



# RETREAT ITINERARY

## Cusco Day 1

Program begins with a transfer from the Cusco airport to your lovely hotel conveniently situated in the historic center. Plan to arrive in Cusco by 11a.m. to rest and acclimate to the 11,200 altitude.

**3:00 pm:** Meet your guide in the hotel lobby. Group orientation in the hotel and a guided walk through the cobblestone streets of San Blas. Your professional guide will point out fascinating Incan stonework en route. Explore the *Korikancha* Temple, the holiest site during Incan times. Dine on own in evening by the main square.

## Cusco Day 2

**AM:** Depart for the Incan ritual fountains at *Tipón*. "Where there is water, there is life." Participate in an ancient Andean ceremony to honor *Yaku*, the spirit of water. At this picturesque site, you have the opportunity to touch the holy water to open the body's energy centers and activate and enhance your individual creative and healing forces.

Then depart with your guide to the awesome giant stones of *Saksaywaman* overlooking the city of Cusco where your party may choose to participate in a brief meditation, or hike around the vast Incan site, and enjoy a picnic lunch.

**PM:** Meet in hotel lobby at 6:30 p.m. Willka T'ika invites the group to dine at wonderful local restaurant which caters to various dietary preferences. (B.L.D)

## Moray & Maras Day 3

**AM:** Depart for the Willka T'ika in the Sacred Valley. En route, explore the mysterious *Moray Circles* set amidst beautiful mountain scenery. A short distance away, discover the ancient *Maras* salt farms and choose to hike a zig-zag trail down into the Sacred Valley where your driver will meet the group to continue on to Willka T'ika.

**PM:** Picnic Lunch, and continue onto Willka T'ika. Introduction to the Willka T'ika family—the Quechua staff who will take care of you during your stay. After an orientation with your guide, you will have a guided tour of Willka T'ika and the renowned *Seven Chakra Gardens*. Options for group session or individual spa treatments. (B.L.D)

## Fire Ceremony Day 4

**AM:** Leader and guide will schedule group session. This day is dedicated to *Pachamama*, Mother Earth, and guests are encouraged to relax or meditate in the splendors of the *Seven Chakra Gardens* to complement their specific group program. Meet our *pakko*, a very special Q'ero healer, visiting from the high Andes. Optional guided walk through the nearby *Rumichaka* farming neighborhood where Quechua campesinos live. More challenging hikes along scenic routes into the valley are also possible.

**PM:** Enjoy an organic vegetarian lunch at 1 p.m. The leader may schedule a group meeting, or guests can schedule Andean spa treatments. After lunch, participate in coca leaf blessings and a sacred "Despacho" ceremony. Optional private coca leaf readings may be available. 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 this journey and serves as a wonderful preparation of mind, body and spirit for the pilgrimage to Machu Picchu. (B.L.D)

### Every Day at Willka T'ika:

**Four studios/shalas** available for private group activities.

**Seven 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





## Pisac & School Visit Day 5

**AM:** 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 1995, 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 box lunch with a stunning view.

**PM:** Continue with your guide to the spectacular ruins of *P'isac*. Overlooking impressive Incan terraces, the group can enjoy a short or longer hike through the ruins. Meditate as a group or walk in silent reflection. Return to the main square of *P'isac* by bus (or hike!) and visit the famous, 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. *P'isac* is a photographer's dream. Return to Willka T'ika with time for a late afternoon garden meditation or group session before dinner. (B.L.D)

## Machu Picchu Day 6

**AM:** Early breakfast. Morning tourist train to *Aguas Calientes*, the gateway to the majestic terraces of Machu Picchu. Enjoy an enlightening tour of the ancient "City of Light" with your guide.

**PM:** Continue to explore Machu Picchu ruins, and hike to the Sun Gate or to the Incan Bridge, taking photographs along the way as you enjoy the magnificent views. 6:30 p.m. Meet outside your hotel. Willka T'ika invites you to a fabulous celebratory dinner in one of the friendliest restaurants in *Aguas Calientes*. (B.D)

## Machu Picchu Day 7

**AM:** Open day in Machu Picchu with entrance ticket included, with option to climb Machu Picchu Peak or Huayna Picchu Peak, depending on availability. Return to the ruins for another glance at the Incan splendor. Return by bus to Aguas Calientes with time for a cool beverage or snack at a local café.

**PM:** Afternoon train back to Ollantaytambo, transfer to Willka T'ika in time for a late, light dinner. (B.D)

## Ollantaytambo Day 8

**AM:** Visit the ceremonial site of *Ollantaytambo* and its famous Sun Temple. Enjoy walking the cobblestoned streets of this quaint picturesque town. Picnic lunch en route back to Willka T'ika.

**PM:** Group leader sessions at Willka T'ika. Free afternoon to meditate in the Chakra Garden of your choice and allow yourself time to receive the ancestral energies beneath the 1000-year-old lucuma tree. Enjoy an Andean Spa treatment. For the more active, choose from a variety of hikes and activities through the valley and up the mountains to the nearby Incan *chullpas*.

**7:30 pm:** Celebratory concert with Andean Classical Musicians (B.L.D)

## Urubamba Day 9

A special day of mindful integration at Willka T'ika, open to be tailored by the group leader's special program.

Optionally, choose a guided morning hike to the town of Urubamba through farming neighborhoods, visit a typical, lively Peruvian market, alpaca factory and the famous Seminario ceramics shop. Hike or take a mototaxi back to Willka T'ika.

**1:00 pm:** Lunch

Group leader program or spa services for guests to enjoy.

**6:30 pm:** Farewell Dinner. (B.L.D)





## Departure Day 10

10:00 a.m. Check-Out Time. Option for early morning yoga, meditation or a closing session before 8AM breakfast. One group complimentary transfer based on 10 a.m. check-out takes the group to the Cusco airport to connect to Lima, and outbound 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 transfer for guests with earlier/later departures & can be arranged onsite. Arrive home feeling blessed with the pure energy of your transformational Andean journey-of-a-lifetime. (B)

## 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, pillows, and heavy wool and cotton folded blankets for bolsters, so no need to bring yoga equipment.

### DINING

Gourmet farm-to-table vegetarian meals and coffee/teas are served daily, using high-protein Andean grains and legumes, as well as organic 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.

### SIMPLE FOR THE GROUP LEADER

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 Guide and Guest Service Staff will confirm times for the leader's group program. Schedule of activities may be flexible to suit leader needs. The Guide is included on the first day at Willka T'ika, and all days with scheduled outings.