



WILKA TIKA
ESSENTIAL WELLNESS

PACHAMAMA JOURNEY
GUIDED BY YOGA ON THE VINE
SEPTEMBER 16 – 23, 2023





PACHAMAMA

RETREAT

ITINERARY

Cusco Day 1

SAT SEPT 16

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.

3:00 pm: Meet YOTV and 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.

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

Cusco & Sacred Valley Day 2

SUN SEPT 17

AM: Visit the vat Incan 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. A traditional cacau ceremony invites you to tap into the presence and energies of Pachamama, Mother Earth.

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

3:30 pm: Drive to Willka T'ika in the Sacred Valley through spectacular Andean mountain scenery. After a brief intro by the guide and leader, the Willka T'ika Quechua staff will welcome you to the retreat center, and help you schedule time for Andean spa services. Yin Yoga & Yoga Nidra in the evening. (B.D)