



Peru

A JOURNEY WITH THE SACRED



WITH DANNIELLE BRYAN

AT WILLKA T'IKA RETREAT CENTER

APRIL 8TH - APRIL 15, 2023

8 DAYS / 7 NIGHTS

(Optional extension: April 15th - 22nd, 2023)

Experience the Authentic Spiritual and Cultural Wonders of Peru

I warmly welcome you to join me for this luxury retreat into the Sacred Valley of Peru. A land renowned for its mysticism, ancient traditions, and heart centered culture. Visiting the Sacred Valley and spending time in this beautiful place, whether for the first time, or as a returning journeyer, is deeply nourishing on a soul level.

This retreat is designed to open you up to receive the wonderful nurturing qualities of this sacred place. A land that holds centuries upon centuries of ceremony, honoring, and rituals that deepen your connection with the earth, the heavens, and your own soul center.

Come let yourself be bathed in the energy of the land, while trekking through temples, ancient cities, and visiting some of the oldest ruins. Relax, rejuvenate, and be restored by magical Peru!



Peru

A JOURNEY WITH THE SACRED

Retreat Highlights

- Willka T'ika, the #1 luxury garden retreat center in 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 meals lovingly prepared by Willka T'ika chefs.
- Two sun-filled garden studios for yoga, dance 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.
- Our Yachaywasi library has a cozy fireplace and a great selection of English books on all subjects.
- Hiking beneath magnificent Andean peaks in awe-inspiring Sacred Valley scenery.
- Exploration of mysterious ancient cities and temples of Cusco and Machu Picchu.
- Colorful, traditional Quechua, Incan descendants, in their mountain villages, an artist and photographer's dream.
- A professional and passionate local guide who teaches Andean spiritual traditions, culture, history and cosmology.
- Participation in ancient Incan ceremonies with authentic practicing pakkos, Qero healers, who offer authentic coca leaf readings.
- Visit to an isolated mountain community. Experience the heartfelt practice of ayni, Andean reciprocity or exchange and interactive activities with the students.
- Willka T'ika Children's Fund (WTCF) 501(c)(3) nonprofit, assisting over 750 Quechua students from five isolated subsistence-farming communities.
- The Chaskinawasi cottage offers unique quality jewelry, crafts and exclusive Willka T'ika products. Sales support local artists and the mission of the WTCF.

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 Chakra Gardens





PLEASE SCHEDULE FLIGHTS TO ARRIVE IN CUSCO ON
THE FIRST DAY (APRIL 8TH) BEFORE 11 A.M.



Every Day in Willka T'ika

- Four studios/shalas available for our group activities.
- Sacred Chakra Gardens are always available for registered guests.
- Gourmet vegetarian meals served promptly at:
8:00 or 8:30 a.m. (Buffet breakfast), 1:00 p.m. (Lunch), and 6:30 p.m. (Dinner).
- Fresh herbal teas are available from 6:30-9:30 a.m. and 3:30-5:00 p.m.

DAY 01. SATURDAY, APRIL 8TH | ARRIVAL IN CUSCO

MORNING

Note: Please arrange your flight to arrive into Cusco by 11a.m..

Program begins with one 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 acclimate to the altitude.

AFTERNOON

3:00 pm: Meet your guide in the hotel lobby for a brief group orientation meeting. Late afternoon walk through the cobblestone streets of San Blas, where your guide will point out fascinating Incan stonework en route to the Korikancha Temple, the holiest site during Incan times.

EVENING

6:30 pm: Willka T'ika invites you to a delicious Peruvian dinner. (D)



DAY 02. SUNDAY, APRIL 9TH

MORNING

8:00-8:30 A.M. Breakfast

Visit the vat Inkan site of Saksaywaman overlooking the city of Cusco. Continue on to the ritual fountains at Tampumachay. Participate in a ceremony to honor Yaku, the spirit of water, to open the body's chakras.. A traditional coca-leaf ceremony invites you to tap into the presence and energies of Pachamama, Mother Earth.

AFTERNOON

Have lunch at a cafe of your choice, and shop in the main square of Cusco.

