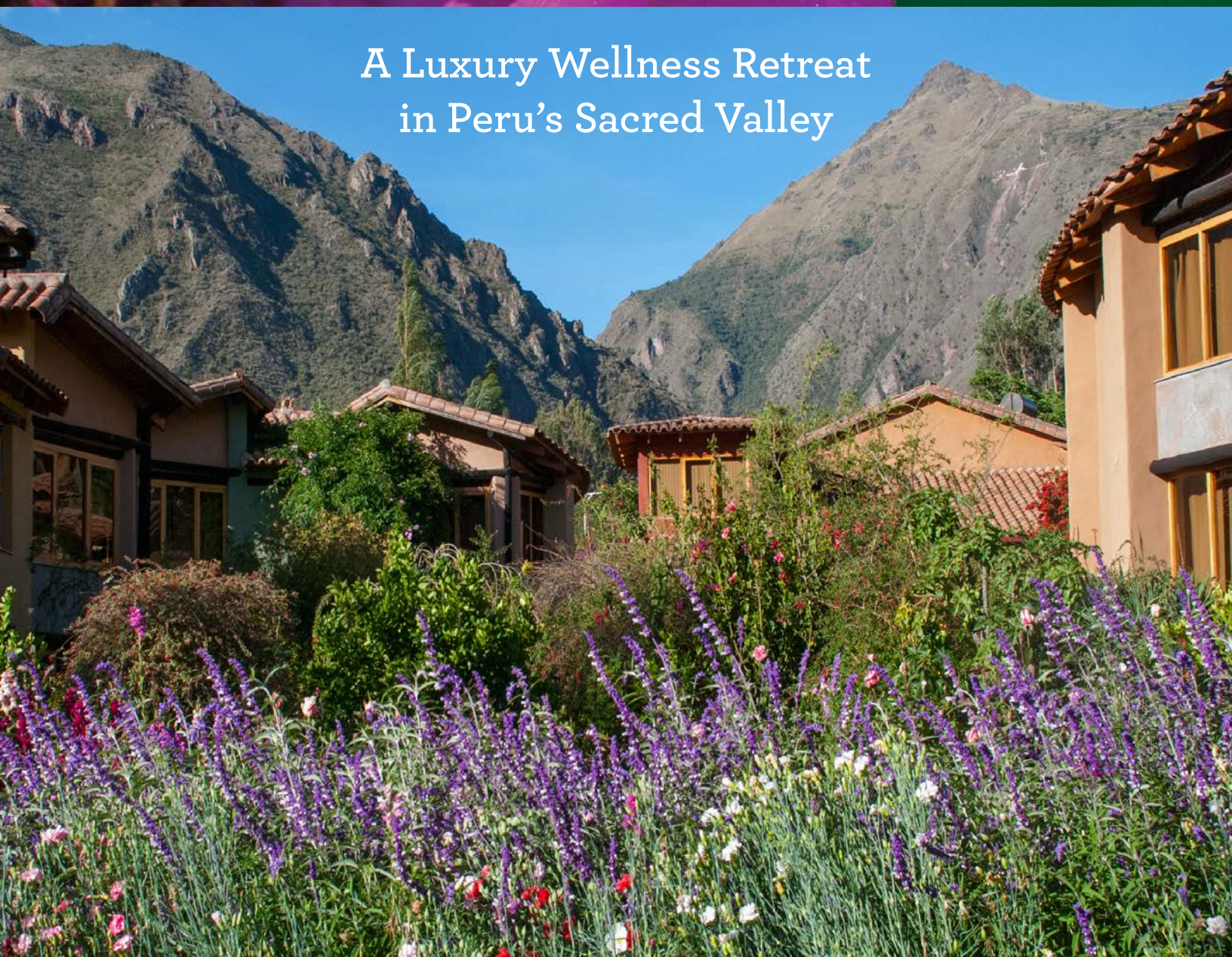




WILKA TIKA

ESSENTIAL WELLNESS

A Luxury Wellness Retreat
in Peru's Sacred Valley



Dear Group Leader,

Welcome to Willka T'ika, our exquisite sanctuary designed for rejuvenation and reflection. Willka T'ika is the premier luxury wellness retreat center in the Sacred Valley of Peru, located between the Incan Capital of Cusco and the World Heritage Site of Machu Picchu.

Our founder, Carol Cumes, was drawn to the culture and values of the local Quechua-speaking people, descendants of the Inca, which led her to create Willka T'ika ("sacred flower" in Quechua) in 1994. The first retreat center in the Sacred Valley dedicated to yoga and mindfulness practitioners, Willka T'ika was designed with the intention of paying homage to Andean values. Traditionally, the Quechua ancestral belief is to honor *Pachamama*, Mother Earth, while embracing reciprocal exchange, *ayni*, which is the principle of sustainable giving and receiving.

