



WILKA TIKA
ESSENTIAL WELLNESS

PERU WELLNESS RETREAT

with Michael Franks

FEB 25 - MAR 4, 2023

Optional San Pedro Extension, Mar 4 – 6th





"This was our first Mystery School retreat under the McKenna Academy, and as ever, I am happy to be working with Willka T'ika on such transformative programs. There is no better place in the Sacred Valley, perhaps in the world, for such events to take place. The magic of Willka T'ika's Chakra Gardens combined with the spiritual power of sound meditation makes for an experience unlike any other."

~ Dr. Dennis McKenna, leading Ethnopharmacologist

"I have traveled the world and seen many fascinating places, and Willka T'ika is the one I plan to return to again and again. The gardens are exquisite, the food is brimming with vitality and the location is conducive to experiencing the ancient essence. Our warm-hearted hosts have created an atmosphere of beauty and tranquility together with the very loving indigenous people of Peru. If you visit Willka T'ika you will experience the heart and soul of Peru."

~ Desireé Rumbaugh ~ leading Yoga Teacher

WILLKA T'IKA WARMLY WELCOMES YOU

Willka T'ika offers an ideal program for guests who wish to experience Wellness and further explore the major highlights of Cusco, Machu Picchu, and the Sacred Valley sites, while allowing ample person time at Willka T'ika. On select days this Wellness program includes professionally guided tours and ceremonies. The quality and variety of offerings in this eight-day program ensure that participants experience a truly magical journey to Peru.

TO DISCOVER A LUXURY RETREAT IN THE SACRED VALLEY

Willka T'ika is the perfect base for guests to tune into the Sacred Valley's unique energies and relax in the retreat's renowned Chakra Gardens, with options to participate in special gatherings in the ground's beautiful facilities. Additional healing treatments include solar-heated floral baths under the stars, Andean spa and massage, and crystal light therapy. Your professional tour guide will help you experience the traditional and cultural wonders of Peru and its people. Willka T'ika is a retreat conceived, built and maintained on sustainable principles, where you will savor gourmet organic vegetarian meals, fresh from our gardens and fully relax in your luxury garden accommodations. Take a [visual video tour](#) and see for yourself.



ABOUT OUR HOME AWAY FROM HOME

- [Willka T'ika](#), is Peru's premier luxury wellness retreat and boutique hotel and the original retreat center of the Sacred Valley — serene, sustainable and enchanting.
- Renowned Seven Chakra Gardens—inspiration of the 3-time gold award-winning book *Chakra Gardens, Opening the Senses of the Soul*.
- Vibrant, organic, vegetarian “farm to table” meals lovingly prepared by Willka T'ika chefs.
- Two sun-filled fully-equipped yoga studios for movement and large group gatherings.
- Dining-Living room area with fireplace and bar area—local wine and beer available.
- The round *Takiwasi* music shala with a fireplace and an array of Andean musical instruments — used for group gathering and ceremonies.
- The *Yachaywasi* library has a cozy fireplace and a great selection of English books.
- Nearby hikes beneath magnificent Andean peaks in awe-inspiring Sacred Valley scenery.
- Conveniently located between the ancient cities and temples of Cusco and Machu Picchu.
- Staffed by 20 local *Quechua*, Incan descendants who still practice ancient traditions.
- Passionate local guides who are experts in Andean culture, history and cosmology.
- Unique opportunity to participate in authentic, ancient Incan ceremonies with Qero healers
- With the [Willka T'ika Children's Fund \(WTCF\)](#), visit an isolated mountain community to directly experience the practice of *ayni*, Andean reciprocity, by supporting Quechua students
- Full menu of spa services are available that can be individually booked by appointment on site.
- Our gift store offers rare quality jewelry, textiles, and exclusive Willka T'ika products, such as essential oils made in our gardens. Sales support the mission of the WTCF.





