

Fire Ceremony Day 3

MON SEPT 18

AM: Meditation and Vinyasa yoga. Relax in the splendors of nature and enjoy a tour of the Seven Chakra Gardens. Optional private coca-leaf reading with an authentic Qero healer visiting from the high Andes. Optional guided walk through nearby Rumichaka farming neighborhood where the Quechua campesinos, farmers live.

1:00 pm Lunch.

PM: Yin Yoga and/or spa treatments. 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 serves as a wonderful preparation of mind, body and spirit for your pilgrimage to Machu Picchu. (B.L.D)

School Visit & P'isaq Day 4

TUES SEPT 19

AM: Meditation & Vinyasa yoga. 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.

PM: 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 café or tea in the market square. P'isaq is a photographer's dream. Return to Willka T'ika for late afternoon yoga workshops before dinner. (B.L.D)

Every Day at Willka T'ika:

Four studios/shalas available for private group activities.

Sacred Chakra Gardens are exclusively for our guests.

Farm-to-table vegetarian meals:

Breakfast (B): 8:00/8:30 am

Lunch (L): 1:00 pm

Dinner (D): 6:30/7:00 pm

Fresh herbal teas and organic coffee available





Machu Picchu Day 5

WED SEPT 20

AM: Early breakfast & practice. 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. **PM:** 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)

Ollantaytampu & Maras Day 6

THURS SEPT 21

AM: Meditation and Vinyasa yoga. Visit the ceremonial site of Ollantaytampu and its famous Sun Temple. Lunch on own in the quaint picturesque town.

PM: Group leader sessions at Willka T'ika. Meditate in the Chakra Gardens of your choice and allow yourself time to receive the ancestral crown chakra energies beneath the 1000-year-old lucuma tree. Enjoy an Andean SPA treatment, or crystal light therapy session. For the more active, choose from a variety of hikes, including the nearby **Maras Salt Flats** and activities through the valley and up the mountains. (B.D)

Urubamba Day 7

FRI SEPT 22

Morning meditation and vinyasa. Optionally, choose a guided morning hike to the town of Urubamba through farming neighborhoods, visit a typical, lively Peruvian market and the famous Seminario ceramics shop.

1:00 pm: Lunch followed by Yin Yoga

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