



WILKA TIKA  
ESSENTIAL WELLNESS

PACHAMAMA JOURNEY  
Guided by Jeanette Mantel  
April 17-24, 2023





## OUR RETREAT FOCUS

### Is to get deeply in touch with the Vision of the Heart

*I have traveled in the Andean world for many years, both for my own spiritual nourishment but also for the delight of bringing groups to this beautiful land of the Inkas. My first meeting with Sacred Valley was in 2001. I immediately fell in love with the green Andean mountains, the rich culture and the heart centered people I met. I felt spiritually home and has since deepened my shamanic practice and relationship with the mysticism of the Andes. This is what I love to share with you on this heart opening journey where you sit in ceremony with Qero Shamans, meet earth temples and sacred spaces to feed your soul and strengthen the possible for your heart dreams. Our retreat center for this week is Willka T'ika. Here the gardens are exquisite, the food is brimming with vitality and the location wonderful to experiencing the ancient essence of Peru. The combination of a daily meditation in the gardens and hiking in the Andes re-connects us with Mother Earth, the nourishing principle of manifestation. Welcome to an experience that is life-changing! - Jeanette Mantel, Shaman Healer Teacher*

#### WILLKA T'IKA WARMLY WELCOMES YOU

Willka T'ika offers the Pachamama Retreat, an ideal program for leaders and teachers of yoga, meditation, artistic and other spiritual modalities who would like their groups to experience the major highlights of Cusco, Machu Picchu, and the Sacred Valley sites, while allowing ample time for their own personal workshops at Willka T'ika. On select days this program includes professionally guided tours and ceremonies. The quality and variety of offerings in this eight-day program ensure that participants experience a magical journey to Peru.

#### TO DISCOVER A LUXURY RETREAT IN THE SACRED VALLEY

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. The group has options to practice yoga in beautiful, spacious, sun-filled studios, or hold special gatherings in other beautiful facilities. Additional healing treatments include solar-heated floral baths under the stars, Andean spa and massage, and crystal light therapy. Each day there is ample time to tap into authentic Andean spirituality. Your carefully chosen guide will help you experience the traditional and cultural wonders of Peru and its people. Willka T'ika is a retreat conceived, built and maintained on sustainable principles, where you will savor gourmet organic vegetarian meals, fresh from our gardens and fully relax in your garden accommodation. Take a [visual video tour](#) of gardens and see for yourself.



## ABOUT OUR HOME AWAY FROM HOME

- [Willka T'ika](#), is Peru's premier luxury wellness retreat and boutique hotel and the original yoga center of 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 “farm to table” meals lovingly prepared by Willka T'ika chefs.
- Two sun-filled garden studios for yoga, movement 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.
- The *Yachaywasi* library has a cozy fireplace and a great selection of English books.
- Nearby hikes beneath magnificent Andean peaks in awe-inspiring Sacred Valley scenery.
- Conveniently located between the ancient cities and temples of Cusco and Machu Picchu.
- Staffed by 20 local *Quechua* farmers, Incan descendants who still practice ancient traditions
- Passionate local guides who are experts in Andean culture, history and cosmology.
- Unique opportunity to participate in authentic, ancient Incan ceremonies with Qero healers
- With the [Willka T'ika Children's Fund \(WTCF\)](#), visit an isolated mountain community to experience first hand the practice of *ayni*, Andean reciprocity, by supporting Quechua students.
- Our gift store offers rare quality jewelry, textiles, and exclusive Willka T'ika products (such as essential oils made in our gardens). Sales support the mission of the WTCF.



# PACHAMAMA JOURNEY

## VISION OF THE HEART

### ITINERARY

#### Day 1 Cusco

MON APR 17

Welcome to Peru! The program begins with one transfer from the Cusco airport to our lovely hotel conveniently situated off the historic Plaza de Armas. Plan to arrive Cusco by 11a.m. to acclimate to the altitude.

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

**6:30 pm:** We are invited to a delicious Peruvian dinner. (D)



#### Day 2 Cusco & Sacred Valley

TUES APR 18

**AM:** We visit the Incan site of Saksaywaman as is known as the head of the puma with its enormous zigzag built stone formations. It's an amazing experience to walk here among these giant boulders! From here we have a wonderful view overlooking the city of Cusco. We continue on to the ritual fountains at Tampumachay. Where we 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.

**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 to our home during the journey by our guide and me, the Willka T'ika Quechua staff will welcome you to the retreat center, and help you schedule time for Andean spa services and the use of the beautiful yoga, meditation and ceremonial spaces. (B,D)



## Day 3 Earth day

WED APR 19

**AM:** This day is dedicated to Pachamama, Mother Earth. Relax in the splendors of nature and enjoy a tour of the Seven Chakra Gardens. We have a Qero healer visiting from the high Andes offer us coca leaf blessings. Optional is you can book a private coca-leaf reading of your life or enjoy other Spa services of Willka tika. You can also take a guided walk through nearby Rumichaka farming neighborhood where the Quechua campesinos, farmers live.

1:00 pm Lunch.

