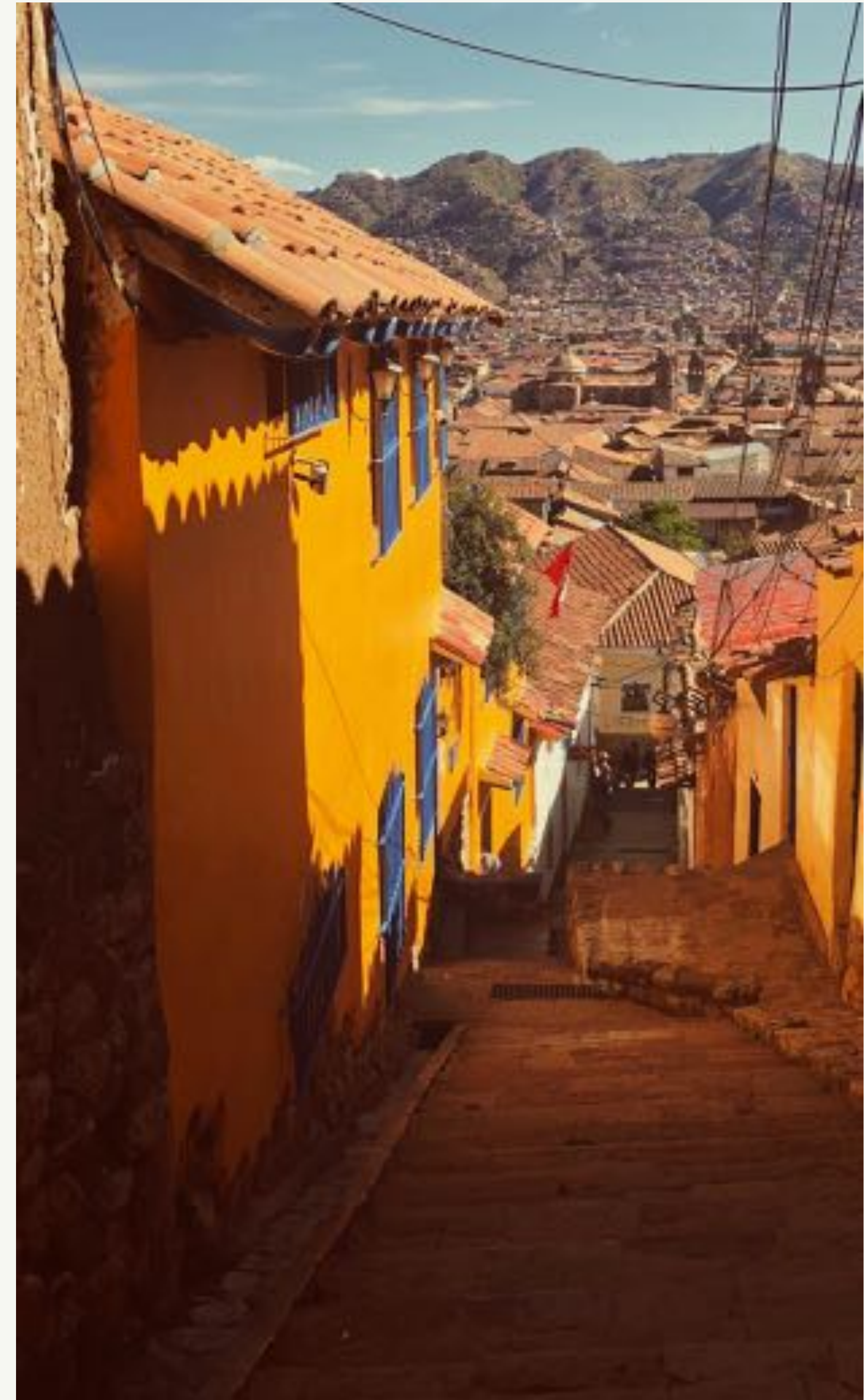
Aspire to be a  
full version of  
yourself at  
work

Do you?