PACHAMAMA RETREAT ITINERARY

Cusco Day 1

SAT FEB 25

Program begins with one transfer from the Cusco airport to your 4-star [Antigua Casona San Blas Hotel](#) conveniently situated in the fashionable cultural district of San Blas. Plan to arrive in Cusco by 11 a.m. to acclimate to the altitude.

3:00 pm: Meet your guide in the hotel lobby for a brief group orientation meeting. Late afternoon walk through the cobblestone streets of San Blas, where your guide will point out fascinating Incan stonework en route to the **Korikancha Temple**, the holiest site during Incan times.

6:30 pm: Willka T'ika invites you to a delicious Peruvian group dinner. (D)

Cusco & Sacred Valley Day 2

SUN FEB 26

AM: Visit the vast Incan site of **Saksaywaman** overlooking the city of Cusco. Continue on to the ritual fountains at Tampumachay. Participate in a ceremony to honor Yaku, the spirit of water, to open the body's chakras. Enjoy a box lunch at the site.

3:30 pm: Drive to Willka T'ika in the Sacred Valley through spectacular Andean mountain scenery. The Willka T'ika Quechua staff will welcome you to the retreat center and offer an orientation to the property, and help you schedule time for Andean spa services.

6:30 Group Dinner; and healing sound ceremony after dinner. (B.L.D)

Fire Ceremony Day 3

MON FEB 27

AM: Begin day with yoga and meditation session before breakfast. This day is dedicated to *Pachamama*, Mother Earth. Relax in the splendors of nature and enjoy a tour of the Seven Chakra Gardens. Optional private coca-leaf reading with an authentic Qero healer. Group leader sessions at time of choice. Optional guided walk through nearby Rumichaka farming neighborhood where the Quechua campesinos, farmers live. 1:00 pm Lunch.

PM: Coca-leaf readings continue from the morning; schedule spa treatments or hike locally. After dinner, enjoy a full group Andean offering and transformative fire ceremony with our Qero healer. The ceremony serves as a wonderful preparation of mind, body and spirit for your pilgrimage to Machu Picchu. (B.L.D)

School Visit & P'isaq Day 4

TUES FEB 28

AM: Begin day with yoga and meditation session before breakfast. This is an *ayni* day. Drive through the Sacred Valley to a Quechua mountain school supported by the nonprofit Willka T'ika Children's Fund. Since 1995, Willka T'ika has supported high mountain community communities where few tourists are privileged to visit. In a reciprocal *ayni* exchange, the group offers an activity the children can enjoy. The warmth and heart-warming joy of the children, and their openness in bringing guests into their daily lives are special moments not easily forgotten.

PM: Continue to the spectacular ruins of P'isaq, overlooking impressive Incan terraces, and enjoy a bag lunch. Hike to the Temple of the Sun and walk in a silent personal vision quest. Return to the main square of P'isaq by van transport and visit the famous, colorful market filled with woven goods, jewelry, wall hangings and hand-painted beadwork. Enjoy a local café for tea/coffee in the market square. P'isaq is a photographer's dream. (B.L.D)

Every Day at Willka T'ika:

Four studios/shalas available for private group activities.

Sacred Chakra Gardens are exclusively for our guests.

Farm-to-table vegetarian meals:

Breakfast (B): 8:00/8:30 am

Lunch (L): 1:00 pm

Dinner (D): 6:30/7:00 pm

Fresh herbal teas and organic coffee available





Machu Picchu Day 5

WED MAR 1

AM: Early breakfast. Vistadome train to Aguas Calientes. Tea/coffee and snack served on train. A bus takes you to the sunlit terraces of Machu Picchu. Enjoy a fabulous guided tour of the ancient "City of Light." Experience a journey through the masculine energy temples of political and spiritual power, followed by a deep reconnection of feminine earth energies.

Optional hikes to Inti Punku, the original Incan Gateway to the Sun or to the Incan bridge.

