



## AWAKEN YOUR SOUL WISDOM

12-DAY SPIRITUAL JOURNEY  
THROUGH THE SACRED VALLEY  
OF THE INCA



Deluxe Accommodations



3 Delicious Meals Per Day



Q'ero Shaman Guided Ceremonies



Daily Yoga & Sacred Circles



Ground Transportation



Entry to Machu Picchu & all Sacred Sites



Complimentary 'Swag Bag' w/ Travel  
Yoga Mat & Water Bottle



Post-Retreat Integration Sessions



12 DAY

AUGUST 19-31, 2021

SPIRITUAL JOURNEY  
THROUGH THE  
SACRED VALLEY OF  
THE INCA

## OPTIONAL ADD-ONS

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2 day San Pedro Plant Medicine Journey  
with Q'ero Shaman.

Professional Photo Session  
for branding or personal use.

Andean massage, crystal light therapy,  
or other unique healing arts.

Sweat lodge and Flower Bath.

Additional private expeditions including  
zip lining and river rafting.

One-on-one shamanic healing session.

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## LUXURY HOTELS

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### CUSCO

Antigua Casonas - Boutique hotel in bohemian  
neighborhood of San Blas.  
#1 rated hotel on Trip Advisor.

### URUBAMBA

Tambo del Inka 5 star luxury hotel.  
#1 rated on Trip Advisor.

Overnight in Machu Picchu at a 4-star luxury hotel.

### SACRED VALLEY

Willka T'ika Luxury Wellness & Yoga Retreat Center.  
An exquisite eco-friendly sanctuary with 5-star reviews.







## DAY 1

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Arrival and acclimation day.

Program begins with a transfer from the Cusco airport to your lovely hotel, conveniently situated off the historic Plaza de Armas. Plan to rest and acclimate to the high energy & altitude of Cusco. Open your Welcome Package and rest up for the journey ahead!

Deluxe Accommodation: Antigua Casona San Blas a boutique hotel in the heart of Cusco.



## DAY 2

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This is when your group journey begins! Start the day with a gentle "Self Awakening" yoga practice. After breakfast you'll attend a brief orientation to meet your teachers and co-travelers.

After lunch you'll set off with two authentic Q'ero Shaman for a visit to the archeological citadel of Saksaywaman and the Temple Koricancha where you will learn about Andean Cosmovision. The Shaman will lead a meditation and cleansing ceremony to open the heart and connect with the energy of Munay (love).

For dinner, you'll enjoy a delectable 3-course gourmet meal at the hotel's highly rated Peruvian restaurant.



## DAY 3

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Enjoy another beautiful morning with yoga and a delicious breakfast at the hotel.

Depart Cusco and journey with your Q'ero guides into the Urubamba Valley for a powerfully healing Yaku (water) Ceremony by the river. Stop for lunch at a local favorite cafe on the way to Tambo del Inka your 5-star luxury accommodation for the next three nights.

Soak in the spectacular mountain and river view while dining al fresco on fresh, farm to table cuisine.



## DAY 4

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After an energizing yoga practice, depart the hotel with your Q'ero guides to explore the ancient Maras Salt Mines and the mysterious Moray Archaeological Circle where the Shamans will perform the ancient 7-stone Chumpy Healing Ceremony to open the luminous power of your body, cleanse your 5 energy centers and calm your nervous system. This ceremony helps relieve headaches and will revitalize and renew your body energy.

After visiting the traditional weaving village and colorful market of Chincheros, you'll return to the hotel for an optional spa treatment or relaxation time before dining out at a local restaurant.



## DAY 5

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On your last morning at Tambo del Inka, enjoy a leisurely breakfast before traveling to the nearby town of Ollantaytambo where you'll explore extraordinary Incan ruins, including the Sun Temple, the Princess Baths, and the Temple of Condor. Your Shaman will guide a meditation to connect your heart to the Hanq Pacha energy and you'll experience a Condor Feather Cleansing Ceremony to clear and release any blocked energy. After wandering the charming cobblestone streets of this traditional town, you'll return to the hotel for optional spa treatments, a swim in the heated pool, or to take time to reflect and relax.

