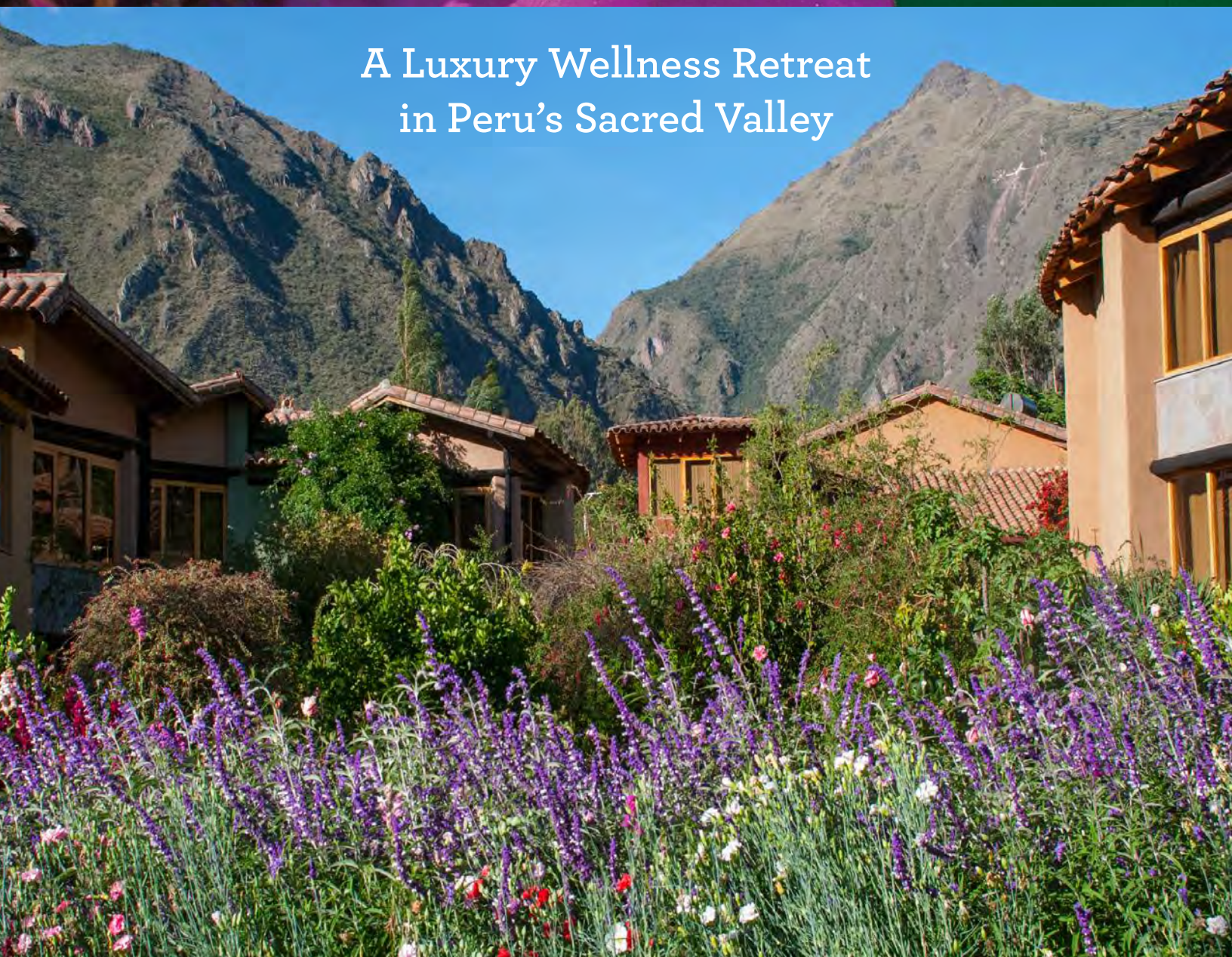




# WILKA TIKA

ESSENTIAL WELLNESS

A Luxury Wellness Retreat  
in Peru's Sacred Valley







*“Willka T’ika is not just*

*a beautiful place in the*

*Sacred Mountains of Peru*

*where transformation*

*takes place.*

*It’s a gift to yourself*

*that makes you feel*

*cradled by the Universe.”*

*~ Ron Oliver, Atlanta GA*

# DISCOVER WILLKA T’IKA

Designed for Group Retreats

Seeking an Authentic  
Andean Experience

Willka T’ika honors the ancient way of the Andes in every aspect of its design, development and operations—from organic gardening methods to sustainable construction and water use, to local staff working together to ensure the quality of care and attention given to guests.







# THE IDEAL LOCATION FOR RETREATS

Located in the heart of the Sacred Valley, Willka T'ika is situated at Paradero Rumichaka, two kilometers north of Urubamba — a 75-minute drive from Cusco airport and a 25-minute drive to Ollantaytambo train station. Many guests find Willka T'ika to be an ideal place to acclimatize before exploring Cusco and Machu Picchu.



