



WILKA TIKA

ESSENTIAL WELLNESS

LUCUMA SONQO
Guided by: Pat Miller & Lenina Olivas
September 11 - 20, 2027– 10 days/9 nights
Pathways to the Sacred Self:
Healing Yoga, Skincare & Sacred Ceremony





I brought my first group to Peru back in 2011, and Wilka Tika was our home during our travels. The space itself is so very special and holds a magical energy. The staff, our guide and the Indigenous Healers that lead our Ceremonies gave us a wonderful connection to the land, the people and the Sacredness of Peru in this amazing spa retreat.

I am so happy to be returning at long last, Pat Miller

WILLKA T'IKA WARMLY WELCOMES YOU

The Lucuma Retreat is our most comprehensive program designed for discerning guests. Spend quality time at Willka T'ika with its renowned sacred Chakra Gardens and enjoy the highlights of the major Sacred Valley sites, a special two-day visit to Machu Picchu, and conclude with an overnight stay in Cusco at a 4 star hotel.

Our highly experienced guide will accompany your group at all times, sharing awe-inspiring stories of the Inca and translating Quechua from Qero healers. For decades, this exclusive program has proven to be the perfect tour for a those that wants to see and experience it all, while tapping into authentic Andean spirituality.

TO DISCOVER A LUXURY RETREAT IN THE SACRED VALLEY

The Lucuma Retreat program allows extra time for guests to journey deeper into the spiritual and cultural wonders of Peru, its people, and the vibrant energy at Willka T'ika. Pat & Lenina will take advantage of the various sacred spaces to through yoga, movement, sounds healing and skin care practices. We will deepen a connection with Nature, inspired by Pachamama, Mother Earth.

Willka T'ika was conceived, built and maintained on [sustainable principles](#). The dedicated Quechua staff will help coordinate your needs and all logistics, ensuring smooth and wondrous journey. With the fully-inclusive Lucuma Retreat, enjoy the most luxurious accommodations, each with its unique garden or mountain view, gourmet vegetarian meals, and the perfect amount of time to pause within travels to absorb the healing energies of Peru and Willka T'ika and reflect on your inner journey. Take a [visual video tour](#) of gardens and see for yourself.



ABOUT OUR HOME AWAY FROM HOME

- [Willka T'ika](#), is a premier luxury wellness retreat and boutique hotel, and the original yoga center of Peru's 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” cuisine lovingly prepared by Willka T'ika chefs.
- Two sun-filled garden studios for yoga, movement and large group gatherings.
- Our new Wifiwasi is an expansive dining and coffee lounge for group presentations and private calls. Above this building are 25 solar panels, enough energy to power Willka T'ika.
- The circular 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 22 local Quechua, Incan descendants who still practice ancient traditions.
- Professional local guides who are experts in Andean culture, history and cosmology.
- Unique opportunity to participate in ancient Incan ceremonies with authentic Q'ero 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 WTCF gift store offers rare quality jewelry, textiles, and exclusive Willka T'ika products (such as



Willka Tika Day 1

SAT SEPT 11

AM: Program begins with a group transfer at 11:30 a.m. from the Cusco airport to Willka T'ika, a beautiful 75-minute drive through the spectacular Andean mountain scenery to the Sacred Valley town of Urubamba.

PM: 1:00 pm Lunch at Willka Tika.
Welcome group orientation with leader(s), tour guide and the Willka T'ika Quechua staff. **Pat and Lenina will guide you through a welcome and grounding meditation connecting into the land and energy.** The staff will assist guests to schedule appointments for any desired spa services.

6:30 pm: Group Welcome Dinner. (L.D)

Fire Ceremony Day 2

SUN SEPT 12

AM: 7:00 am Join Pat Miller a Morning Wake-up Yoga Class.