EVENING

3:30 p.m

After dinner, enjoy a full group Andean offering and transformative fire ceremony with our high level pakko. The ceremony serves as a wonderful preparation of mind, body and spirit for your pilgrimage to Machu Picchu. (B.D)

DAY 03. MONDAY, APRIL 10TH

MORNING

8:00-8:30 A.M. Breakfast

This day is dedicated to Pachamama, Mother Earth. Relax in the splendors of nature and enjoy a tour of the Seven Chakra Gardens. Private coca-leaf readings by appt. with an authentic healer are offered throughout day. Optional guided walk through nearby Rumichaka farming neighborhood where the Quechua campesinos, farmers live.

AFTERNOON

1:00 P.M. Lunch

EVENING

Guests may choose to schedule spa treatments or relax in the gardens. Coca-leaf readings continue from the morning. After dinner, enjoy a full group Andean offering and transformative fire ceremony with our Qero healer. The ceremony begins with personal blessings and serves as a wonderful preparation of mind, body and spirit for the remainder of our trip and visits to sacred sites. (B.L.D)



DAY 04. TUESDAY, APRIL 11TH

MORNING

An ayni day. Drive through the Sacred Valley to a Quechua mountain school supported by the nonprofit Willka T'ika Children's Fund. Since 1995, Willka T'ika has supported high mountain community communities where few tourists are privileged to visit. In a reciprocal ayni exchange, the group offers an activity the children can enjoy. The warmth and heart-warming joy of the children, and their openness in bringing guests into their daily lives are special moments not easily forgotten. Afterward, enjoy a riverside bag lunch.

AFTERNOON / EVENING

Continue to the spectacular ruins of P'isaq, overlooking impressive Incan terraces. Hike to the Temple of the Sun and walk in a silent personal vision quest. Return to the main square of P'isaq by bus and visit the famous, colorful market filled with woven goods, jewelry, wall hangings and hand-painted beadwork. Enjoy cafi or tea in the market square. P'isaq is a photographer's dream. Return to Willka T'ika for a late afternoon group session before dinner. (B.L.D)

DAY 05. WEDNESDAY, APRIL 12TH

MORNING

Early Breakfast

Tourist train to Aguas Calientes. Tea/coffee and snack served on train. A bus takes you to the sunlit terraces of Machu Picchu. Enjoy a fabulous guided tour of the ancient "City of Light." Experience a journey through the masculine energy temples of political and spiritual power, followed by a deep reconnection of feminine earth energies.

AFTERNOON/EVENING

In the afternoon, hike to Inti Punku, the original Incan Gateway to the Sun or to the Incan bridge. Late afternoon train back to Ollantaytampu where you will transfer to Willka T'ika in time for a late dinner. (B.D)

DAY 06. THURSDAY, APRIL 13TH

MORNING

8:00-8:30 A.M. Breakfast

Visit the ceremonial site of Ollantaytampu and its famous Sun Temple. Lunch on own in the quaint picturesque town.

AFTERNOON

Visit the Temple of the Moon for a sacred connection to Pachamama. Return to Willka Tika late afternoon. Schedule an Andean SPA treatment, solar bath or crystal light therapy session before or after dinner. (B.D)

DAY 7. FRIDAY, APRIL 14TH

MORNING

After Breakfast enjoy a guided round-trip hike to the local Maras Salt Flats.

AFTERNOON

1:00 P.M.: Lunch

2:00 pm: Orientation meeting for San Pedro ceremony on Aug 15th, if participating.

3 – 6:00 pm: Group Cacao Ceremony. The delicious, chocolate beverage is prepared with love by our staff and served in a musical, meditative ceremony by a shamanic facilitator. The sweetness of this ceremony can cause deep relaxation or animated dancing, or both. Come with an open mind and a sweet tooth.

EVENING

6:30 pm: Farewell dinner. (B.L.D)

DAY 08: SATURDAY, APRIL 15TH | DEPARTURE FOR CUSCO

10:00 a.m. - Check-Out Time for those departing. One group bus transfer at check-out takes guests to the Cusco airport to connect to Lima, and flight home. From Willka T'ika, allow 3 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. Arrive home feeling blessed with the pure spiritual energy of your transformational Andean journey-of-a-lifetime.

Landcost

BASED ON DOUBLE OCCUPANCY

Adult | 18+ years

\$2985

(includes - lodging, all transportation, Machu Picchu, all sacred site tickets, most meals, and special one on one reading with Medicine Woman Alisha.)