58 km (36 mi) from Cusco

2 km (1.2 mi) from Urubamba

17 km (10.5 mi) from Ollantaytambo  
Train Station to Machu Picchu

Altitude: 2,865 m (9,400 ft)







# AN EXQUISITE SANCTUARY

## FACILITIES

Custom-designed Andean adobe architecture blends the physical and natural environment with the surrounding gardens and mountainscapes, creating an atmosphere of traditional, yet refined luxury. Local artwork decorates interior and exterior walls, and Andean ornaments can be found throughout.

**Main House** – This spacious communal building welcomes guests to feel at home in the Willka T'ika sanctuary, reflecting the grace of the Quechua culture. It includes a living room with fireplace, cozy sitting area, and bar that serves as a gathering place before group meals. Two large dining areas overlook the gardens and nearby mountains.

**Guest Rooms** – Willka T'ika guest rooms are uniquely designed and named according to local medicinal plants, found in the nearby gardens. Two room categories are offered, Garden and Luxury, in a wide range of configurations, accommodating up to 65 guests.

**Communal Spaces** – Willka T'ika offers beautiful communal spaces created especially for group gatherings. These include two yoga studios, a furnished library, a music room with instruments, a ceremonial temple room, and an outdoor fire area. The Chakra Gardens also provide various outdoor spaces for quiet gatherings.

For more information visit [willkatika.com](http://willkatika.com) and [group-retreat](#).

For direct assistance in leading a group to Peru, please complete this simple [questionnaire](#).







## VEGETARIAN MEALS

Gourmet vegetarian meals are served daily, using high-protein Andean grains and legumes, as well as freshly-harvested organic vegetables from our gardens. The exotic fusion of Andean and international flavors in the colorful buffet breakfast and hearty three-course dinner ensure that every guest feels nourished and cared for. Special diet requests are accommodated, such as dairy/gluten free.



## SPA TREATMENTS

Willka T'ika offers a range of therapeutic, Andean-style spa treatments to restore the body and rejuvenate the spirit including massage, reflexology, facials, and two unique Willka T'ika experiences:

**Andean Solar Baths** – Features outdoor baths crafted from stone, with water heated by the sun and infused with flowers, medicinal herbs and salts for the local salt mines of Maras.

**Crystal Light Therapy** – Originating in Brazil, this well-known therapy combines color, light, crystals and music to clear and realign the body's chakras.



## WILLKA T'IKA CHILDREN'S FUND

Since 1995, the [Willka T'ika Children's Fund](#) has supported programs for Quechua children in isolated mountain schools—providing school buildings, hot meals, computers, libraries, school supplies, and emergency medical help. Proceeds from Willka T'ika's gift shop contribute to this fund.







# SEVEN CHAKRA GARDENS

Voted as one of the top experiences during a stay at Willka T'ika, guests are welcome to experience the rejuvenating energies in each of the seven Chakra Gardens to explore and tap into personal healing power with Pachamama, Mother Nature. Each Chakra Garden focuses on one of the seven energy centers, from the base to the crown chakra, and offers a uniquely charged sacred space for group or personal work.

## **WILLKA T'IKA'S ANCIENT LUCUMA TREE**

The Chakra Gardens 1,000+ year-old Lucuma tree, with its tremendous healing earth energy from a pre-Inkan era anchors the gardens and provides a place of revitalization and inspiration for guests in need of integrating their body, mind and spirit. Some believe Willka T'ika's Lucuma tree is one of approximately 365 shrines located along Inkan Empire *seques*, the forty or so straight lines emanating from Cusco's Korikancha Temple that run for hundreds of miles toward celestial points on the horizon.

## **GRAND SPIRAL WALK**

Guests can align with the powerful Sacred Valley energies in the Spiral Garden of the third eye Chakra Garden. Walking the Spiral is an experience in releasing unwanted energies, and moving deeper into expanding consciousness. Opening the third eye chakra to intuition and higher reflection can open the personal path to greater awareness and wellness.







# ANDEAN CEREMONIES

## TRADITIONAL RITUALS

During all fully inclusive Willka T'ika Retreat Programs, traditional ritual specialists from the remote Q'ero region of the Andes are available to share the sacred rituals and ceremonies they have performed in their own communities for centuries.

**Offerings to Pachamama** – A traditional Andean *despacho* or offering is created by an authentic Q'ero to honor the Andean mountain deities or apukuna, followed by a traditional fire ceremony.

**Coca Leaf Reading** – A highly experienced traditional Andean healer conducts individual consultations and healing treatments using the sacred coca leaf.

## CULTURAL ACTIVITIES

**Excursions** – Willka T'ika offers exclusive private tours of local, cultural sites as well as nature-based outings customized for your group. Centrally located in the Sacred Valley, Willka T'ika is within 45 minutes of all the principle Incan archeological sites and temples. Within walking distance, groups can visit the pre-Incan salt mines of Maras and enjoy a variety of spectacular hikes. Horseback-riding, ziplining, and mountain biking can be easily arranged from Willka T'ika.

**Andean Musicians** – Highly accomplished, traditional Andean musicians offer an evening of musical and theatrical enjoyment.

**Art Workshops** – Create a unique piece of Andean art with our in-house Quechua artist, whose internationally-collected work adorns the Willka T'ika grounds. Or, choose to take a ceramics class at a local studio.