This day is dedicated to Pachamama, Mother Earth. Relax in the splendors of nature and enjoy a tour of the Seven Chakra Gardens. Optional guided walk is offered through the nearby Rumichaka farming neighborhood where Quechua campesinos live. Visit our onsite WTCF Store and Q'eros artisans.

1:00 pm Lunch.

PM: After lunch, meet our pakko, a very special Q'ero healer, visiting from the high Andes. Participate in coca leaf blessings and at 5 p.m. sacred Despacho ceremony. Optional private coca leaf readings may be available for an additional fee. After dinner, our pakko invites guests to an authentic and transformative Andean fire ceremony to honor Pachamama, yourself and your loved ones. The ceremony will remind us to focus our intention for this journey and serves as a wonderful preparation of mind, body and spirit for the pilgrimage to Machu Picchu. (B.L.D)



EVERYDAY AT WILLKA TIKÁ:

FOUR STUDIOS/SHALAS
available for private group activities.

SEVEN CHAKRA GARDENS
are exclusively for our guests.

FRESH VEGETARIAN MEALS:
Breakfast Buffet (B): 8:30 – 9:30 am
Lunch Family Style (L): 1:00 – 2:00 pm
Dinner Family Style (D): 6:30 - 7:30 pm

Fresh herbal teas and organic coffee
available from 6:00 am



Pisac & School Visit Day 3

MON SEPT 13

AM: Early departure for a day of Ayni, or reciprocity. Drive through the Sacred Valley to a Quechua mountain school supported by the non-profit [Willka T'ika Children's Fund](#). Since 1994, Willka T'ika has supported isolated mountain communities where few tourists visit. In an ayni exchange, the group will offer an interactive activity for the Quechua children. The warmth and heart-warming joy of the children and their openness in bringing guests into their daily lives are moments not easily forgotten. Enjoy a picnic box lunch.

PM: Continue with your guide to the spectacular ruins of P'isac. Overlooking impressive Incan terraces, the group can enjoy a hike through the ruins. Meditate as a group or walk in silent reflection. Return to the main square of P'isac by bus (or hike!) and visit the colorful market filled with woven goods, jewelry, wall hangings and hand-painted beadwork. Enjoy a café in the market square where you can observe colorfully dressed campesinos. P'isac is a photographer's dream. Return to Willka T'ika where **Lenina will teach a Gua Sha Facial Massage for Lymphatic drainage & Osteopathic Face Lift Massage before dinner (B.L.D)**

Machu Picchu Day 4

TUES SEPT 14

AM: Early breakfast. Morning tourist train to Aguas Calientes, the gateway to the majestic terraces of Machu Picchu. Enjoy an enlightening tour of the ancient "City of Light" with your guide, taking photographs along the way as you enjoy the magnificent views.

PM: Lunch on own, following as your tour guide suggests.

Optional Visit to the Aguas Calientes Hot Springs.

6:30 p.m. Meet outside your hotel. Willka T'ika invites you to a fabulous celebratory dinner in one of the finer restaurants in Aguas Calientes. (B.D)

Machu Picchu Day 5

WED SEPT 15

AM: Second day visit to Machu Picchu with option to climb Huayna Picchu Peak with your tour guide. Return back to the ruins for another vista of the Incan splendor. Take bus back down to Aguas Calientes with time for a stop at a local café to enjoy a midday treat in town.

PM: Depart on a later afternoon train back to Ollantaytambo, and transfer to Willka T'ika in time for a late light dinner. (B.D)

Ollantaytambo & Maras Day 6

THURS SEPT 16

AM: Visit the ceremonial site of Ollantaytambo and explore its famous Sun Temple. Visit the quaint picturesque town with cobblestone streets and its colorful local market.