Contemplate  
what it means  
to leave a  
legacy behind

Crave real talk  
and reflection  
with your peers

Dream of a  
deep  
connection with  
Nature and  
Spirit





# Get More Out of Life and Work

- When you unplug from your daily life, you will discover newfound abilities to creatively solve problems and clarify your next steps
- Take the time and space to explore the vision, values, and mindset that have informed your current leadership journey
- Build a roadmap for innovative, value-based leadership—in business and in the world





# This Retreat will include...



- **Comprehensive Vision Mapping** - a 5 Step Somatic Process to Map and Integrate Your Life Vision
- How to **build value by clarifying values**
- 7 Keys to building a **purpose driven** life and business
- Our proprietary **Reset, Reprogram, Thrive** © **Process** to detach from old, unhealthy ways of being and make new, more expansive choices
- A **heart centered approach** to maximizing profit and potential in the workplace and beyond
- **Energetic Activation:** Receive an activation and amplification of your energy field



# By the end of our program...

- Get **clarity** on your next chapter
- Experience a deeper understanding of **what matters to you**
- Gain a renewed sense of **vitality**
- Get clarity on your **values** and how to **live by them**
- Cultivate a sense of **connection** with **nature** and the **local culture**
- Leave with a **novel perspective** on your life





“It’s a gift to yourself,  
where transformation  
takes place, that makes  
you feel called by the  
universe.”

*~ Michael Franks, CEO & member of YPO Chief  
Executive Network*





“New visions and solutions cannot be found in an old, habitual mindset. Clear your heart and mind to the space where possibility is born.”

~ Vanessa Loder, Executive Coach, Author and High Performing Leadership Facilitator





# About Terry Cumes & Tristen Langley

Terry and Tristen run *Willka T'ika Essential Wellness* and reside in Peru when they are not in California or Australia. They both received their MBAs from Stanford Graduate School of Business, where they met ordering tea at the coffee line.

The Executive Director of Amalfi Capital, Tristen has two decades of experience in venture capital with leading international investment and technology companies. Langley sourced, led and was operationally involved with private investments that have returned over \$4.5 billion to investors. Tristen's experience spanning Asia, Silicon Valley, Europe and Australia has inspired women around the world to pursue careers in entrepreneurship and investing.

Terry is an international executive who has launched and grown several global travel and education businesses. Terry is the CEO of Willka T'ika, Peru's original luxury wellness center located in the Sacred Valley. Under Terry's leadership, Willka T'ika welcomes scores of groups each year from around the world. Each group is unique with programmatic themes ranging from yoga and mindfulness to transformative leadership in business. In 2022, Willka T'ika was included in "9 of the World's Best Wellness Retreats" by [CNN](#) and nominated "Best Digital Detox Retreat" by [Vogue Magazine](#).





# About Vanessa Loder

Vanessa is an executive coach, author and keynote speaker who has supported over 20,000 high performing individuals and teams at companies such as AirBnb, Bain & Co, Charles Schwab, Cisco, Goldman Sachs, Google, LinkedIn, Mattel, PwC, Salesforce, The North Face, and Uber amongst others. Loder's work has been featured in Forbes, Fast Company, CBS Nashville, Fox Chicago, and the Huffington Post. Her guided meditations have been streamed over 1 million times. In her previous life, Loder was a successful private equity investor who advised fast growing companies. She is a self-described over-achiever whose unfulfilling experience left her burned out, exhausted and eager to find another way.

Vanessa received her MBA from Stanford Graduate School of Business and her BA from Columbia University where she graduated Phi Beta Kappa, Summa Cum Laude. Loder is a certified Executive Coach, trained in Neuro-Linguistic Programming, Past Life Regression with Brian Weiss and Vipassana meditation with Jack Kornfield. Vanessa currently lives in Lafayette, CA with her husband and two children, who remind her to take "mommy time-outs" when she's about to lose her marbles. Visit her at [www.vanessaloder.com](http://www.vanessaloder.com).







Welcome to your home  
away from home



In the heart of Peru's Sacred Valley,  
Willka T'ika is a magical, grounding  
place to experience a unique  
energetic connection to nature and  
enhance your personal wellness.



We invite you to watch this [video](#)  
so you can see Willka T'ika for yourself





# Retreat Schedule



Note: Schedule subject to change based on  
availability



# Sunday: Arrival & orientation

- **Unwind:** Take time to rest from your travels. Early arrivals can feel free to visit Cusco on their own.
- After a welcome **K'intu blessing**, **dinner** will be served at 6:30 PM followed by a **group briefing** for the week's program.
- After dinner everyone will get the chance to **review and schedule** the week's **activities** at Willka T'ika.





