



WILKA TIKA

ESSENTIAL WELLNESS

Rejuvenate in Peru's Sacred Valley



The *Essential Wellness* Retreat for Individuals, Couples and Small Groups

2024 Dates: Jan. 19-25, Mar 29-Apr 4, Jun 7-13, Jul 26-Aug 1, Sept 13-19, Nov 22-28





REDISCOVER WELLNESS AT WILLKA T'IKA

Willka T'ika or “sacred flower” in Quechua, 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.

An exquisite wellness sanctuary designed for rejuvenation and reflection, Willka T'ika was founded in 1995 to honor the culture of the local Quechua-speaking people, descendants of the Inca. The first retreat center in the Sacred Valley dedicated to yoga and wellness, Willka T'ika was created with the intention of paying homage to Andean values of sustainability. Traditionally, the Quechua ancestral belief is to honor *Pachamama*, Mother Earth, while embracing reciprocal exchange, *ayni*, which is the principle of 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 handcrafted guestroom design, to our breathtaking *Chakra Gardens*, vegetarian farm-to-table meals, Andean ceremonial spaces and devoted professional service by the local Quechuan staff, Willka T'ika is the perfect place to rediscover Wellness.



Notably, Willka T'ika is also home to the *Seven Chakra Gardens* featured in the award-winning book written by founder 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. The *Seven Gardens* are also the basis for this new *Essential Wellness* program which offers authentic Andean therapeutic treatments, home-made essential oils, nature-based activities, and organic meals, teas, and juices to boost immunity and reenergize travelers.



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The **Willka T'ika Essential Wellness Program** combines 30 years of our experience with authentic Andean healing offerings into accessible 3, 5, and 7 Day wellness retreats. This program was designed for today's traveler who seeks to reconnect with the healing energies of Mother Earth (*Pachamama*). The format of the program follows the model of Willka T'ika's *Seven Chakra Gardens*, with each day focusing on a chakra, or energy center. We will guide you through a specialized sequence of mindful activities, therapeutic treatments, farm-to-table meals, fresh cold-pressed juices, home-made essential oils, and powerful Andean ceremonies.

Starting on Day 1 (Friday), you will begin with the 1st or "Earth" Chakra and connect with *Pachamama*, Mother Earth. On Day 2 and 3 (Saturday & Sunday) you will honor the "Water" and "Fire" Chakras elements with Andean ceremonies, yoga and breathtaking hikes. By the end of the weekend, you will have cleansed your body and mind.

Those who can stay longer will continue on Day 4 with the "Heart" Chakra and a heart-opening Cacao ceremony. Day 5 focuses on the "Throat" Chakra and you will experience sound healing with our local musicians.

Only those staying the full week will participate in opening their "Third-Eye," or 6th Chakra with an optional San Pedro ceremony. On the 7th Day, you will rest and integrate all that you have learned and healed on this journey through the *Seven Chakra Gardens*.



BASE Program	DAY	Chakra ~ GARDEN	Wellness Activity	Andean Ceremony	Therapeutic Treatment (optional)	Partner Plant & Essential Oil	Fresh Juice
3 DAY	FRI	1 st ~ Earth Root PACHA	Guided Garden Tour + Yoga Nidra	Kintu Offering	Natural Remedy Consultation (\$75)	Fuchsia & Molle Oil	Sweet Beet
3 DAY	SAT	2 nd ~ Water Sacral YAKU	Sacred River Hike + Yin Yoga	Water Ceremony	Flower Bath (\$50)	Sábila Andina & Manzanilla Oil	Carrot & Kion
3 DAY	SUN	3 rd ~ Fire Solar Plexus INTI	Flow Yoga + Salt Mines Hike	Fire Ceremony	Coca Leaf Reading (\$35)	Golden Yarrow & Ruda Oil	Piña con Cúrcuma
5 DAY	MON	4 th ~ Air Heart SONQO	Heart-Opening Yoga	Cacao Ceremony	Crystal Bed (\$30)	Borage & Muña Oil	Green Juice
5 DAY	TUES	5 th ~ Ether Throat TAKI	Yoga of Expression	Sound Ceremony	Temazcal (\$65)	Trumpet Vine & Eucalyptus Oil	Sábila Smoothie
7 DAY	WED	6 th ~ Vision Third Eye ÑAWI	Walking Meditation in Spiral Garden	San Pedro Ceremony (optional \$180)	Andean Massage (\$80)	Shasta Daisy & Rosemary Oil	Berry Smoothie
7 DAY	THURS	7 th ~ Universe Crown UMA	Integration Meditation	Ayni Ceremony	Essential Oil (\$35)	Angel's Trumpet & Lavender Oil	Lúcuma Smoothie





The Willka T'ika Essential Wellness programs includes:

- Wellness activities: Yoga/Meditation classes and local hikes to clear your mind.
- Andean ceremonies: Connect with *Pachamama* to open your spirit.
- 3 organic vegetarian meals daily to nourish and detoxify your body.
- 1 freshly squeezed juice each morning.
- Personalized essential oil hydrosol blend to connect with the *7 Chakra Gardens*.
- Fresh herbal teas from the Healing Gardens.
- Shared luxury room accommodation or private garden room accommodation.
- All Peruvian taxes.