Located in one of the most stunning places on earth, the beauty of Pachamama radiates throughout Willka T'ika's grounds. From our hand-crafted guestroom design, to our breathtaking Chakra Gardens, organic vegetarian farm-to-table meals, Andean ceremonial spaces and devoted service by the local Quechuan staff, Willka T'ika is a model of authentic sustainability.

Notably, Willka T'ika is also home to the "Seven Chakra Gardens" featured in the award-winning book written by Carol Cumes, *Chakra Gardens, Opening the Senses of the Soul*. Each garden contains symbols, shapes, sculptures, and Incan medicinal plants and flowers that resonate with one of the seven chakras, or energy centers, of the human body. The crown jewel is a 1000-year-old Lucuma tree that connects guests to the nature-based wisdom of pre-Incan civilization.

Today, Willka T'ika serves a diverse clientele of loyal yoga teachers, transformative healing artists, women's groups, writers, photographers and cultural adventurers. Anyone interested in personal growth, nature connection and wellness finds Willka T'ika a true home.

As we look forward, we are delighted to bring fresh energy and new offerings to Willka T'ika. Please find enclosed details regarding our property and programs. We look forward to welcoming you and your group to Peru's Sacred Valley.

Warmest wishes,
Terry and Tristen Cumes





“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 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.



RETREAT PROGRAMS

With over 30 years of experience, we offer our highly successful signature Willka T'ika Group Retreat Programs. We're also experts in developing custom programs that will suit your group's specific needs.

Please contact our USA Reservations Office at 1-888-737-8070 (1-888-PERU-070). We're here to work with you to design a program focused on your interests — taking care of all the details for you!

Pachamama Retreat

Total Days	8 days / 7 nights
Cusco	2 days / 1 night in Cusco
Machu Picchu	1 day at Machu Picchu
Willka T'ika	5 days / 6 nights at Willka T'ika
Guides	7 days guided service
Transport	Quality buses and tourist train
Included	<ul style="list-style-type: none">• Use of Chakra Gardens, multi purpose studios, fire pit and ceremony areas• Organic gourmet vegetarian meals daily when at Willka T'ika• Guided tour around the Seven Chakra Gardens• Authentic Andean offering and fire ceremony with Q'ero Pakko healer• Visit to an Andean Mountain School• Hiking the P'isaq ruins, ceremony, and shopping in the famous market• Visit to Urubamba's authentic market, Seminario Pottery Studio, and alpaca factory store
Summary	For the group that wants a taste of the ancient sacred sites, and also interested in plenty of group time at Willka T'ika. Includes some guided tours and ceremonies, and allows more time for special group activities and reflection time in the gardens.

Lucuma Retreat

Total Days	10 days / 9 nights
Cusco	2 days / 2 nights in Cusco
Machu Picchu	2 days / 1 night at Machu Picchu
Willka T'ika	6 days / 6 nights at Willka T'ika
Guides	9 days guided service
Transport	Quality buses and tourist train
Included	<p><i>Includes ALL activities from the Pachamama Retreat PLUS:</i></p> <ul style="list-style-type: none">• Tour to mystical Moray circles• Guided hike to Maras salt farms• Optional hike to Inti Punku Sun Gate and the Inkan bridge, or the peak of Machu Picchu Mountain• Andean Musical Performance
Summary	A comprehensive and fully guided program throughout the Sacred Valley, Machu Picchu, and Cusco. This is the perfect tour for the group that wants to see and experience it all. Time is allocated each day for leaders to teach their own sessions.





TOP RETREATS FOR OVER TWO DECADES PLAN YOURS NOW.

“What brings me back
to Willka T’ika
is the amazing abundance
of light, energy, the vitality
and beauty...
This is Heaven on Earth.”

Dr. Sue Morter
Founder & Visionary of the Morter Institute

“...Hands down Willka T’ika takes the crown for the best
destination for fostering peace of mind and wellness of
the heart and body. They deliver (a retreat) better than
any center that I have visited in the past 12 years.
Food is excellent and full of prana (life force), and they
accommodate every dietary restriction; rooms are excellent,
large, and spotless with views to soothe your soul; the
gardens and plants are so vibrant that it is a feast for your
eyes, breath and senses!”

Raj Patra
International Yoga Retreat Leader

[Click here to read more testimonials from renowned retreat leaders Rodney Yee, Desiree Rumbaugh, Tiffany Cruikshank, Anton Mackey, Dennis McKenna, Deborah Koehn, Judith Lasater, and Thomas Fortel from Esalen.](#)



Best of the Best



@WillkaTika



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@WillkaTikaPeru

Start planning your dream retreat in the Sacred Valley of Peru.

USA Reservations Office

888 737 8070 (North America) +1 805 884 1121 (International)

info@willkatika.com www.willkatika.com

For direct assistance in leading a group at Willka T’ika, please complete this simple [questionnaire](#).