



WILLKA T'IKA

A Luxury Retreat in Peru's Sacred Valley

Yoga and Meditation

Ask our Guest Service staff Livio or Roxana for help with reserving a yoga instructor.

Yoga

Our two beautiful sunlit yoga studios with hardwood floors are fully equipped with mats, blankets, blocks and accessories. The spacious Kuntur Runtu studio generously accommodates fifty-five yoga mats, and the smaller studio, Yogawasi, fits twenty-five yoga mats. Heating and sound systems are available in both studios.

Individual guests are welcome to practice yoga at their leisure in the Yogawasi when not reserved by a group.

Self-guided yoga practice Free

Yoga class with resident yoga teacher Free

Subject to availability, classes commonly held at 7am and 5:30pm

Private yoga instructor \$15 per person

Meditation

Willka T'ika is home to seven Chakra Gardens, each a perfect space for meditation, aligning the body's energies, and reconnecting with yourself and Pachamama (Mother Earth). Each garden contains symbols, shapes, sculptures, and medicinal plants that resonate with one of yoga's classic seven chakras, or energy centers, of the human body. The vibrant 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 offer healing energy on physical and emotional levels and bring peace to the soul.

The gardens 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.

Chakra Garden Meditation Journal \$20

A perfect jump-start to meditation and aligning the body's energies. Use this journal to guide your spiritual experience in each of Willka T'ika's seven chakra gardens.

Chakra Gardens Book \$45

An explanation of the energies, meanings, colors, and symbols of each chakra and corresponding garden. Contains everything you need to understand the gardens at Willka T'ika and create your own chakra gardens at home.