



HEAL THYSELF
Willka Tika Sacred Mountains Retreat

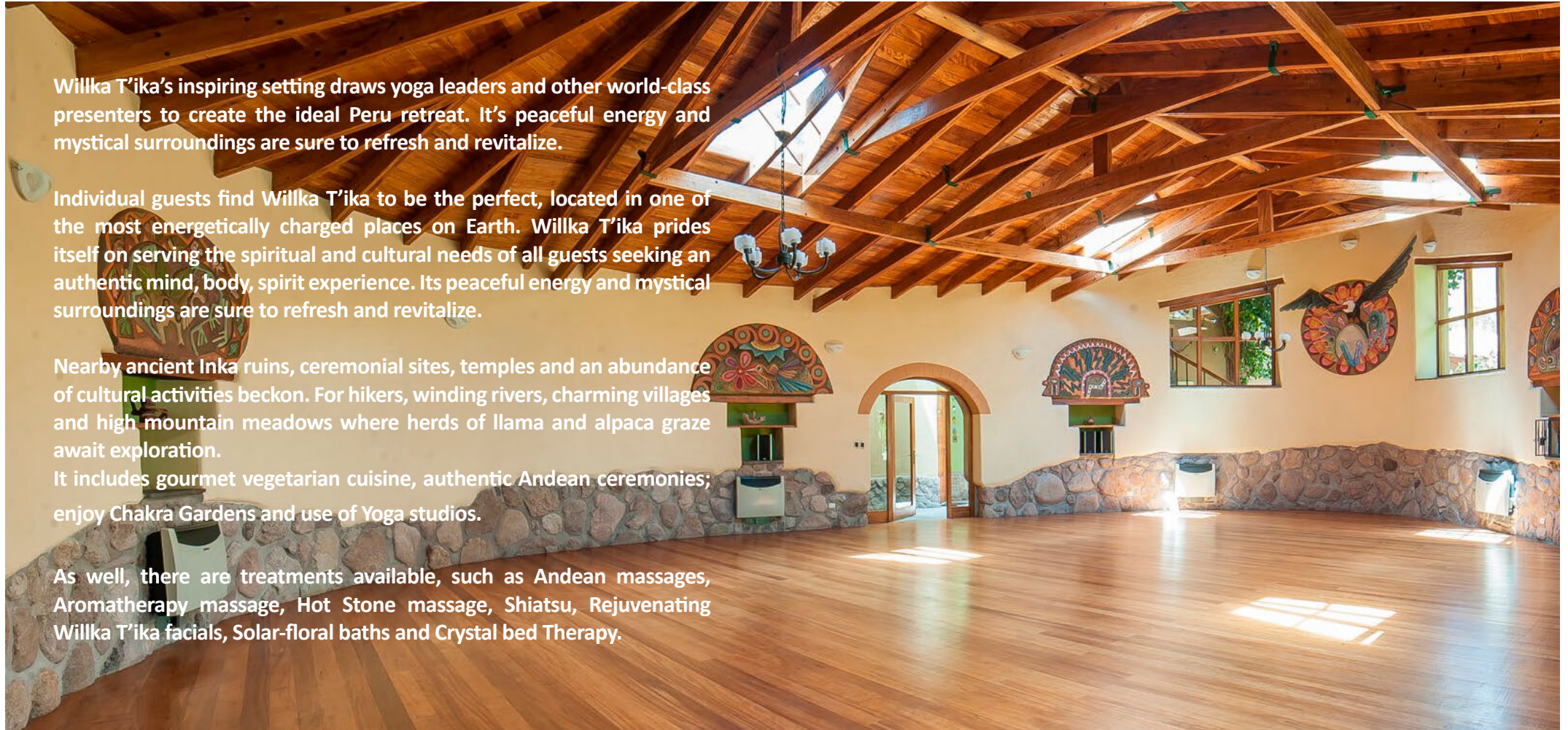
Willka T'ika's inspiring setting draws yoga leaders and other world-class presenters to create the ideal Peru retreat. It's peaceful energy and mystical surroundings are sure to refresh and revitalize.

Individual guests find Willka T'ika to be the perfect, located in one of the most energetically charged places on Earth. Willka T'ika prides itself on serving the spiritual and cultural needs of all guests seeking an authentic mind, body, spirit experience. Its peaceful energy and mystical surroundings are sure to refresh and revitalize.

Nearby ancient Inka ruins, ceremonial sites, temples and an abundance of cultural activities beckon. For hikers, winding rivers, charming villages and high mountain meadows where herds of llama and alpaca graze await exploration.

It includes gourmet vegetarian cuisine, authentic Andean ceremonies; enjoy Chakra Gardens and use of Yoga studios.

As well, there are treatments available, such as Andean massages, Aromatherapy massage, Hot Stone massage, Shiatsu, Rejuvenating Willka T'ika facials, Solar-floral baths and Crystal bed Therapy.





