



WILLKA T'IKA
ESSENTIAL WELLNESS

Willka T'ika Optional Offerings

Willka T'ika can arrange optional cultural activities for your group while at Willka T'ika—a careful selection of the most talented local artists and teachers that help bring out the magic of the Sacred Valley, creating more unforgettable memories for your group participants.

All-Level Yoga Adapted to Your Needs (75min)

\$15 - 25/person

Catered to all levels and interests of yoga, our highly esteemed professional yoga teacher offers new and classic forms of yoga, adapted to your group's needs. Yoga classes are perfect to help balance out the hiking adventures during retreat, and are held in one of our beautiful fully-equipped yoga studios.

Sweat Lodge and Plunge Pool (4-5h)

\$65/person for group of 4, \$250 minimum

Spend an afternoon with a complete detoxification experience, restoring body and soul while gazing at the stunning Pumahuanca mountains. Groups can pre-reserve our homemade Sweat Lodge or *Umpina Wasi*. After this profound perspiration and inner cleansing, cool off in our medicinal plunge pool or *Hampi Yaku*. We will infuse your restorative bath with the sacred plant essence of your choice. Our homemade hydrosols include Lavender, Eucalyptus, Muña, Ruda or Molle, all harvested and distilled at Willka T'ika.

Andean Music Performance (1.5h)

\$250 - 350/performance

Traditional Andean musicians passionate in sharing their ancestral culture, offer an evening musical/theatrical treat for your group—a great way to end the last evening at Willka T'ika. Every-one will enjoy listening to the haunting and melodic sounds from Inkan times. Many will get up and dance to the music!

PachaDanza to Energize your Chakras (2h)

\$45/person, \$250 minimum

Pending availability, a spiritually attuned professional dancer from Cusco leads groups on a wonderful dance through each Chakra Garden. This break-through, fun and uplifting program assists guests to release unwanted chakra energies and replace them with clear higher vibrations. Additional cost for translator may apply.

Inkan Cave Altar Visit (1h)

Up to 10 guests: \$250

The group can take a 30-minute drive from Willka T'ika, then hike about 25 minutes up steep Inkan stairs to this cozy cave site. The remains of an old Inkan chakana altar make a great spot for meditation.



Andean Art Workshop (10am-1pm)

\$45/guest, 3 guest minimum

The artwork of Mario, a staff member at Willka T'ika, is highly acclaimed and his work is found in homes all over the world. After an introduction to his creative process, create your own artwork to take home. Supplies provided.

Sacred Valley Ceramic Art Workshop (2h)

\$45/guest

Take advantage of the rich clay earth available in the Sacred Valley and create a wall hanging or large coaster to take home. A 5-minute drive will take you to the ceramics workshop, where you will paint your own souvenir. Requires minimum 3 days before departure for drying & firing.

Herbal Medicinal Workshop (1h)

\$45/workshop

A knowledgeable Willka T'ika Quechua staff member, who has grown up with the native medicinal plants, will take your guests through Willka T'ika's Healing Gardens to share the traditional uses of numerous Inkan medicinal herbs. These herbs are still being used for healing by local traditional Quechua. Additional cost for translator may apply.

Private Healing Session with Andean Healer (1h)

\$100 -150/session

Pending availability, experience a private healing session with one of our authentic Andean healers, who each have been working with Willka T'ika for over 25 years. You will prepare a special sacred offering together, infused with blessings, from the Andean spirits. Additional cost for translator may apply.

Group Fire Ceremony (2h)

\$45/person/cash, 10 guest minimum

Pending availability, participate with our Q'ero in an authentic Andean offering and transformative fire ceremony after dinner, to honor *Pachamama*, yourself and your loved ones, with focused intentions. Translator cost included.

Sound Healing (2h)

\$45/person, \$250 minimum

Sound Ceremonies (or what is commonly known as "Sound Healing") have the power to penetrate our habitual thought patterns, permitting us to reduce our mental activity and reach a profound state of relaxation. With a variety of beautiful instruments from around the world, our talented musician will help you balance your mental and physical equilibrium and reach a place of internal harmony.

Cacao Ceremony (2h)

\$45/person, \$250 minimum

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 our 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. Come with an open mind and a sweet tooth.

