Sacred Valley & Machu Picchu Retreat

A Yoga Trails Retreat

with Andrea Catarivas, E-RYT 500

SEPT 25 - OCT 2, 2027 — 8 days / 7 nights

A JOURNEY BEYOND THE MAT

Join Andrea for a week of yoga in Peru's Sacred Valley. This Yoga Trails retreat is based at Willka T'ika, a premier luxury wellness retreat and the original yoga center of Peru's Sacred Valley — serene, sustainable and enchanting. Set between Cusco and Machu Picchu, it's a quiet place to practice, rest, and take in one of Peru's most historic regions at a slower pace.

We practice twice a day. Mornings are active — flowing sequences with breathwork and alignment-based practices, in the gardens or the studio, as the valley wakes up around us. Evenings are slower and restorative, with yin, meditation, and yoga nidra to help you unwind after a full day.

Between sessions, there's time to do as much or as little as you like: spa treatments, walks through the Seven Chakra Gardens, hikes in the hills, or just sitting with a coffee and the mountain views. The week also includes guided visits to temples and markets, time with local Quechua communities, ceremonies with Q'ero healers, and the train journey to Machu Picchu — experiences that give the yoga a real sense of place.

You are welcome on your own or with a friend or partner. The retreat is open to all levels, so everyone is welcome — whether you're new to yoga or have an established practice. It's a relaxed, friendly group, and there's plenty of free time built in so the week feels restorative rather than rushed.

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.
- Garden accommodation in a quiet, natural setting in the heart of the Sacred Valley, surrounded by Andean peaks.
- 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.
- 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.
- Guided visits throughout the week to Cusco, Saksaywaman, P'isaq, Ollantaytambo and the Maras Salt Flats, before the journey by train to Machu Picchu.
- 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.
- WTCF gift store offers rare quality jewelry, textiles, and exclusive Willka T'ika products (such as essential oils made from our gardens). Sales support the mission of the WTCF.

RETREAT ITINERARY

Please note: this is a tentative schedule, subject to change.

Willka T'ika — Day 1

SAT SEPT 25

> **Opening Circle — 5:30 PM:** Opening Circle Ceremony at Willka T'ika to open the retreat together.

Program begins with one transfer from the Cusco airport to Willka T'ika in the Sacred Valley. Plan to arrive in Cusco by 11 a.m. to allow time for the transfer and to acclimate to the altitude.

Settle in at Willka T'ika, rest, and take time to explore the gardens and the retreat center. Willka T'ika invites you to a delicious Peruvian dinner.

Urubamba & Cacao Ceremony — Day 2

SUN SEPT 26

> **Yoga — 8:00 AM and 5:30 PM**

AM: Special day of mindful integration at Willka T'ika — ideal timing to try a sweat lodge and plunge pool. Guided morning hike to the town of Urubamba through farming neighborhoods, and visit a typical, lively Peruvian market, and the famous Seminario ceramics shop.

PM: Lunch at Willka T'ika. Cacao ceremony before the yoga class.

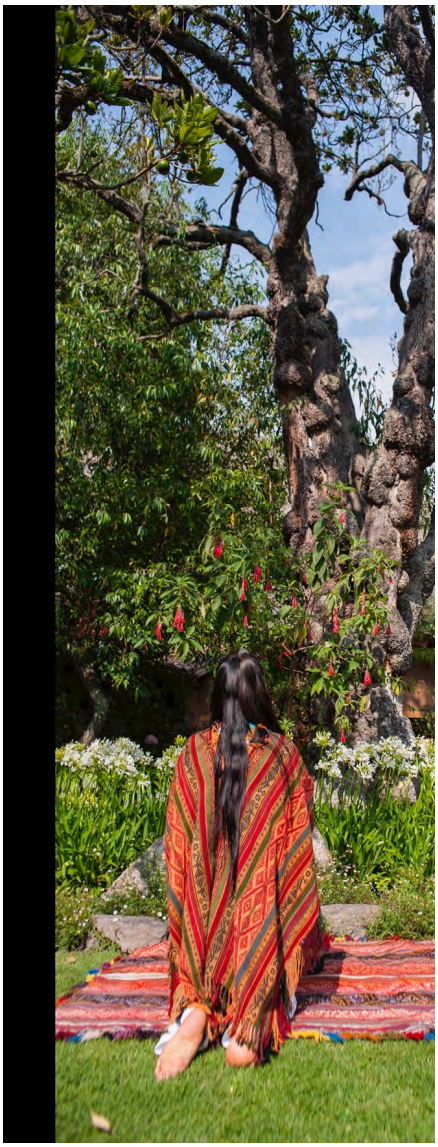
Fire Ceremony — Day 3

MON SEPT 27

> **Yoga — 8:00 AM only**

AM: This day is dedicated to Mother Earth. Relax in the splendors of nature and enjoy a tour of the Seven Chakra Gardens. Optional guided walk through the nearby *Rumichaka* farming neighborhood where Quechua campesinos live.

PM: After lunch, meet the 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. After dinner, the pakko invites guests to an authentic and transformative Andean fire ceremony to honor Mother Earth, 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.



P'isaq — Day 4

TUES SEPT 28

> **Yoga — 5:30 PM only**

AM: Visit the spectacular ruins of P'isaq, overlooking impressive Incan terraces. Hike up the ruins or walk quietly in a silent personal vision quest.

PM: Return to the main square of P'isaq by bus and visit the famous, colorful market filled with woven goods, jewelry, wall hangings and hand-painted beadwork. Enjoy cafe or tea in the market square. P'isaq is a photographer's dream. Return to Willka T'ika for a late afternoon group session before dinner.