DAY1: MANCORA – ARRIVAL DAY

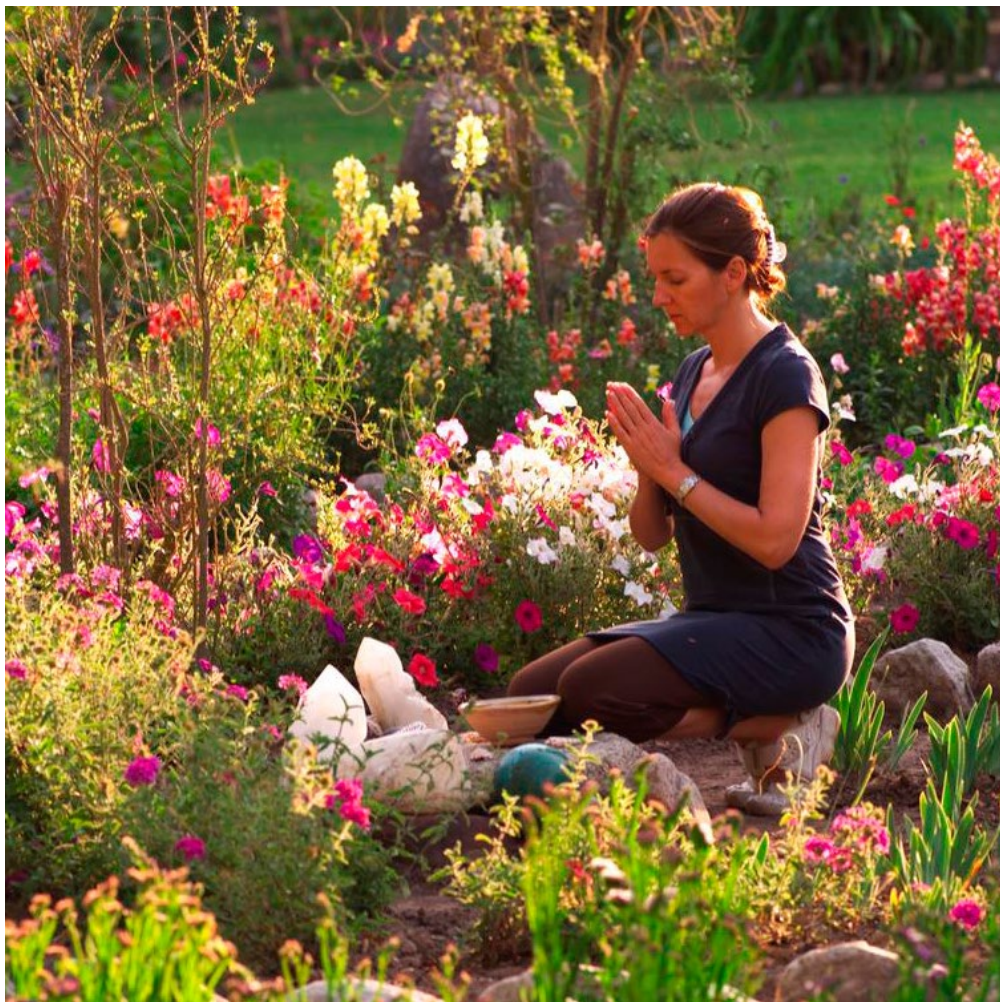
You will be transferred from Cusco and taken to your hotel in the Sacred Valley. Upon arrival, you will start your day with an energetic and nutritious breakfast. Then experience the seven chakra gardens, each garden contains symbols, shapes, sculptures and medicinal plants that resonate with one of the seven chakras, or energy centers, of the human body. The flowers blooming in each garden are of the particular color associated with that chakra, flooding the visitor's eyes with a single hue. Both color wavelengths and flower vibrations are known to heal on physical and emotional levels and bring peace to the soul. Experience the gardens which heal and balance, by allowing guests to connect directly to the wisdom of Nature. Walk, meditate, write, paint or simply relax in the chakra garden of your choice. Tune in and receive the whisperings of Pachamama, Mother Earth. Lunch time.

Optional: Classical Massage, aromatherapy massage, hot stone massage and shiat-su. Yoga Instructor can be provided at an additional cost.

Finish the day having a relaxing dinner, under the stars of Urubamba which will make you feel like part of nature.

Activity of the Day	: Seven Chakra Gardens & Yoga - Optional activity: Classical Massage, aromatherapy - massage, hot stone massage and shiatsu
Meals	: Breakfast - Lunch - Dinner
Hotel	: Willka Tika Essential Wellness
Category	: Standard
Altitude	: 2,871 m.a.s.l.
Average Temperature	: 18°C / 64°F





Day 2: RELAXING WITH THE ENVIRONMENT

Start your day with a healthy breakfast, to prepare yourself for a relaxing Andean massage later. This will leave you in a state of relaxation which you will not forget.

Later, experience an outdoor floral bath under a velvet night sky bejeweled with the Milky Way. Enjoy a luxurious soak under the stars before bed. This are heated and energized by the sun during the day. At night the water is infused with flowers, medicinal herbs and organic Maras's salt.

Optional Activity: Aromatherapy massage, hot stone massage and shiatsu. (Additional Cost)

Activity of the Day	: Sola Floral Bath & Andean Massage -Optional activity: Massage styles: aromatherapy massage, hot stone massage and shiatsu.
Meals	: Breakfast - Lunch - Dinner
Hotel	: Willka Tika Essential Wellness
Category	: Standard
Altitude	: 2,871 m.a.s.l.
Average Temperature	: 18°C / 64°F



Day 3: CONNECTING WITH YOURSELF – DEPARTURE DAY

Start the day with a nutritious breakfast under the mystic sky of Urubamba. Then relax and rejuvenate yourself as your energy centers return to balance, with a crystal light therapy.

This therapy is designed by world-famous Brazilian healer John of God, 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. Follow the session with a cup of fresh herbal tea and quietly sit in one of the chakra gardens to maximize and integrate the healing experience.

At a coordinated time, you will be picked up and taken to the airport to take you flight to Home or next destination.

Activity of the Day	: Crystal Light Therapy
Meals	: Breakfast
Altitude	: 2,871 m.a.s.l.
Average Temperature	: 18°C / 64°F





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