



In the Path of the Ancients: Yoga and discovery in the Sacred Valley of Peru

August 29 - September 5, 2026

***A journey to the Sacred Valley is a once-in-a-lifetime chance to
walk in the footsteps of the ancients"***

Please join us Aug 29 – Sep 5th, 2026, for a unique opportunity to retreat to Peru's Sacred Valley of the Incas, one of the most energetically charged places on Earth —the perfect spot to unplug and restore your mind, body, and soul.

Our weeklong retreat will be held at Willka T'ika, nestled in the Andes mountains, close to Machu Picchu, one of the Seven Wonders of the World.

"One of the most incredible spots in the world" - Vogue

"One of the World's Nine Best Wellness Retreats" - CNN travel

"Willka T'ika is #1 on the Must List" – Yoga Journal

This exciting and adventure-filled retreat includes:

- 7 nights / 8 days accommodation at the world renowned Willka T'ika including one night in Cusco
- Organic vegetarian, gourmet breakfast, lunch & dinner
- Daily yoga, pranayama, meditation and other programs
- Unique excursions with local guides and transport, including
 - All-inclusive day trip to Machu Picchu includes tourist train, bus, transfers, tour guide, entrance tickets, and guided tour of Citadel.
 - Overnight in Cusco with tour and dinner
 - Visits to Urubamba, Ollantaytambo, Saksaywaman, to Andean Craft Market and Chinchero weavers, Maras Salt Mines and Moray Circles and more.
- Onsite experiences including yoga, meditation, transformative Andean ceremonies, access to Willka T'ika grounds
- Group airport transfers from/to Cusco airport on first and last day of retreat
- Taxes and base service charge

Not included:

- Airfare and separate airport transfers and hotel bookings outside of program
- Travel insurance (always recommended)
- Gratuities
- Tips, sundries, alcoholic and bottled beverages, laundry and individual spa services or ceremonies not in itinerary
- Meals not noted in itinerary. (B. = breakfast, L. = Lunch, D. = Dinner)

This retreat provides the opportunity to experience the major highlights of Cusco, Machu Picchu, and the Sacred Valley sites, while allowing ample time for personal time at our retreat venue, Willka T'ika. This program includes professionally guided tours and ceremonies. The quality and variety of offerings in this eight-day program ensure that you will experience a magical journey to Peru.

LUXURY RETREAT IN THE SACRED VALLEY

Willka T'ika is the perfect base for us, with special environments to tune into the pure Sacred Valley energies and meditate or relax in the renowned Seven Chakra Gardens. We will practice yoga, meditation and other modalities in their spacious, sun-filled studios and other beautiful facilities. Additional healing treatments include solar-heated floral baths under the stars, Andean spa and massage, and crystal light therapy. Each day there is ample time to tap into authentic Andean spirituality. We will have a carefully chosen guide to help us 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 their gardens and fully relax in your garden accommodation. Take a [visual video tour](#) of the gardens and see for yourself. Also see a recent Pachamama [group retreat video here](#) to see all that is included.



ABOUT OUR HOME AWAY FROM HOME

- [Willka T'ika](#), is a premier luxury wellness retreat and boutique hotel, and the original yoga center of Peru's 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” cuisine lovingly prepared by Willka T'ika chefs.
- Two sun-filled garden studios for yoga, movement and large group gatherings.
- Their new **Wifiwasi** is an expansive dining and coffee lounge for group gatherings and private calls. Above this building are 25 solar panels, enough energy to power Willka T'ika.



WILKA T'IKA

ESSENTIAL WELLNESS



- With the [Willka T'ika Children's Fund \(WTCF\)](#), visit an isolated mountain community to experience first-hand the practice of *ayni*, Andean reciprocity, by supporting Quechua students.
- The WTCF gift store offers rare quality jewelry, textiles, and exclusive Willka T'ika products (such as essential oils made from their gardens). Sales support the mission of the WTCF.