# Monday: Grounding

- Start the day with optional **yoga** and **meditation**.
- Take a guided tour through Willka T'ika's world-renowned **seven chakra garden**.
- After lunch, engage in a **reflection activity** connected to purpose and conscious leadership.
- **Coca leaf readings** will take place during the afternoon with Don Benito our special **Pakko** (healer) from the community of Q'eros.
- After dinner, participate in an Andean **fire ceremony** to set your intention for the week.





# Tuesday: Reciprocity



- Start the day with optional **yoga** and **meditation**.
- Drive through the Sacred Valley to a Quechua mountain school supported by the nonprofit **Willka T'ika Children's Fund**. In an **ayni** (reciprocity) exchange, the group will offer an activity the children can enjoy.
- Continue to **Pisac** for a scenic **hike of the town's ruins** and wander around this mystic Incan citadel.
- After dinner, re-charge with therapeutic activities at Willka T'ika such as a **Solar Bath**, **Crystal Bed** therapy session, or an **Andean massage**.



# Wednesday: Intention

- Start the day with optional **yoga** and **meditation**.
- Enjoy a purifying **Temazcal** (sweat lodge).
- Participate in a **cacao** and **sound healing** ceremony.
- During late afternoon, re-group for a **preparation session** for your San Pedro ceremony and **group discussion** on intention setting and conscious leadership.
- After dinner, re-charge with therapeutic activities at Willka T'ika such as a **Solar Bath**, **Crystal Bed** therapy session, or an **Andean massage**.





# Thursday: Vitality



- Start the day with optional **yoga** and **meditation**.
- **Hike** to Maras for breathtaking views of **salt flats**.
- For lunch, enjoy a **culinary experience** at a local renowned restaurant.
- Come back to Willa T'ika for a centering **pranayama** meditation and group discussion.
- After dinner, re-charge with therapeutic activities at Willka T'ika such as a **Solar Bath**, **Crystal Bed** therapy session, or an **Andean massage**.



# Friday: Transformation



- The program culminates with a San Pedro Ceremony, a shamanic experience that calls to open heartedness and personal introspection.
- Our resident shaman Samer who has been working with Willka T'ika for over a decade will lead us through a deep healing journey.
- The ceremony will be followed by an integration circle to help process the experience and share insights.

Note: The San Pedro Ceremony is optional and those who do not wish to participate can spend the day at Ollantaytambo town, exploring the sacred sites



## Saturday: Final integration and farewell

- After breakfast, participate in a final integration activity after a week of reflection and introspection.
- Check out is planned for 11:00 AM.
- Those who are able to extend their stay can request help to further explore the Sacred Valley, Cusco, and visit Machu Picchu.





# Planning your stay at Willka T'ika

## Weather

The Sacred Valley has the most moderate weather in the Andes which means generally sunny warm days, and cool nights. January marks the beginning of the summer rainy season. Mornings are often clear and dry, and soft rains might arrive in the afternoon and continue through the night.

## Dining

Gourmet organic vegetarian meals and teas are served daily, using high-protein Andean grains and legumes, as well as organic, freshly harvested vegetables and salads grown on-site. We welcome vegan, gluten-free, and special dietary requests. Willka T'ika has the only 100% hormone-free and chemical-free gourmet vegetarian hotel kitchen in Peru's Sacred Valley. Our gardens are strictly organic. Filtered and boiled water is always available in dining room.

## Guests Services

Once in Peru, Willka T'ika staff will help ensure that all programming goes as smoothly as possible. Upon arrival at Willka T'ika, your professional Guide and Guest Service Staff will offer an orientation to Willka T'ika and review the group's program and schedule of activities with guests.



# Logistics & payment

Willka T'ika was originally conceived and is lovingly maintained as a private garden retreat center and boutique hotel. It is open only to registered overnight guests.

**Reservation:** All-inclusive \$3,850/person cost based on shared luxury accommodations for Wellness Retreat Feb 26 - Mar 4, 2023. A [\\$750 deposit](#) confirms your reservation. Single room supplement is an additional \$600 and subject to availability. Total cost is due 45 days prior to program by January 12, 2023. Complete our [online registration waiver here](#), and we strongly recommend purchasing adequate travel insurance.