Additional:

- Andean Therapeutic Treatments can be purchased a la carte for the *Base Chakra* Program. Or include all treatments at 15% discount for *Full 7 Day Chakra* Program.
- Full juice cleanses can be arranged with advance notice (\$40 day).
- Chakra Gardens Journal to guide you on your journey of transformation (\$20).
- Willka T'ika 100% pure Essential Oils and Hydrosol blends to take home (\$35/bottle):
 - ~Molle for muscle relaxation
 - ~Rosemary for focus and fluidity
 - ~Ruda for protection
 - ~Muña for heart-opening
 - ~Eucalyptus for immunity-boosting
 - ~Lavender for relaxation
 - ~Hydrosol sprays blended for protection, soothing, relaxation, and focus

"Willka T'ika is a paradise that allows you to slip into the Peruvian culture with a deep ahhh! The gardens and the staff are exquisite like the unexplainable walls of Machu Picchu. It feels so right to stay in a guesthouse retreat that supports the local community, that promotes organic sustainable farming and that nourishes its guests with the wisdom of Peru."
 ~ Rodney Yee, Yoga Teacher

PRICING for 2023	3 DAY Chakras 1 - 3	5 DAY Chakras 1- 5	7 DAY Chakras 1- 7
<i>Base Chakra Program</i> (per person)	\$900	\$1500	\$1950
Recommended Treatments (includes 15% discount if pre-booked)	\$145 (Flower Essence Consultation, Solar Bath, Coca Leaf Reading)	\$225 3 day therapies + Crystal Bed, Temazcal & Plunge Pool	\$320 5 day therapies + Andean Massage, Custom Hydrosol Blend
<i>Full Chakra Program</i> (all treatments)	\$1045	\$1725	\$2270*

* For 7 Day program only, optional San Pedro ceremony is an additional \$180





Description of Therapeutic Treatments

Natural Remedy Consultation

Our medicinal herbal and flower expert will provide a personalized consultation guiding you into the healing world of Peru's plants. Learn how to connect your emotions and relate to plants in a profound way.

Yoga

Focusing on restorative yoga, classes are taught to all levels depending on guest needs, and take place in Willka T'ika's beautiful sunlit yoga studios that are fully equipped with mats, blocks, straps, pillows and folded blankets for bolsters.

Solar Flower Baths

Indulge in an outdoor floral bath under a velvet night sky bejeweled with the Milky Way. Our popular baths, created from stone and set in secluded gardens, are heated by the sun during the day. At night the water is infused with flowers, medicinal herbs, and Maras salt. Enjoy a luxurious soak under the stars before bed.

Coca Leaf Reading

Experience a soul-revealing reading from a traditional Andean healer. We have been working with *Layka* for over 20 years and she is one of the most talented coca leaf readers around. We know you will benefit from her insights and guidance.

Crystal Bed Therapy

Crystal light therapy combines color, light, quartz crystals, and music to clear and realign the body's chakras. This gentle treatment encourages healing of the body and mind and leaves you feeling revitalized and refreshed.

Sweat Lodge (*Temazcal*) & Plunge Pool

Spend the afternoon with a complete detoxification experience. Our homemade Sweat Lodge or *Humpina Wasi* will help you release any impurities. After this profound perspiration and inner cleansing, cool off in our medicinal plunge pool or *Hampi Yaku*, infused with flowers from our *Healing Gardens* herb spiral.

Andean Massage

Willka T'ika offers a range of therapeutic spa treatments to restore the body. Massage styles include Andean massage, aromatherapy massage, and hot stone massage. Rejuvenating Willka T'ika facials use natural products made from ingredients from our *Healing Gardens*. Our reflexology treatments incorporate salt from the nearby Maras salt farms and traditional aromatherapy essential oils.

Hydrosol Blends

Our latest wellness offerings combine our own essential oils, hydrosols and flower essences to create completely original therapeutic blends. You can order a personalized blend such as *focus activator*, *aura protector*, or *muscle calmer*, to bring a peace of heaven home with you.





Frequently Asked Questions:

What is included in the *Essential Wellness* retreats?

- ~We've tried to include as much as possible in these programs: all organic meals, yoga and meditation classes, local nature hikes, and authentic Andean ceremonies. See the program schedule on P. 4 for details.
- ~All colored-themed meals, fresh juices and teas will be included your *Essential Wellness* Program.
- ~Additional fees do apply to our suggested therapeutic treatments which are offered each day and are optional. A **15%** discount is available for those who reserve the *Full Chakra* Program (recommended).

Can I arrive on a different day?

- ~If possible, we recommend starting on a Friday with the 1st Chakra. However, it is possible to start a retreat on a different day.
- ~We recommend arriving a day or two earlier to acclimatize to the 9420 ft. (2871 m.) elevation.

Can I customize my own retreat?

The Wellness activities and ceremonies are scheduled on specific days to coordinate with the *Essential Wellness* program. Yet treatment therapies can be usually be requested on the day of your choice with advance notice.

Can I arrange for the San Pedro ceremony on a different day?

The San Pedro ceremony (\$180) is only for those doing the 7 Day retreat. It is offered on Day 6 and relies on the preparation and cleansing that come with first 5 days. For those who want to do this ceremony on a different day, or independently from our program, we can recommend a local facilitator off-site.

What are the additional fees?

These Therapeutic Treatments are **15% off** for Retreat Participants when pre-booked together:

- ~Natural Remedy Consultation with a bilingual Peruvian expert (\$75)
- ~Solar Flower Bath with medicinal herbs (\$50)
- ~Crystal Bed therapy to align your chakras (\$30)
- ~Coca Leaf reading by *Layka*, an Andean healer (\$35)
- ~Andean Massages by our amazing therapists (\$80-\$90)

These special therapies are held only the designated days:

- ~Tuesday: *Temazcal* Sweat Lodge and Plunge Pool (\$65)
- ~Wednesday: San Pedro Ceremony (\$180)

Essential Oils made in the Chakra Gardens (\$35 for 5ml)