OUR ITINERARY

We Arrive and Orient – Day 1

SAT AUG 29TH

AM: Program begins with a group transfer at 11:30 a.m. from the Cusco airport to **Willka T'ika**, via a beautiful 75-minute drive through the spectacular Andean mountain scenery to the Sacred Valley town of Urubamba. **PM:** 1:00 pm Lunch at Willka Tika. Welcome group orientation with our guide and the Willka T'ika Quechua staff. Staff will assist us to schedule appointments for any desired spa services. Afternoon welcome and stretch with our sangha. **6:30 pm:** Group Welcome Dinner. (L.D)

Pachamama Day 2

SUN AUG 30th

AM: This day is dedicated to *Pachamama*, Mother Earth. Morning meditation and yoga. Relax in the splendors of nature and enjoy a tour of the Seven Chakra Gardens. Optional guided walk is offered through the nearby *Rumichaka* farming neighborhood where Quechua campesinos live. Visit the onsite WTCF Store and Q'eros artisans.

1:00 pm Lunch.

PM: After lunch, meet our *pakko*, a very special Q'ero healer, visiting from the high Andes. Participate in coca leaf blessings. At 5 p.m. sacred *Despacho* ceremony. Optional private coca leaf readings may be available for an additional fee. Midafternoon restorative yoga prior to the ceremony. After dinner, our *pakko* invites guests to an authentic and transformative Andean fire ceremony to honor *Pachamama*, yourself and your loved ones. The ceremony will remind us to focus our intention for



EVERYDAY AT WILLKA TIKA:

FOUR STUDIOS/SHALAS

• Yoga & meditation space

SEVEN CHAKRA GARDENS

are exclusively for our guests.

FRESH VEGETARIAN MEALS:

Breakfast Buffet (B): 8:30– 9:30 am

Lunch Family Style (L): 1:00– 2:00 pm

Dinner Family Style (D): 6:30– 7:30 pm

Fresh herbal teas and organic coffee
available from 6:00am



this journey and serves as a wonderful preparation of mind, body and spirit for the pilgrimage to Machu Picchu. (B.L.D)

Pisac & School Visit Day 3

MON AUG 31st

AM: Early start to experience a day of *Ayni*, or reciprocity. Drive through the Sacred Valley to a Quechua mountain school supported by the non-profit [Willka T'ika Children's Fund](#). Since 1994, Willka T'ika has supported isolated mountain communities where few tourists visit. In an *ayni* exchange, the group will offer an interactive activity for the Quechua children. The warmth and heart-warming joy of the children and their openness in bringing guests into their daily lives are moments not easily forgotten. Enjoy a picnic box lunch. **PM:** Continue with your guide to the spectacular ruins of **Pisac**. Overlooking impressive Incan terraces, the group can enjoy a hike through the ruins. Meditate as a group or walk in silent reflection. Return to the main square of Pisac by bus (or hike!) and visit the colorful market filled with woven goods, jewelry, wall hangings and hand-painted beadwork. Enjoy a café in the market square where you can observe colorfully dressed campesinos. Pisac is a photographer's dream. Return to Willka T'ika for a late afternoon Yoga Nidra session before dinner. (B.L.D)

Machu Picchu Day 4

TUES SEP 1st

AM: Early breakfast. Tourist 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. **PM:** In the afternoon, lunch at a wonderful restaurant in town, and explore the colorful town of **Aguas Calientes**. Late

afternoon train back to Ollantaytambo where you will transfer to Willka T'ika in time for a late, light dinner. (B.D)

Ollantaytampu & Maras Day 5

WED SEP 2nd

AM: Morning meditation and yoga. After breakfast, we will visit the ceremonial site of **Ollantaytambo** and explore its famous Sun Temple. Lunch on own in the quaint picturesque town with cobblestone streets and visit its colorful local market.