Machu Picchu — Day 5

WED SEPT 29

> **No yoga today - Machu Picchu tour**

AM: Early breakfast. Tourist train to Aguas Calientes. Tea/coffee and snack served on train. A bus takes you to the sunlit terraces of Machu Picchu. Enjoy a fabulous guided tour of the ancient “City of Light.” Experience a journey through the masculine energy temples of political and spiritual power, followed by a deep reconnection of feminine earth energies.

PM: In the afternoon, lunch at a wonderful restaurant in town, and explore the colorful town of Aguas Calientes. Late afternoon train back to Ollantaytambo where you will transfer to Willka T'ika in time for a late, light dinner.

Ollantaytambo & Maras — Day 6

THURS SEPT 30

> **Yoga — 8:00 AM and 5:30 PM**

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

PM: A group transfer is offered 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, or taxi back if preferred. Return in time for a leader session before dinner; or alternately, enjoy a free afternoon onsite.

Sacred Valley & Cusco — Day 7

FRI OCT 1

> **Yoga — 8:00 AM only:** Morning practice only, followed by departure at the regular checkout time. No evening session today.

AM: After check-out, leave Willka T'ika for Cusco. Visit the Inkan site of Saksaywaman overlooking the city of Cusco. By these majestic ruins, a traditional K'intu blessing invites you to tap into the presence and energies of Mother Earth and then continue to Cusco through spectacular Andean mountain. Night in Cusco.

Cusco & Departure — Day 8

SAT OCT 2

Check out of the hotel and spend the day in Cusco until transfer to the airport.

PACKING ESSENTIALS

What to bring:

- Comfortable yoga clothes
- Layers for cool mornings and evenings and warm days
- A warm jacket and a light rain jacket
- Comfortable walking shoes for uneven paths and markets
- A small daypack for day trips and the Machu Picchu train day
- Hat
- Sunglasses and sunscreen
- Insect repellent
- A reusable water bottle
- Passport
- Any personal medications

Yoga equipment is all provided, so there is no need to bring mats, blocks, or other yoga equipment — just bring comfortable yoga clothes.

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. Our gardens are strictly organic. Filtered water is available 24/7 in the dining room, and bottled water is available for purchase.

YOUR YOGA SCHEDULE AT A GLANCE

Day	8:00 AM	5:30 PM
Day 1 — Sat Sept 25, Willka T'ika	—	Opening Circle
Day 2 — Sun Sept 26, Urubamba & Cacao Ceremony	Yoga	Yoga
Day 3 — Mon Sept 27, Fire Ceremony	Yoga	—
Day 4 — Tues Sept 28, P'isaq	—	Yoga
Day 5 — Wed Sept 29, Machu Picchu	—	—
Day 6 — Thurs Sept 30, Ollantaytambo & Maras	Yoga	Yoga
Day 7 — Fri Oct 1, Sacred Valley & Cusco	Yoga	—
Day 8 — Sat Oct 2, Cusco / Departure	—	—

PRICING

Room	Price
Double Garden Room (2 twin beds)	$4,650 / person
Double Luxury Room (2 queen beds)	$4,950 / person
Single Garden Room	$5,650
Single Luxury Room	$5,950

**Early bird: register before December 15, 2026 and save $150*

WHAT'S INCLUDED

- 8 days / 7 nights total
- 5 nights/6 days at Willka T'ika (Sacred Valley)
- 3 organic gourmet vegetarian meals daily when at Willka T'ika
- 1 Night in Cusco (breakfast included)
- Day tour to Machu Picchu
- Guided tours and transportation to all excursions
- Transportation/shuttle from Cusco Airport to Willka T'ika (if arriving with the group)
- Use of Chakra Gardens, multi-purpose studios, facilities, fire pit and ceremony areas
- Guided tour of the Seven Chakra Gardens
- Authentic Andean offering and fire ceremony with Q'ero Pakko healer
- Cacao Ceremony
- Hiking the P'isaq ruins and shopping in the famous market
- Visit to Urubamba's authentic market, Seminario Pottery Studio, and alpaca factory store

NOT INCLUDED

- Air fares
- Meals outside of Willka T'ika
- Spa treatments or additional tours
- Alcoholic drinks
- Transportation outside of the group shuttles
- Transportation from Cusco to the airport on the day of departure
- Travel insurance
- Tips and gratuities (about $10/day)

In the event that a separate Machu Picchu guide or other services are required for participants confirmed and added after the 120-day due date, an additional fee of $150/participant applies. **IMPORTANT:** Though we try our very best to secure tickets that match the group's Machu Picchu train and entry tickets for guests who confirm participation after the 120-day prior due date, Machu Picchu tickets sell out very fast, and any Machu Picchu ticket purchased separately for guests after this due date may not be with the group: a different tour guide and a different circuit may be required. Peru Rail ticketing may also be in a different train car from the group. Please note that it is the leader's responsibility to clearly communicate this to any new guests that sign up beyond this date — thank you.

> **Bottom line:** please confirm by 120 days prior to the trip, or a $150 late fee will apply, with a possibility of a different guide, tour, and train to Machu Picchu.

PAYMENT STRUCTURE

Payment	Amount / Due Date
Deposit	$600
50% balance	Due May 15, 2027
Final balance	Due July 15, 2027

*All payments are non-refundable.

HOW TO PAY

Payments made to **Andrea Catarivas**

> **Zelle:** Andrea.catarivas@gmail.com
> **Venmo:** @Andrea-Catarivas

ROOMS

Luxury Room

Luxury Room

Garden Room

Garden Room