



WILKA TIKA  
ESSENTIAL WELLNESS

PACHAMAMA SONQO  
GUIDED BY ANGIE ECKENROTH & LEAH MORGAN  
AUGUST 20-28, 2027





## OUR RETREAT FOCUS:

### Connection through adventure and exploration.

*After 15 years of hosting retreats all over the world, I can honestly say that Willka T'ika is a gem! From start to finish the team did everything they could to make the experience seamless. I mean everything, booking, payments, menu, off sight excursions to Machu Picchu, and so much more... The property is perfect for retreat groups large and small. The 7 Chakra Gardens are magnificent, and every detail is done with love. The yoga spaces are fully equipped. and the staff is fantastic. They have beautiful rooms, great food, authentic Peruvian experiences and wonderful spa services too. Terry and Tristan are the perfect hosts, and we had the best tour guide. We felt like family from day one. I highly recommend Willka Tika and will be sure to return soon.*

*~ Leslie Glickman, Owner YOGA JOURNEY STUDIO, Boca Raton FL*

#### **WILLKA T'IKA WARMLY WELCOMES YOU**

Willka T'ika offers the **Pachamama Retreat**, an ideal program for leaders and teachers of yoga, meditation, artistic and other spiritual modalities who would like their groups to experience the major highlights of Cusco, Machu Picchu, and the Sacred Valley sites, while allowing ample time for their own personal workshops at Willka T'ika. On select days this program includes professionally guided tours and ceremonies. The quality and variety of offerings in this eight-day program ensure that participants experience a magical journey to Peru.

#### **TO DISCOVER A LUXURY RETREAT IN THE SACRED VALLEY**

Willka T'ika is the perfect base for guests, with special environments to tune into the pure Sacred Valley energies and meditate or relax in the renowned Seven Chakra Gardens. The group has options to practice yoga in spacious, sun-filled studios, or hold special gatherings in 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. Your carefully chosen 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 garden accommodation. Take a [visual video tour](#) of 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.
- Our new **Wifiwasi** is an expansive dining and coffee lounge for group presentations and private calls. Above this building are 25 solar panels, enough energy to power Willka T'ika.
- The circular **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 22 local *Quechua*, Incan descendants who still practice ancient traditions.
- Professional local guides who are experts in Andean culture, history and cosmology.
- Unique opportunity to participate in ancient Incan ceremonies with authentic Q'ero 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 WTCF gift store offers rare quality jewelry, textiles, and exclusive Willka T'ika products (such as essential oils made from our gardens). Sales support the mission of the WTCF.



# PACHAMAMA

## ITINERARY

### Willka Tika Day 1

FRI AUG 20

**AM:** Program begins with a group transfer at 11:30 a.m. from the Cusco airport to **Willka T'ika**, 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 Angie and Leah, tour guide and the Willka T'ika Quechua staff; staff will assist guests to schedule appointments for any desired spa services. Settle into your room and explore.