**Arrival/Departure:** Program services begin with a transfer from the Cusco airport on Sunday February 26th and ends with one group transfer from Willka T'ika to the Cusco airport on Saturday March 4th. Participants are welcome to make their own travel arrangements outside of these times.

**Cost does not include:**

International roundtrip flight to Cusco via Lima.

Separate airport transfers and additional excursions.

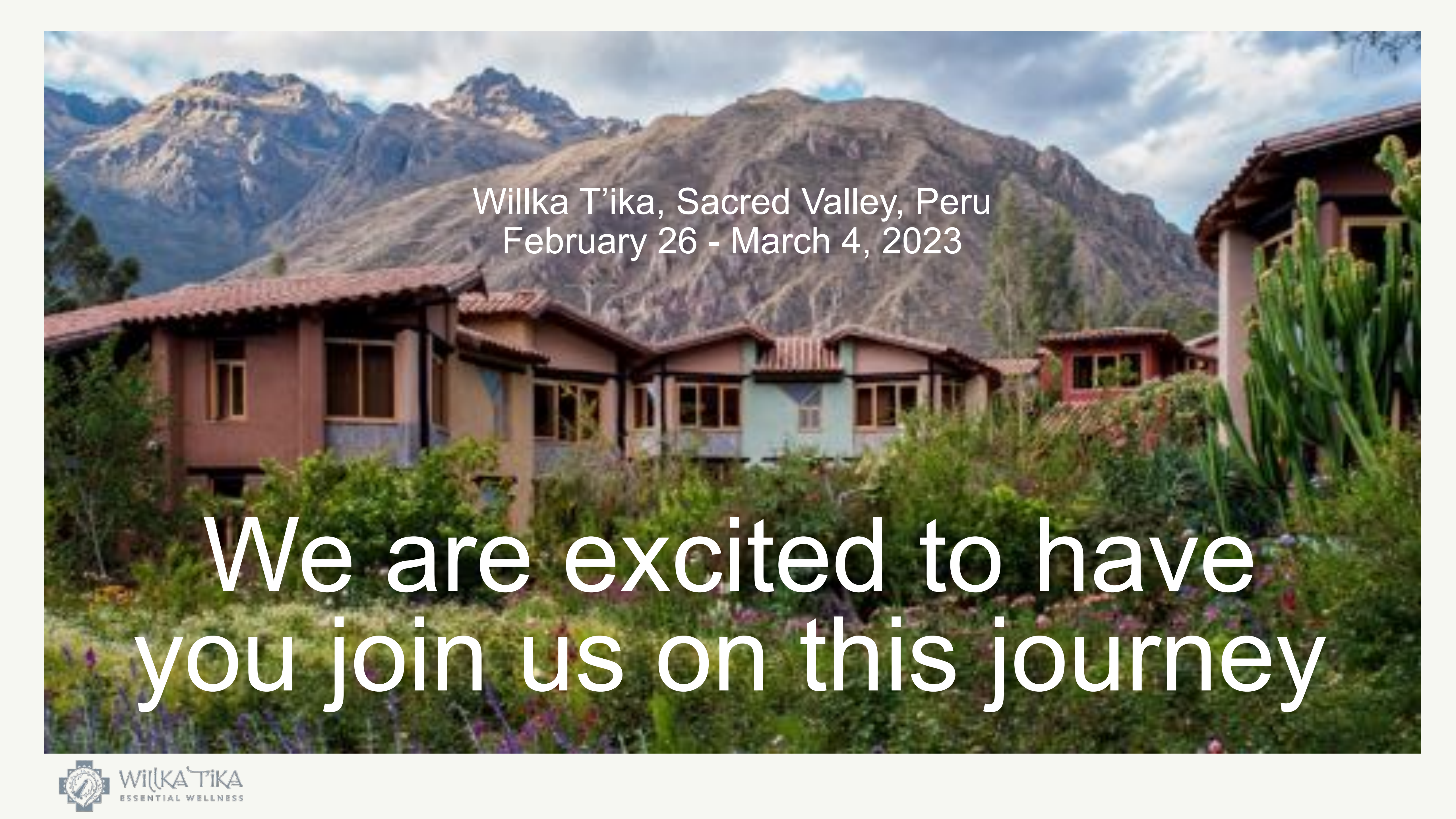




Do you have questions?

Please reach out to  
[terry@willkatika.com](mailto:terry@willkatika.com)





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We are excited to have  
you join us on this journey