

WILKA TIKA
ESSENTIAL WELLNESS

LUCUMA JOURNEY

Guided by Suzanne Hanna

and

George Herrick

November 9 – 18, 2023





This is a journey into your dark shadow.

You will never be the same.

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, Carol and Mark, have created an atmosphere of beauty and tranquility. Together with the very loving indigenous people of Peru, they have handcrafted an ideal and nurturing retreat. The combination of a daily Yoga practice, meditation in the gardens and hiking in the Andes re-connects us with the Earth. If you visit Willka T'ika you will experience the heart and soul of Peru.~ Desireé Rumbaugh ~ Anusara Yoga Teacher

WILLKA T'IKA WARMLY WELCOMES YOU

The Lucuma Retreat is our most comprehensive program designed for discerning guests and group leaders. Spend quality time at Willka T'ika with its renowned sacred Chakra Gardens and enjoy the highlights of Cusco, the major Sacred Valley sites and a special two-day visit to Machu Picchu with an overnight at a 4 star hotel. Our highly experienced guide will accompany your group at all times, sharing awe-inspiring stories of the Inca and translating Quechua from Qero healers. For decades, this exclusive program has proven to be the perfect tour for a group that wants to see and experience it all, while tapping into authentic Andean spirituality.

TO DISCOVER A LUXURY RETREAT IN THE SACRED VALLEY

The Lucuma Retreat program allows extra time for guests to journey deeper into the spiritual and cultural wonders of Peru, its people, and the vibrant energy at Willka T'ika. Take advantage of the various sacred spaces to lead your group through yoga, movement, arts—your group focus—to deepen a connection with Nature, inspired by *Pachamama*, Mother Earth. Willka T'ika was conceived, built and maintained on sustainable principles. Our dedicated Quechua staff will help coordinate your needs and all logistics, ensuring a seamless program for you and your group. With the fully-inclusive Lucuma Retreat, enjoy our most luxurious accommodations, each with its unique garden or mountain view, gourmet vegetarian meals, and the perfect amount of time to pause within travels to absorb the healing energies of Willka T'ika and reflect on your inner journey. Take a [visual video tour](#) of gardens 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 yoga 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 garden studios for yoga, movement and large group gatherings.
- The round *Takiwasi* music shala with a fireplace and an array of Andean musical instruments — used for group meditations 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* farmers, 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 experience first hand the practice of *ayni*, Andean reciprocity, by supporting Quechua students.
- Our gift store offers rare quality jewelry, textiles, and exclusive Willka T'ika products (such as essential oils made in our gardeners). Sales support the mission of the WTCF.





LUCUMA RETREAT ITINERARY

Cusco Day 1

THURS NOV 09

Program begins with a transfer from the Cusco airport to your lovely hotel conveniently situated off the historic *Plaza de Armas*. Plan to arrive into 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

FRI NOV 10

AM: Depart for the Incan ritual fountains at *Tipon*. "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. Return to Cusco and have lunch at a restaurant of your choice.

After lunch, 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.

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.D)

Moray & Maras Day 3

SAT NOV 11

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: Welcome lunch at 1 p.m. at 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

SUN NOV 12

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 Chakra Gardens to complement their specific group program. Sign up for an optional 15-minute private coca leaf reading with a *pakko*, a Qero 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. Private coca leaf readings continue. Optional ceramic art project at a nearby ceramics studio. 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.

Sacred Chakra Gardens are exclusively for our guests.

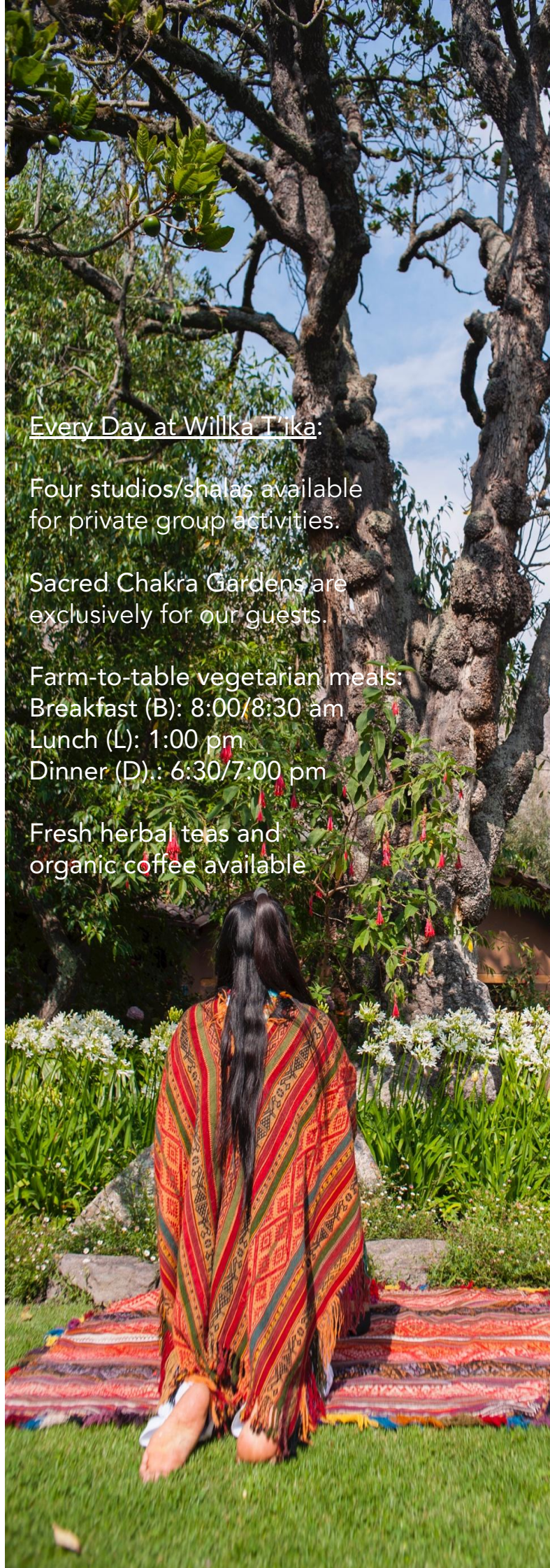
Farm-to-table vegetarian meals:

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





Pisac & School Visit Day 5

MON NOV 13

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 is invited to hike to the Temple of the Sun. 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

TUES NOV 14

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 three-course dinner in one of the finest restaurants in Aguas Calientes. (B.D)

Machu Picchu Day 7

WED NOV 15

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 Ollantaytampu, transfer to Willka T'ika in time for a late dinner. (B.D)

Ollantaytampu Day 8

THURS NOV 16

AM: Visit the ceremonial site of *Ollantaytampu* 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*. (B.L.D)

Urubamba Day 9

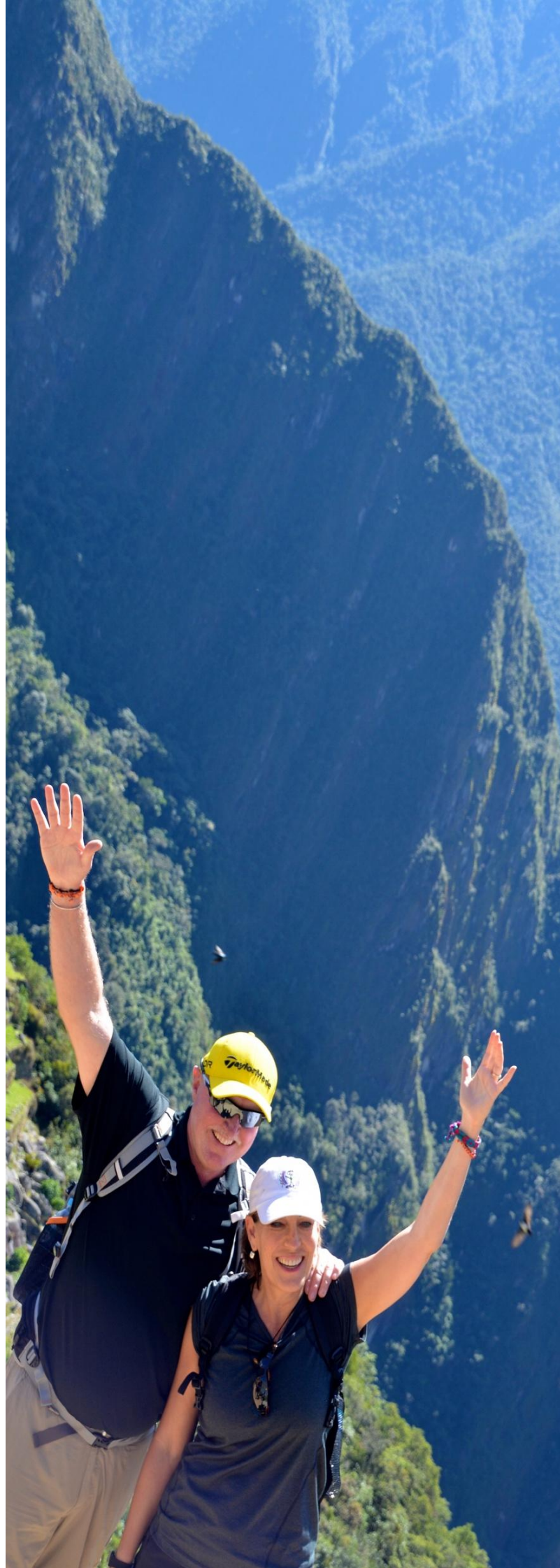
FRI NOV 17

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 and the famous Seminario ceramics shop. Hike or take a mototaxi back to Willka T'ika for \$1.

1:00 pm: Lunch

Group leader program or spa services for guests to enjoy.

6:30 pm: Farewell Celebration Dinner with Andean musicians. (B.L.D)





Departure Day 10

SAT NOV 18

10:00 a.m. Check-Out Time. Option for early morning yoga, meditation or a closing session before 8AM breakfast. A group bus transfer at 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. For groups departing after 6:00pm, please contact our Willka T'ika office. Arrive home feeling blessed with the pure spiritual 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, heavy wool and cotton folded blankets for bolsters and pillows, so no need to bring yoga equipment.

DINING

Gourmet farm-to-table vegetarian meals and 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.

SACRED VALLEY



LOGISTICS AND PAYMENT

Willka T'ika was originally conceived and is lovingly maintained as an exclusive wellness retreat center. It is open only to registered guests.

Reservation: A nonrefundable \$750/person deposit confirms participation, with balance due no less than 60 days prior to event, together with completed [registration waiver here](#).

Arrival/Departure: Program services begin with a group transfer from the Cusco airport on Day 1 and end with the group transfer from Willka T'ika to the Cusco airport on Day 10. Participants arriving or departing at a different time may take a taxi or arrange a private transfer with Willka T'ika.

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 not noted on itinerary.