**5:00 PM Travel Unwind Yoga**

**6:30 pm:** Group Welcome Dinner. (L.D)

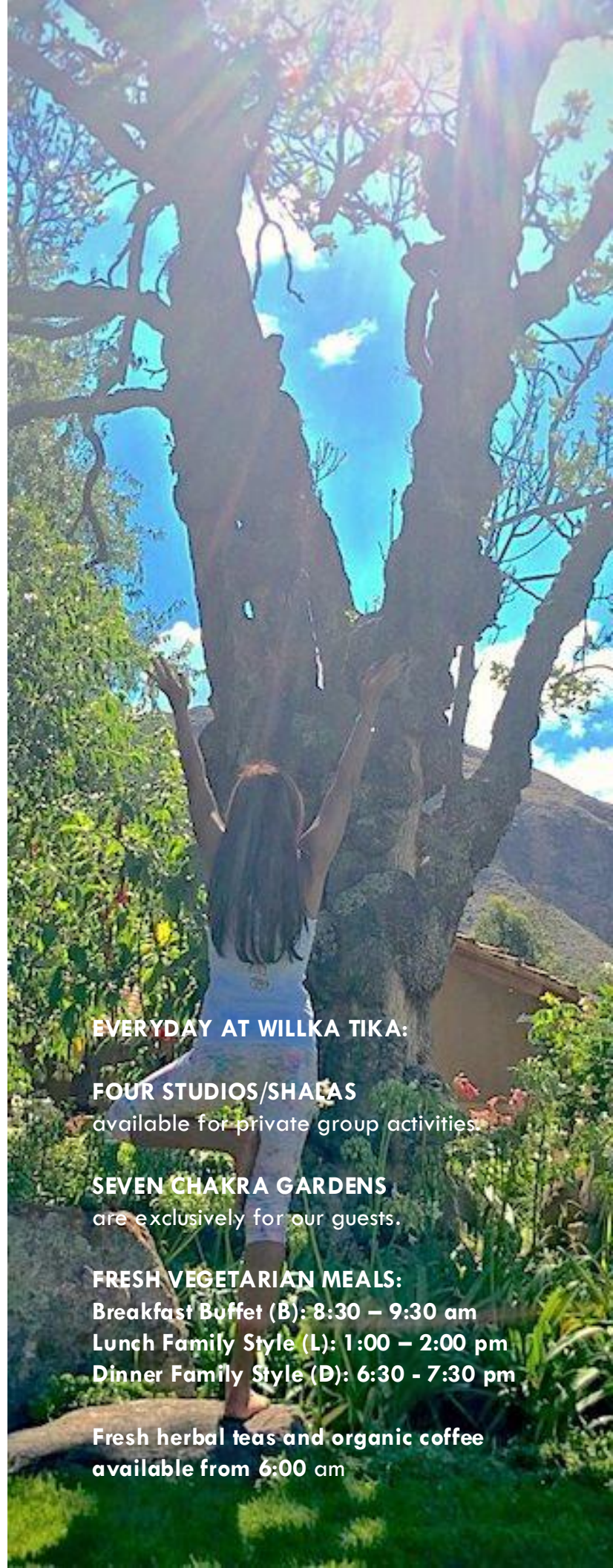
### Fire Ceremony Day 2

SAT AUG 21

**AM: Yoga at 7:30 am.** This day is dedicated to *Pachamama*, Mother Earth. 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 our 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 and at 5 p.m. sacred *Despacho* 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 this journey and serves as a wonderful preparation of mind, body and spirit for the pilgrimage to Machu Picchu. (B.L.D)



**EVERYDAY AT WILLKA TIKA:**

**FOUR STUDIOS/SHALAS**

available for private group activities.

**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 6:00 am**



## Ollantaytampu & Maras Day 3

SUN AUG 22

### 7:30 am Yoga

**AM:** Visit the ceremonial site of **Ollantaytambo** and explore its famous Sun Temple. Visit the quaint picturesque town with cobblestone streets and its colorful local market.

**PM:** Picnic Lunch provided. After lunch, group transfer is offered to the nearby 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.

### 5:00 pm Yoga

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

## Pisac & School Visit Day 4

MON AUG 23

### AM:

**7:30 am Yoga.** 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 picnic bag lunch.

**PM:** Continue with your guide to the spectacular ruins of **P'isac**. 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 P'isac 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. P'isac is a photographer's dream. Return to Willka T'ika with time for a late afternoon garden yoga session before dinner **(TBD)**. (B.L.D)

## Machu Picchu Day 5

TUES AUG 24

**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, taking photographs along the way as you enjoy the magnificent views.

**PM:** Lunch on own, following as your tour guide arranges.

**6:30 p.m.** Meet outside your hotel. Willka T’ika invites you to a fabulous celebratory dinner in one of the finer restaurants in *Aguas Calientes*. (B.D)

## Machu Picchu Day 6

WED AUG 25

**AM:** Second day visit to Machu Picchu with option to climb **Huayna Picchu Peak** with your tour guide. Return back to the ruins for another vista of the Incan splendor. Take bus back down to *Aguas Calientes* with time for a stop at a local café to enjoy a midday treat in town.

**PM:** Depart on a later afternoon train back to *Ollantaytambo*, and transfer to *Willka T’ika* in time for a late light dinner. (B.D)