PM: A group transfer is optionally offered to the nearby Moray Circles and ancient **Maras Salt Flats** that are still actively mined to the present day. Enjoy a lovely downhill guided hike back to Willka T'ika with breathtaking valley views. Return in time for a relaxing yoga session before dinner; or alternately, enjoy a free afternoon onsite.

6:30 Dinner (B.D)

Retreat or Urubamba Day 6

THU SEP 3rd

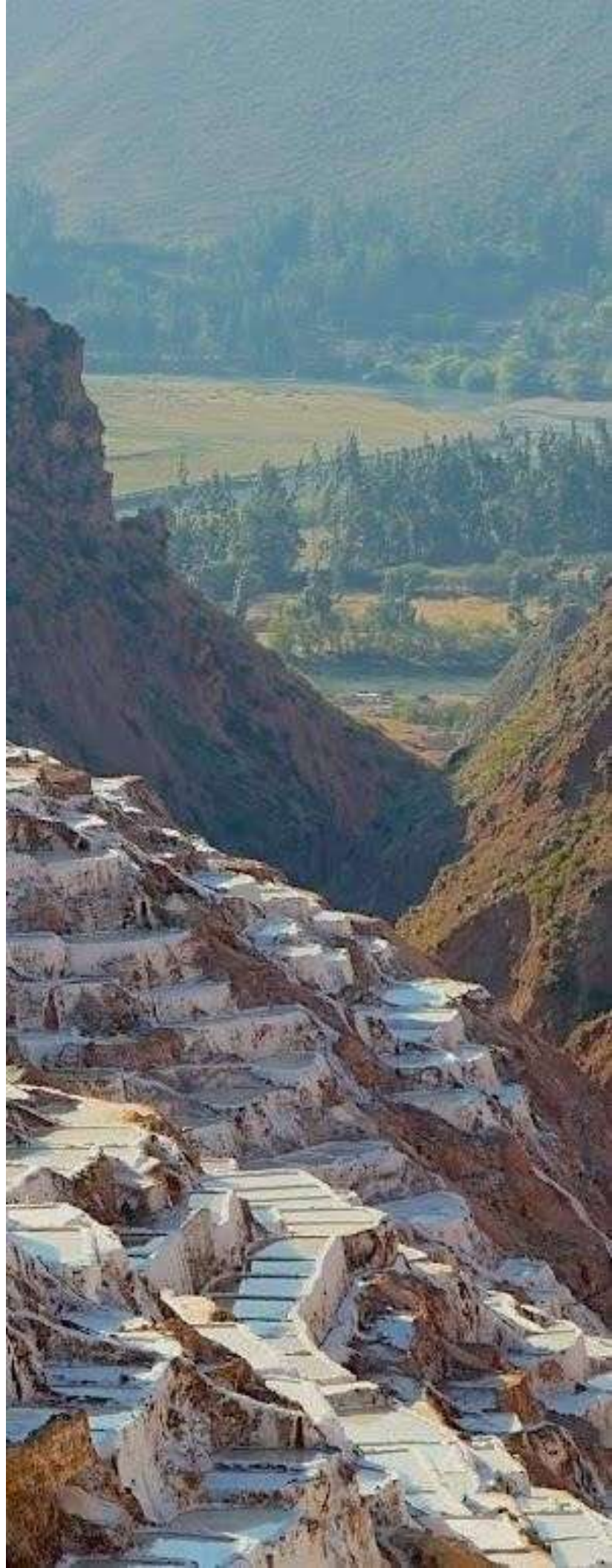
AM: Morning meditation and yoga. Today is a special day of mindful integration, with your choice to retreat and relax or indulge in spa services, a sweat lodge or other offerings (for additional fees). Optionally, choose a guided morning hike to the town of **Urubamba** through farming neighborhoods, and visit a typical, lively Peruvian market, and the famous Seminario ceramics shop. Return via motor taxi. **1:00**

pm: Lunch at Willka Tika; Integrative yoga session before dinner. **6:30 pm:** Farewell dinner. Andean Musical Performance after dinner. (B.L.D)

