

PERU YOGA RETREAT

Connect with Pachamama in the Heart of Peru's Sacred Valley

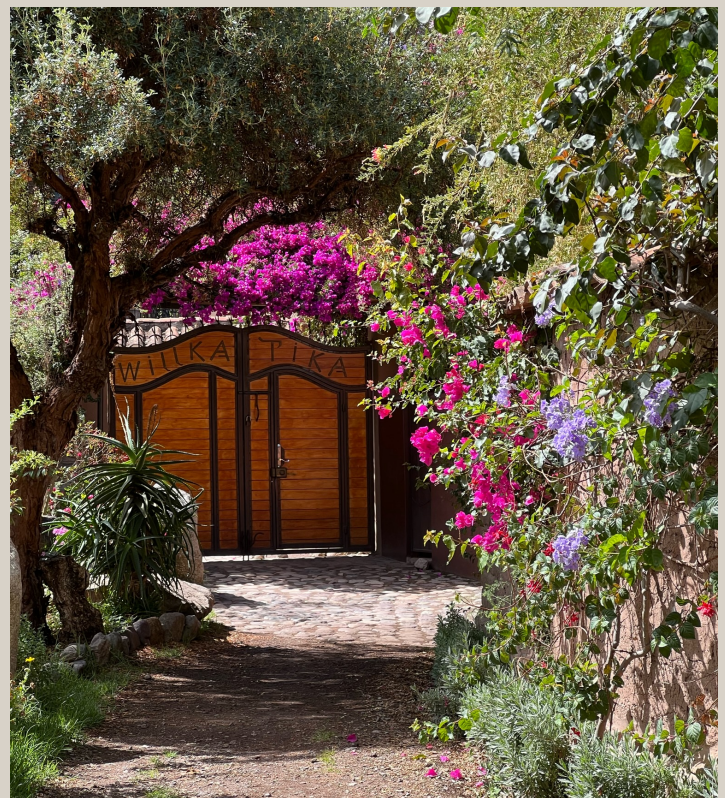
SEPTEMBER 8th- 15th 2024 with Jenny and Leigha Brooke
(Small Intimate Group - space limited to **12 participants**)

Join us as we take a journey to Willka T'ika, at the heart of Peru's Sacred Valley of the Incas. Daily yoga, visits to cultural places, and experiences with local shamans will help you connect to the land, your community, and yourself.

Our week together will include various practices and rituals, exploring Machu Picchu, a day wandering around in Cusco, time to reflect and rejuvenate in the gardens and majestic land surrounded by the Andes, optional hikes, and so much more...



Your home-base for the week is [Willka T'ika](#), a luxurious eco-friendly sanctuary located between the world heritage site of Machu Picchu and the Incan capital of Cusco. Each room is constructed of natural local materials and has entry to the Chakra Gardens. The Seven Chakra Gardens are exquisite and have won three separate awards for their beauty. They contain symbols, shapes, sculptures, and medicinal plants that resonate with the correlating chakra.



TUITION

Single Occupancy Room \$5750

Double Occupancy Room \$5000



What your tuition includes:

- 2 nights accommodations in Cusco, 4 nights at the beautiful Willka T'ika Retreat Center in Peru's Sacred Valley, 1 night at a 5 star hotel at Machu Picchu
- All breakfasts & three course dinners — gourmet organic, farm-to-table vegetarian meals, boxed lunch one day
- Multiple yoga sessions with Jenny
- Machu Picchu Overnight Trip, Optional Guided Day Hike on the Inca Trail, Transportation to Train station and train to and from Machu Picchu
- Tour of Saqsayhuaman in Cusco (large very sacred archeological site)
- Art Class with a local artist
- Andean Ritual Fire Ceremony with a Qero Pakko healer
- Guided tour to one of the largest archeological sites in Ollayantambo
- Unlimited access to the Seven Chakra Healing Gardens
- Warm hearted service from the devoted Quechua staff at Willka Tika
- Optional day hike in the Sacred Valley with a Peruvian guide
- Transportation to and from Willka T'ika Wellness Center and to and from any day trips in the itinerary

What your tuition does not include:

- Airfare and transportation/taxi to and from the airport to your hotel in Cusco (we can easily arrange this for you!)
- All lunches minus the day to Machu Picchu, 2 Dinners in Cusco
- Additional classes at Willka Tika or tours in the Sacred Valley
- Tips
- Alcoholic beverages

ACCOMODATIONS IN THE SACRED VALLEY

Both Luxury & Garden Rooms are available at the same cost. Rooms will be given out on a first-come-first-serve basis. Single rooms limited to first-come-first-serve basis as well.

The spacious *luxury rooms*, designed using feng shui principles, include a seating area and offer mountain and garden views. The cozier *garden rooms* are tucked away in charming spots throughout the gardens.

Each room has its own private modern bathroom and entry to the gardens. The welcoming Quechua staff places fresh flowers in each room, and provides hot water bottles for your bed at night.

To maintain a tranquil retreat atmosphere, rooms have no television sets or telephones.



ACCOMODATIONS AT MACHU PICCHU

We will stay one night in a luxurious hotel along the river, below Machu Picchu, in the town of Aguas Calientes at the lovely Casa Del Sol hotel

<https://www.casadelsohotels.com/>

FOR MORE INFORMATION EMAIL US!

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Upon arrival to the hotel after either taking the train directly there or hiking in to Machu Picchu, we will enjoy a 4 course dinner (included) at the hotel, which offers a variety of traditional Peruvian cuisine. (vegetarian available)