Child | Up to 17 years

\$2350

UPGRADES

Single Garden Room

\$750 (subject to availability)

PRICE INCLUDES:

- All ground transportation within group timeframes as listed in above itinerary.
- 7 nights lodging and meals as indicated in above itinerary.
- All fees to the sacred sites and transport

NOT INCLUDED IN PRICE:

- International airfare to Cusco via Lima, Peru
- 5 Meals not covered in our retreat - Indicated in above itinerary
- Bottled water or alcoholic drinks
Spa services and tips
- Tip for all service providers – Total of \$80 per person in crisp USD. No torn or old USD.
- Discretionary Tip for our guide to be collected on Day 7
- Transportation to airport if leaving outside suggested times listed on day 8 Itinerary
- Additional night's stay in Cusco or Willka T'ika and subsequent shuttle transfers.

Willka T'ika was originally conceived and is lovingly maintained as a private garden retreat center.

It is open only to its registered guests

HOW TO REGISTER

Pay your non refundable deposit of \$750 and complete the registration form and waiver.

RESERVATION AND PAYMENTS

- A non - refundable \$750 deposit confirms your registration.
- **January 30th, 2023** - your balance or full payment is due.
- **January 30th - February 20th, 2023** - Registrations must be paid in full at the time of registration at the cost of **\$2985**.
- **After February 20th, 2023** Total price for trip is \$3135 and must be paid in full at the time of the registration

ARRIVAL/DEPARTURE

Program services begin with a group transfer from the Cusco airport on Day One and end with the group transfer from Willka T'ika to the Cusco Airport on Day 8. Participants arriving at a different time may arrange a private transfer with Willka T'ika or take a taxi. If participants wish to stay longer at the end of the trip, they may request to have a room arranged for extra nights in the same comfortable Cusco hotel. Please advise at time of registration.

Questions

CONTACT

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OPTIONAL TRIP EXTENSION

San Pedro



APRIL 15TH - 17TH, 2023



OPTIONAL SAN PEDRO CEREMONY
APRIL 15TH - 17TH, 2023

For those called to journey and work with the sacred plant medicine of San Pedro with the native Shaman, please see the information below for outline and cost.

Note this extension is limited to 20 participants only, we recommend you register early to ensure your spot.

A JOURNEY WITH THE SACRED PLANT MEDICINE SAN PEDRO

San Pedro (also named Wachuma) is a cactus that has been used as a sacred plant medicine for at least 3,000 years here in the Andes of Peru. It is a medicine that can be used to help us perceive our self-created barriers and limitations, and greatly aids us in opening and connecting with our hearts.

Each ceremony is a reunion with ourselves, Mother Nature and the Divine. It is a medicinal mirror that can help us see where we hold onto self-limiting beliefs and patterns in our lives, gently guiding us toward releasing that which no longer serves us.

San Pedro is often underestimated as a powerful plant medicine, due to its gentleness. However, we have found San Pedro to be incredibly powerful and profound. In our opinion and based on our experience, there are few limits if any to its capacity to help us heal. We prepare our own medicine with sustainably harvested whole San Pedro cactus from the Huaraz district in Peru, with care, love and gratitude. We also replant all our cactus bases, helping to grow the plant population.

The ceremony begins in the morning between 8.30am and 9.00am. After gathering and a brief talk, the medicine is then served to each participant, where after the ceremony begins. After the opening ritual, each guest is free to find their own space to start honoring their process. We ask that all guests refrain from engaging with one another throughout the entirety of the day up until the closing of the ceremony as to respect and give space to each participant's process. Our main intention is for each person to be present to that within themselves that needs attention and expression. It is thus also very important to leave all electronic devices off in your room for the day.

At around noon, your fast will be broken with a bowl of provided fruit salad. We close each ceremony at around 5pm with a gratitude based closing ritual, followed by a grounding, nutritious meal.

Like most plant medicines, the individual experience of the medicine varies for each guest. It is important to remember that no experience is ever like another and that whatever the medicine gives to you is exactly what was needed for that moment. Bernhard remains present throughout the whole ceremony to assist each individual if anything is required. Providing experienced, grounded advice for navigating the experience and a calming, stable presence. Preparations and logistics for the ceremony:

Please let us know in advance if you have any dietary requirements above normal vegetarian food.

