Conscious Leaders in Piogram



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



Are you looking

for more **meaning**

in your career?

Are you at a

crossroads in life?

Do you feel **burnt**

out?

Are you living in accordance with your

WILLKA TIKA

values?

Do you feel **stuck** in old **patterns**?

Are you craving deeper connection?





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."

This Conscious Leadership Program will be co-led byMichael Franks, CEO & member of YPO ChiefExecutive Network













Velcome to your home

avay from home





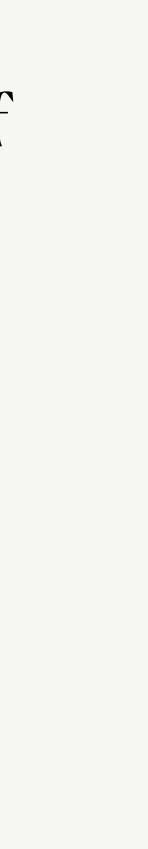
In the heart of Peru's Sacred Valley, Willka T'ika is a magical, grounding place to experience a unique energetic connection to nature and enhance your personal wellness.



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

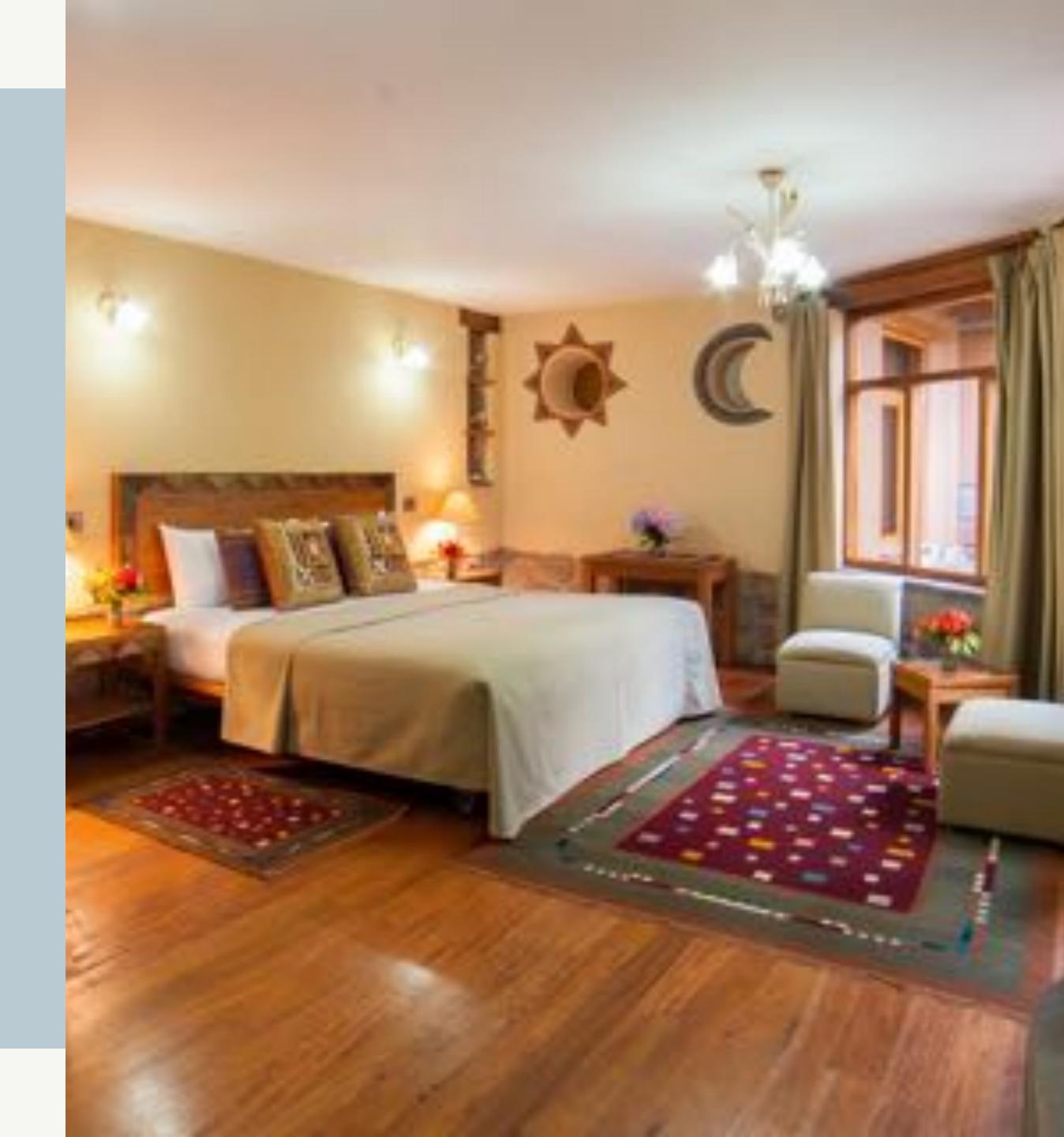




Sunday: Arrival & orientation

- 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 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 Pisaq 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, participate in a **culinary experience** at renowned Mil Centro restaurant in Moray.
- Come back to Willa T'ika for a centering pranayama meditation.
- 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.





Planning your stay at Willka T'ika



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.

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.

Once in Peru, Willka T'ika staff will help ensure that all programing 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 <u>here</u>, 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







Ve are excited to fave you/ join us on this journey





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