PM: Lunch on own at one of the wonderful local cafes. After lunch, group transfer continues on to make a stop at an Inkan Cave, and then optionally transfers guests to the nearby ancient Maras Salt Flats that are still actively mined to the present day. Enjoy a lovely downhill guided hike back to Willka T'ika with breathtaking valley views. **Lenina will offer a Vinyasa Yoga Class before dinner.**

6:30 pm: Dinner (B.D)

Urubamba Day 7

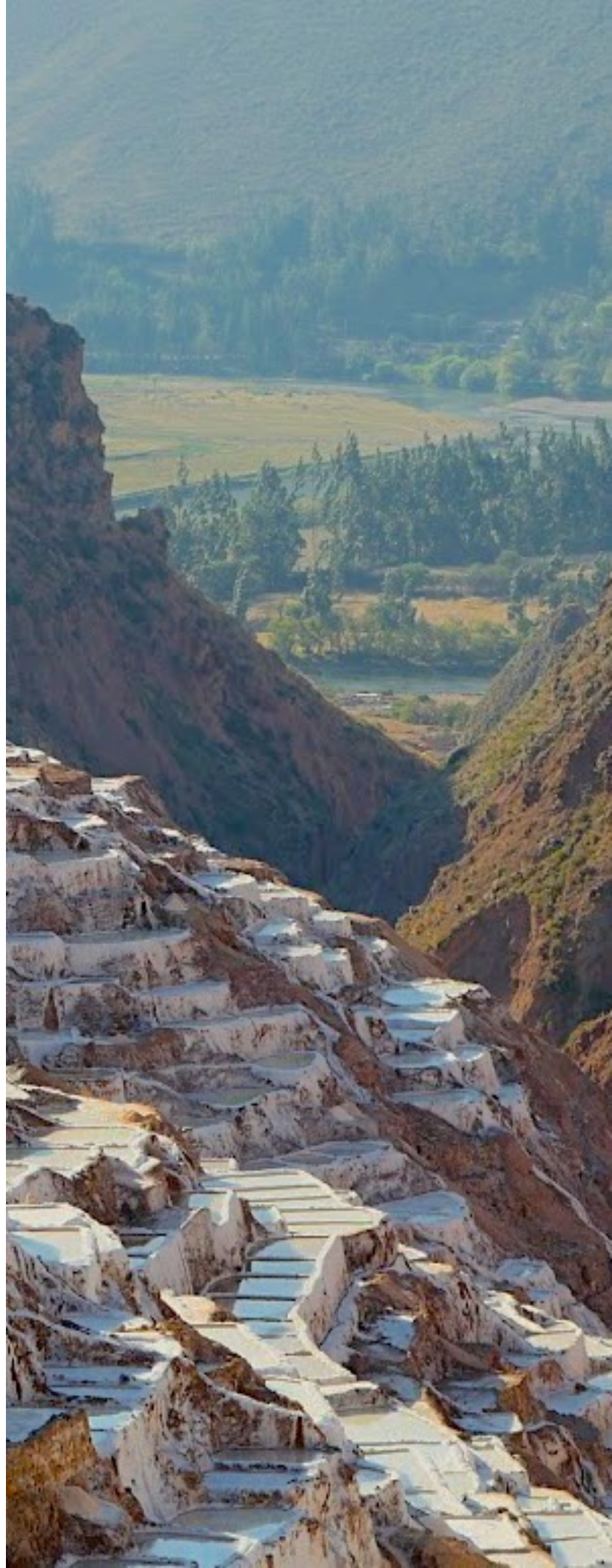
FRI SEPT 17

A special day of mindful integration at Willka T'ika, enjoy an **Optional Sweet Lodge (\$65 additional fee)**, or a **guided morning hike to the town of Urubamba** through farming neighborhoods, and visit a typical, lively Peruvian market, and the famous Seminario ceramics shop. Return via motor taxi.

1:00 pm: Lunch at Willka Tika;

Pat will offer a Medicine Song Meditation around 3pm with a group integration circle.

6:30 pm: Farewell dinner, followed by by lively Andean musical performance. (B.L.D).





