

Conscious Leadership Program

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

Are you at a
crossroads in life?

Are you looking
for more **meaning**
in your career?

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

Do you feel **burnt**
out?

Are you living in
accordance with your
values?

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





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 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, 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

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 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 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**



**We are excited to have you
join us on this journey**

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