**3 PM:** We gather for a healing afternoon with illumination sessions and initiations to set the foundation for our journey of heart vision. After dinner, we enjoy a full group Andean offering, a despaho, and transformative fire ceremony with our Qero healer. The ceremony serves as a wonderful preparation of mind, body and spirit for our pilgrimage to Machu Picchu. (B.L.D) Both day 3 and 4

## Day 4 Ayni day

THURS APR 20

**AM:** We 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 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 or hike the way down to 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 the place of the seers and a photographer's dream. Return to Willka T'ika for a late afternoon group session for sharing our highlights & close the day in ceremony before dinner.

### 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





## Day 5 Meeting Machu Picchu

FRI APR 21

**AM:** Early breakfast. We take a train to Aguas Calientes. From there 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. It is a wow experience in the footsteps of Inka! Lunch is in town by your own choice.

**PM:** In the afternoon, hike to Inti Punku, the original Incan Gateway to the Sun where we have a gorgeous view of Machu Picchu citadel. Late afternoon train back to Ollantaytampu where you will transfer to Willka T'ika in time for a late dinner. (B.D)

## Day 6 Moray

SAT APR 22

**AM:** Visit the mysterious agricultural terrace circles at Moray, we explore this Inkan site together with my Qero shaman friends Don Fransisco and his wife Juanita. They offer a Despacho ceremony and initiation to boost our love connection & caretaking source of Pachamama Mother Earth. We have with us a bag lunch to enjoy on-site or nearby.

**PM:** Return to Willka T'ika for a sacred group cacao ceremony in the afternoon. Cacao is a sacred "teacher" plant that helps us open our hearts and connect with our higher self. The delicious, chocolate beverage is prepared with love by Willka T'ika 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.

6:30 Dinner

(B.L.D)

## Day 7 Ollantaytambo

SUN APR 23

**AM:** Visit the ceremonial site of Ollantaytampu and its famous Sun Temple. We hike up to the temple of the wind together with Don Fransisco & Juanita who offers us ceremony on the top

**PM:** Lunch on own in the quaint picturesque town and enjoy the local markets. Return to Willka Tika in the later afternoon for our closing ceremony.

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



## Departure

MON APR 24

10:00 a.m. Check-Out Time. Option for early morning yoga, meditation or a closing session before breakfast. One group bus transfer at check-out takes the group to the Cusco airport to connect to Lima, and flight home. From Willka T'ika, allow 3 ½ 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. For groups departing after 6:00pm, please contact our Willka T'ika office. Arrive home feeling blessed with the pure spiritual energy of your transformational Andean journey-of-a-lifetime. Or stay in the Andean mystical world and continue your Peru experience by hiking the famous Inca Trail to Machu Picchu with us!

## PERU TRAVEL & YOUR STAY AT WILLKA T'IKA

### PACKING ESSENTIALS

Please see [HERE](#) for full details on what to pack and what you need for travelling in Peru and staying at Willka T'ika. Our yoga studios are fully equipped with mats, blocks, straps, heavy wool & cotton folded blankets for bolsters and pillows, so no need to bring yoga equipment.

### DINING

Gourmet organic vegetarian meals and teas are served daily, using high-protein Andean grains and legumes, as well as organic, freshly harvested vegetables and salads grown on-site. We welcome vegan, gluten-free, and special dietary requests. Willka T'ika has the only 100% hormone-free and chemical-free gourmet vegetarian hotel kitchen in Peru's Sacred Valley. Our gardens are strictly organic. Filtered water available 24/7 in dining room, and bottled water available for purchase.

### SIMPLE FOR THE GROUP LEADER

Once in Peru, Willka T'ika staff will help ensure that all pre-trip arrangements go as smoothly as possible. Upon arrival at Willka T'ika, the Guide and Guest Service Staff will confirm times for the leader's group program. Schedule of activities may be flexible to suit leader needs. The Guide is included on the first day at Willka T'ika, and all days with scheduled outings.

## SACRED VALLEY



## LOGISTICS AND PAYMENT

**Journey price: \$3200 including all teachings and ceremonies shared above. English speaking guide, all transportation, lovely organic vegetarian meals and accommodation in shared room at beautiful Willka Tika.**

**Reservation:** A nonrefundable \$1050 per person confirms retreat dates, with balance due \$2150 latest January 30<sup>th</sup> 2023. E-mail [journeys@jeanettemantel.com](mailto:journeys@jeanettemantel.com) or call Jeanette +46 733 39 23 19 to book your space on this luxury & very beautiful Peru experience!

**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 Eight based on 10 a.m. check-out. Participants arriving/departing at a different time may arrange a private transfer with Willka T'ika or take a taxi.

### **Journey cost does not include:**

- \* International roundtrip flight to Cusco via Lima.
- \* Separate airport transfers and hotel bookings.
- \* Tips, sundries, alcoholic and bottled beverages, laundry and spa services.
- \* Meals as noted on itinerary. (Lunch day 1,2, 5 & 7)

Please note that there can be slight changes in the program to serve the flow of our journey.