Cusco Day 8

SAT SEPT 18

AM: After breakfast, a group transfer departs Willka T'ika. En route to Cusco, explore the mysterious Moray Circles set amidst beautiful mountain scenery. A short distance away, visit the wonderful weaving village of Chinchero. Continue on to Cusco city, and check into your lovely upgraded Cusco Hotel conveniently situated close to the historic Plaza de Armas.

PM: Group Lunch at a lovely local restaurant. Then take an afternoon guided walk through the cobblestone streets of San Blas. Your professional guide will point out fascinating Incan stonework en route. Explore the Korikancha Temple, the holiest site during Incan times.

Dine on own in evening. Tour guide will make excellent dining suggestions. (B.L)
Tonight we have dinner reservations at Tanupa an amazing Food and Cultural Experience. (B.L)

Cusco Day 9

SUN SEPT 19

AM: After breakfast at the hotel, group departs for the Incan ritual fountains at **Tipón**. "Where there is water, there is life." Participate in an ancient Andean ceremony to honor Yaku, the spirit of water. At this picturesque site, you have the opportunity to touch the holy water to open the body's energy centers and activate and enhance your individual creative and healing forces.

PM: Then depart with your guide to the awesome giant stones of **Saksaywaman** overlooking the city of Cusco. Enjoy a picnic lunch, and hike around the vast Incan site with a guided tour. **Pat & Lenina will Lead Yoga/Meditation at Saksaywaman.**

6:30 pm: Meet in hotel lobby. Willka T'ika invites the group for a final group dinner at wonderful local restaurant which caters to various dietary preferences. (B.L.D)

Daily itinerary may change with out notice, we always leave room for magic to happen!



Departure Day 10

MON SEPT 20

Breakfast at the Cusco Hotel, followed by Check-Out. Independently arrange with the hotel for your departing transfer to the Cusco airport, to connect to Lima, and your outbound flight home. Allow at least 2 ½ hours before your Cusco departing flight. Arrive home feeling blessed with the pure energy of your transformational Andean journey-of-a-lifetime. (B)

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, some bolsters as well as heavy wool & cotton folded blankets that can serve as bolsters and pillows, so no need to bring yoga equipment.

DINING

Gourmet organic vegetarian meals and fresh 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 proudly offers a 100% hormone-free and chemical-free gourmet vegetarian hotel kitchen in Peru's Sacred Valley. Our gardens are strictly organic. Filtered water is available 24/7 in dining room, and bottled water is available for purchase.



LOGISTICS AND PAYMENT

Willka T'ika was originally conceived and is lovingly maintained as an exclusive wellness retreat center. It is open only to registered guests. For additional detailed info for your stay & journey to Peru, see our FAQs [here](#).

Journey Costs and registrations: \$5530.00 Pricing is based on double occupancy and a minimum of 5 participants. The final cost may be higher if there are less than 5 participants. The final cost will be lower if there are 8 or more participants.

Deposit Information: A nonrefundable \$750/person confirms your retreat dates, payable to Patricia Miller. You will receive a full registration packet with registration/waiver forms.

Deposits are due by May 14, 2027.

Final balance is due to Patricia Miller July 29, 2027

Full costs and cancelation policies will be sent with the registration and waiver forms.

Arrival/Departure: Program services begin with a complimentary group transfer from the Cusco airport to Willka T'ika on Day 1 offered at 11:30 a.m., and ends with one group complimentary transfer from Willka T'ika to Cusco on Day 8. Participants arriving at a different time on Day 1 may arrange a private transfer with Willka T'ika, payable in advance. Departing transfers to the Cusco Airport on Day 10 are arranged independently by guests with the Cusco Hotel.

Cost does not include:

- * International roundtrip flight to Cusco via Lima
- * A la carte added group ceremonies or services
- * Separate airport transfers and hotel bookings outside of program
- * Tips, sundries, alcoholic and bottled beverages, laundry and individual spa services
- * Meals not noted in itinerary. (B. = breakfast, L. = Lunch, D. = Dinner)