We like to ask participants to agree to certain protocol during the ceremonial process – please be aware of this – one of the important things we ask for is a willingness to put off all electronic devices for the day.

PLEASE HAVE WITH YOU THE FOLLOWING FOR CEREMONY

- A hat or cap and some sunscreen.
- Layers of clothing, in case it gets cold, or hot.
- A Water bottle.
- A pen and a journal for the afternoon if needed.

INTENTION

It is beneficial to have a defined intention for a shamanic ceremony. This is what you are aiming towards in the ceremony as well as in the time around or after ceremony. It is not the same as an expectation – as it is better not to have any expectations at all.

The intention helps to remind you why you are here and it focuses your attention towards a particular end. In our experience, it is good to have a positive intention statement rather than a negative one. This means that it is something you want to move towards, not away from (an example would be to live healthy, rather than stop eating unhealthy or stop smoking). It can also be more general, and not specific to a topic if you have nothing specific at the moment. We will most likely discuss this with you before ceremony starts, or shortly thereafter. There is no wrong reason to drink medicine, in our opinion.

DIET AND PREPARATION:

For a good connection with San Pedro, some preparation can have a very beneficial effect. We recommend as clean a diet as possible for the three days leading up to ceremony if only one ceremony is being done. If you are coming for multiple ceremonies, please prepare for 5 days before the first ceremony. Fresh, healthy food and plenty of water is important, as well as the avoidance of pork, excessive sweets, desserts and fat, alcohol, caffeine and recreational drugs (including marijuana). Also, please abstain from any sexual activity for the day before, during and after the ceremony.

On the morning of ceremony, please fast from any food intake, but please do have as much as you need of herbal infusions or water. It is good to start the day well hydrated. The diet has big impact on the ceremonial experience. This is why we recommend it. If it's not entirely possible, as a result of traveling, flights, etc. please do not stress too much about it, just eat as well as you can.

Most prescription drugs and supplements do not interact with the medicine, but we recommend abstaining from them for the day of ceremony. The only exception to this is if taking hormone replacement medication, which if used, may be taken around lunch on the ceremony day if normally taken in the morning.

Mental preparation is also important and for us the most important aspect of this is to show up for the day with willingness. This is willingness to engage fully with yourself, and the plant, whatever might occur or happen, without expectation. This mind-set helps us to really receive whatever it is that San Pedro has in store for us!

IMPORTANT NOTICE

Take note that participating in a ceremony or sequence of ceremonies can be dangerous and includes certain risks. Therefore, please advise us if you are currently on any medication or have any known physical or mental ailments or illnesses as soon as possible.

END OF PACHAMAMA TOUR

(April 15th-17th)

DUE AT THE TIME OF REGISTRATION

COST

Single Occupancy

\$678

Double Occupancy

\$527

INCLUDED IN COST

- Cost of Ceremony
- Accomodation
- 2 meals per day

NOT INCLUDED IN COST

- Shuttle transfer to Willka T'ika on April 14, 2023 – Rate for shuttle is based on number of people; 1-2 \$60 total, 3-5 \$90 total, 6 or more people \$28 per person.

BEGINNING OF AUSANGATE

(April 14th-17th)

DUE AT THE TIME OF REGISTRATION

COST

Single Occupancy

\$886

Double Occupancy

\$679

Group transfer included from Cusco airport at 12:00 noon on April 14th to Willka T'ika.

- Tip for our Shaman leading the ceremony – your discretion. Tip will be collected on Saturday morning.

- If you need a transfer later than 12 noon after the date April 14, 2023

TESTIMONIALS FROM WILLKA T'IKA GUESTS:

“Our San Pedro Medicine Ceremony was an amazing experience. Each of us had an individual, personal experience that was meaningful. It was gentle and spiritual in the beautiful Willka T'ika setting. Our shaman was caring, gentle and attentive to our experience in a knowledgeable and spiritual way. I was very happy to have experienced it.” Group Leader, Nov 2018

“As someone who is new to plant medicine, I was pleasantly surprised with my San Pedro experience at the Willka T'ika Retreat gardens. It was profoundly emotionally healing and brought back childhood memories that I had suppressed for decades. Our Shamanic Practitioner and the beautiful gardens provided the perfect space to process my experiences.” - Group Participant, Urban Yoga, Nov 2018