PM: Enjoy mid afternoon lunch in Aguas Calientes on own. Late afternoon train back to Ollantaytampu where you will transfer to Willka T'ika in time for a late dinner. (B.D)

Ollantaytampu & Maras Day 6

THURS MAR 2

AM: Begin with yoga and meditation session. Visit the ancient ceremonial site of Ollantaytampu and its famous Sun Temple with many stairs.

PM: Special Lunch Culinary Experience at the renowned [Mil Centro](#) in **Moray**.

After lunch, choose from a variety of local hikes, including the nearby **Maras Salt Flats** through the valley and up the mountains. (B.L.D)

Urubamba Day 7

FRI MAR 3

AM: Begin with yoga and meditation session. After breakfast, take a guided morning hike to the nearby town of Urubamba through farming neighborhoods, visit a typical lively Peruvian market and the famous Seminario ceramics shop. Motor taxi back to WT for \$1 for 2.

1:00 pm: Lunch at Willka T'ika

After lunch, experience a joyful Cacao Ceremony with our shaman facilitator.

6:30 pm: Farewell musical dinner, with our classical Andean musicians. (B.L.D)



Departure or Optional San Pedro (*Wachuma*) Extension

SAT MAR 4

10:00 a.m. Check-Out Time after Breakfast. One group transfer at check-out takes guests to the Cusco airport to connect to Lima, and flight home. From Willka T'ika, allow 3 ½ hours before your Cusco flight. Ideal flights to schedule depart from Cusco between 2 pm-5 p.m. Additional costs apply for an individual private transfer for guests with earlier/later departures. (B)

SAT MAR 4 – MON MAR 6: additional cost applies.

EXTENSION—includes authentic San Pedro (*wachuma*) ceremony led by our trusted shaman on Mar 4th from 8 am–5 pm with dinner at 7 pm; 2 extra nights accommodations at Willka Tika and all vegetarian meals. Mar 5th is a day of integration and guests can schedule spa services or sweat lodge and plunge pool payable on site. Depart at check-out after breakfast on Mar 6th.

PERU TRAVEL & YOUR STAY AT WILLKA T'IKA

PACKING ESSENTIALS

Please see [HERE](#) for full details on what to pack and what you need for travelling in Peru and staying at Willka T'ika. Our yoga studios are fully equipped with mats, blocks, straps, heavy wool & cotton folded blankets for bolsters and pillows.

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 water available 24/7 in dining room, and bottled water available for purchase.

TOUR GUIDE & STAFF SERVICE

Once in Peru, Willka T'ika staff will help ensure that all pre-trip arrangements go as smoothly as possible. Upon arrival at Willka T'ika, the 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. The Guide is included on the first day at Willka T'ika, and all days with scheduled outings.



LOGISTICS AND 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 : \$3850/person cost based on shared luxury accommodations for **Wellness Retreat Feb 25 – Mar 4, 2023**. A [\\$750 deposit](#) confirms your reservation. Single room supplement is an additional \$900 and subject to availability. Total cost is due 60 days prior to program by December 27, 2022. Add \$150 as a late registration fee to total cost after December 27th. Complete our online registration waiver [here](#), and we strongly recommend purchasing adequate travel insurance.

****Optional San Pedro Extension: Mar 4 - 6, 2023**, cost based on two nights shared Willka T'ika luxury accommodations is \$275/person or \$450 for single room, inclusive of meals + \$180 cash for ceremony payable on site. Optional spa services and/or sweat lodge/plunge pool available by appt. and payable on site.

Arrival/Departure: Program services begin with a transfer from the Cusco airport on Day One and ends with one group transfer from Willka T'ika to the Cusco airport on Day Eight. Participants arriving/departing at different times may arrange a private transfer with Willka T'ika or take a taxi.

Cost does not include:

- * International roundtrip flight to Cusco via Lima.
- * Separate airport transfers and hotel bookings.
- * Tips, sundries, alcoholic and bottled beverages, laundry and spa services.
- * Meals as noted on itinerary.