Cusco Day Day 7

FRI SEP 4th

AM: After Breakfast, check-out of Willka T'ika, and depart for Cusco via group van transport. Stop by the famous **Chincho Village** weaving artisans & market. Visit the spacious Incan archeological site of **Saksaywaman** overlooking the city of Cusco. By these majestic ruins, experience a traditional K'intu blessing to tap into the presence and energies of



Pachamama, Mother Earth. **PM:** Enjoy a group picnic lunch. After lunch, we will check into our hotel near the Main Square, then meet in the hotel lobby for a late afternoon guided walk through the cobblestone streets of San Blas, where our guide will point out fascinating Incan stonework en route to the Korikancha Temple, the holiest site during Incan times.

6:30 pm: We will enjoy a delicious farewell Peruvian dinner at a lovely local restaurant. (B.L.D)

Departure Day 8

SAT SEP 5th

Breakfast at the Cusco Hotel, followed by Check Out. Independently arrange with the hotel for your departing transfer to Cusco airport and your outbound flight home. Allow at least 2 ½ hours before your Cusco departing flight. Arrive home feeling blessed with the pure energy of your transformational Andean journey-of-a-lifetime. (B)

Accommodations

Willka T'ika offers an environment of mindful luxury. The guest rooms are nestled in charming spaces throughout the gardens with views of the spectacular Andes mountains and Willka T'ika's breathtaking flowers and trees. Andean themes, Feng Shui principles, indigenous artwork, and sustainable, local materials inspire the rooms' design. Each room is named for the Andean medicinal plant that grows at the doorstep of its private entrance. Fresh-cut blossoms from our gardens welcome guests, and cozy hot-water bottles warm your bed at night. Room types include singles, doubles, and triples.

Garden Room	Retreat Price PP	Luxury Room	Retreat Price PP
Triple (3 T)	\$3295	Triple (3 T or 3 D)	\$3545
Double (D or 2 T)	\$3495	Double (K or 2 Q)	\$3745
Single (D)	\$4395	Single (K)	\$4645

Garden Rooms



Cozy Garden Rooms are purposely tucked away in charming areas throughout the gardens.



Garden Single

Ideal for the solo traveler with a double or queen bed



Garden Twin or Matrimonial

Two twin beds accommodating two friends or one queen bed for couples



Garden Triple

Three twin beds in a spacious room provides a comfortable retreat option

Luxury Rooms



Spacious Luxury Rooms look out to inspiring mountain and garden views and are named for the Andean medicinal plant that grows at its doorstep.



Luxury Single

Offered with either two queen beds or a single King bed with an abundance of space



Luxury Twin

With 2 Queen beds, a top pick for friends to share a spacious tranquil room



Luxury Triple

A combination of 3 beds for friends to harmonize in Andean luxury

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. The yoga studios are fully equipped with mats, blocks, straps, some bolsters as well as heavy wool & cotton folded blankets that can serve as boosters and pillows, so no need to bring yoga equipment.

DINING

Gourmet organic vegetarian meals and fresh teas are served daily using high protein Andean grains and legumes, as well as organic, freshly harvested vegetables and salads grown onsite. Vegan, gluten-free, and special dietary requests are welcomed. Willka T'ika offers a 100% hormone-free and chemical-free fourmet vegetarian hotel kitchen in Peru's Sacred Valley. Their gardens are strictly organic. Filtered water is available 24/7 in dining room, and bottled water is available for purchase.

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RESERVATIONS

A nonrefundable \$500/person confirms your reservation and room preference. Sign up with your preferred roommates or we can place you with someone.

50% of balance due by March 15, 2026, with final balance due May 1st. No refunds after March 15th as I will be financially committed to the retreat venue.

Payment via Zelle to tarrcase@comcast.net – or checks can be sent to Deb Tarr, PO Box 471, South Sutton, NH 03273