Enjoy a mouthwatering dinner out at a nearby, rooftop restaurant.



## DAY 6

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In the morning you'll depart from Tambo del Inca's private train station on the Vistadome train to the town of Aguas Calientes. After checking into your 4-star luxury accommodation, you'll ride a bus to the ruins of Machu Picchu and spend the day discovering its mystery, history, and wonder.

Savor the flavors of Peru at one of Aguas Calientes top rated gourmet restaurants.

\*Overnight stay in Aguas Calientes



## DAY 7

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Soak in the Incan splendor of Machu Picchu - hike to the top, stroll the ancient valleys or explore the lively town of Aguas Calientes. In the afternoon you'll take the train back to Ollantaytambo and transfer to a bus for the short drive to Willka T'ika where you'll dine on fresh, locally sourced, vegetarian cuisine, and where you will spend the concluding week of your journey.



## DAY 8

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Your daily yoga practice will take place in one of four studios located at Willka T'ika. Today is all about honoring Pachamama (Mother Earth). You'll have the opportunity to tour Willka T'ika's beautiful 7-Chakra Garden, receive a private Coca Leaf Reading with the Shaman, meditate in the labyrinth, and finish the night with a transformative Despacho Offering and Andean Fire Ceremony.



## DAY 9

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Choose how you would like to spend this day. Stay at Willka T'ika and partake in body nourishing Andean spa treatments, detoxify with a sweat lodge and flower bath, or hike through the local farming neighborhoods of Urubamba. Visit a typical, lively Peruvian market, experience an alpaca cooperative, and watch the local artisans at work in the Seminario ceramics shop. Hike or take a taxi back to Willka T'ika for \$1.

After dinner you'll be lulled into a deep state of relaxation and harmony through a unique Sound Healing ceremony.



## DAY 10

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This is a very special adventure day. You'll visit scenic Lake Piuray and choose a guided Kayak or SUP expedition, relax by the water or even take a horseback ride through the countryside. A festive lunch is included in this outing.





## DAY 11

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A day of self-care, integration and reflection. Replenish your mind, body & soul with Andean Spa Treatments, and a traditional, heart opening Cacao Ceremony lead by your Shaman in the evening.

Optionally, you may also opt to embark on a local expedition with one of Willka T'ika's knowledgeable guides. (Options include river rafting, ziplining and hiking for an extra cost.)



## DAY 12

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A day of Ayni, or reciprocity. Drive through the Sacred Valley to an isolated Quechua mountain school supported by the non-profit Willka T'ika Children's Fund since 1995,

Continue with your guide to the spectacular ruins of P'isaq then return to the main square of P'isaq by bus (or hike!) and peruse 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'isaq is a photographer's dream.



## DEPARTURE DAY/SAN PEDRO DAY 1

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Departure Day

10:00 a.m. Check-Out Time. After breakfast, a group bus transfer will deliver you to the Cusco Airport. From Willka T'ika, allow 3 1/2 hours before your flight. Ideal flights to schedule depart from Cusco between 2 pm-5 p.m.

Or, stay at Willka T'ika and begin your optional add-on 2-Day San Pedro experience, fully immersing yourself in the healing plant medicine ceremony facilitated by a Q'ero Maestro.



## SAN PEDRO/DAY 2

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Day of Integration and Detoxification

Spend your final day reflecting and integrating with the help of your Shaman and detoxify with flower baths, and authentic Andean sweat lodge treatments.



## FINAL DEPARTURE DAY

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10:00 a.m. Check-Out Time. After breakfast, a group bus transfer will deliver you to the Cusco Airport. From Willka T'ika, allow 3 1/2 hours before your flight. Ideal flights to schedule depart from Cusco between 2 pm-5 p.m.

Arrive home feeling blessed with the pure spiritual energy of your transformational Andean journey-of-a-lifetime.