## Urubamba Day 7

THURS AUG 26

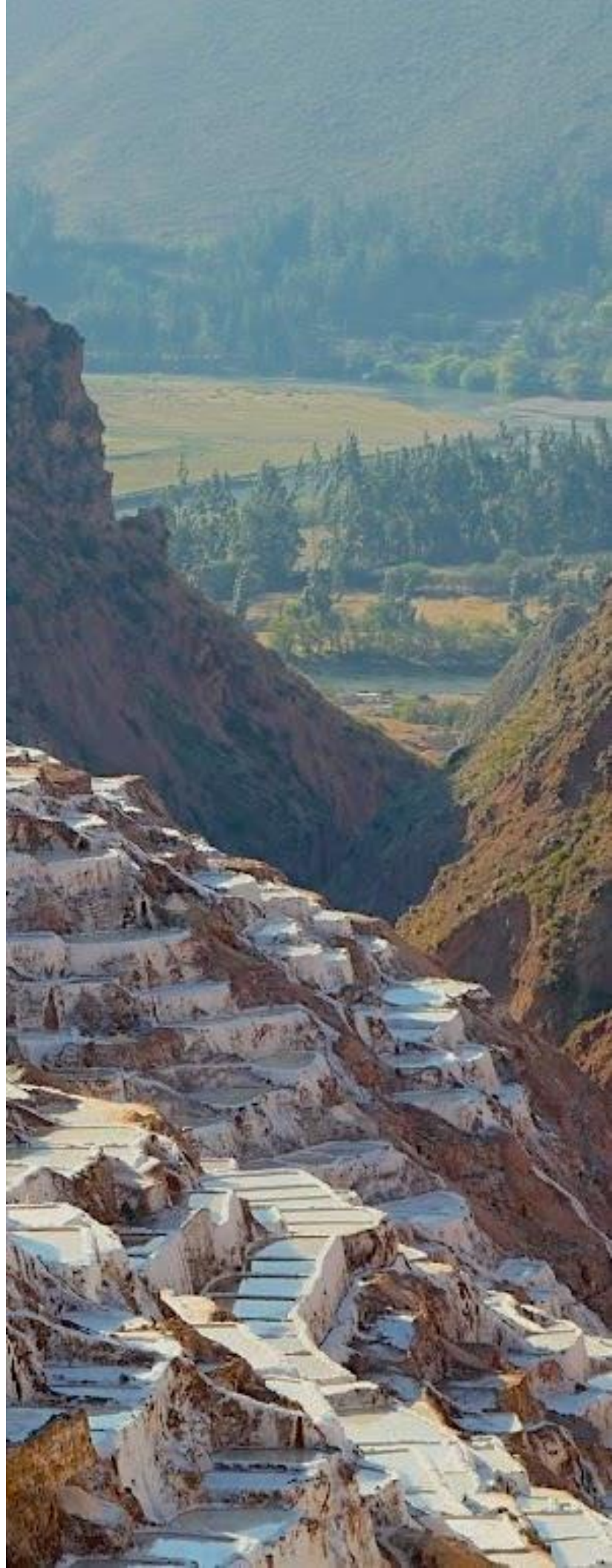
7:30 am Yoga

Guided morning hike to the town of **Urubamba** through farming neighborhoods, and visit a typical, lively Peruvian market, a wonderful alpaca factory, and the famous Seminario ceramics shop. Return via motor taxi.

**1:00 pm:** Lunch at *Willka Tika*

**4:00 pm Yoga**

**6:30 pm:** Farewell dinner with a lively Andean Classical musical performance, where guests can dance from 7:30-9:00. (B.L.D).





## Cusco Day 8

FRI AUG 27

**AM:** After breakfast, a group transfer departs Willka T'ika. Continue on to Cusco city. Depart with your guide to the awesome giant stones of **Saksaywaman** overlooking the city of Cusco. Enjoy a picnic lunch and hike around the vast Incan site with a guided tour. Angie and Leah will lead you through a guided yoga practice at the site.

**PM:** After Lunch, check into your Cusco Hotel conveniently located near the Main Square, and take an afternoon 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.

**6:30 pm:** Meet in hotel lobby. Willka T'ika invites the group for a final group dinner at wonderful local restaurant which caters to various dietary preferences. (B.L.D)

## Departure Day 9

SAT AUG 28

**AM:** Breakfast at the Cusco Hotel, followed by Check-Out. Independently arrange with the hotel for your departing transfer to the Cusco airport, to connect to Lima, 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)



## 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, some bolsters as well as heavy wool & cotton folded blankets that can serve as bolsters 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 on-site. We welcome vegan, gluten-free, and special dietary requests. Willka T'ika proudly offers a 100% hormone-free and chemical-free gourmet vegetarian hotel kitchen in Peru's Sacred Valley. Our gardens are strictly organic. Filtered water is available 24/7 in dining room, and bottled water is 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. For additional detailed info for your stay & journey to Peru, see our FAQs [here](#).

**Guest Reservation:** A nonrefundable \$750/person confirms your retreat dates, payable to the group leader, together with a completed online registration liability waiver [here](#). Final balance is due to your group leader before 60 days prior to the retreat.

**Arrival/Departure:** Program services begin with a complimentary group transfer from the Cusco airport to Willka T'ika on Day 1 offered at 11:30 a.m., and ends with one group complimentary transfer from Willka T'ika to Cusco on Day 8. Participants arriving at a different time on Day 1 may arrange a private transfer with Willka T'ika, payable in advance. Departing transfers to the Cusco Airport on Day 10 are arranged independently by guests with the Cusco Hotel.

### Cost does not include:

- \* International roundtrip flight to Cusco via Lima
- \* A la carte added group ceremonies or services
- \* Separate airport transfers and hotel bookings outside of program
- \* Tips, sundries, alcoholic and bottled beverages, laundry and individual spa services
- \* Meals not noted in itinerary. (B. = breakfast, L. = Lunch, D. = Dinner)

