



MAGICAL JOURNEY

AUTHENTIC SACRED TOURS



A Sacred Journey to Machu Picchu, Cusco & The Sacred Valley

A NEW Pachamama Celebration at Willka T'ika

Awaken your Creative Spirit with Carol Cumes and Jill Segal
through Art, authentic Andean Ceremony, and Chakra Garden Meditation

Daily yoga, optional hikes & organic, vegetarian meals

October 15-25, 2014

Pachamama warmly welcomes you

Join this Pachamama celebration, a spiritual journey with Carol Cumes and Canadian artist Jill Segal, and talented Quechua friends. Explore your creative spirit with ART, join in daily yoga, and deepen your Sacred Valley experience while participating in authentic ceremonies with highly respected Andean healers. Travel this Magical Journey along the pathways of Peru's ancient civilizations; an exceptional Willka T'ika guide will share the mysteries of her Incan ancestors at all sacred sites. Private healing sessions, coca-leaf readings, and top quality SPA services are offered.

to discover a luxury retreat in the Sacred Valley.

The program is based at Carol's luxury Willka T'ika Retreat center situated in the heart of the Sacred Valley. Revitalize and express your Creative Spirit within the renowned Chakra Gardens. Luxury double rooms and garden guest cottages surrounded by breath-taking flowers, trees and medicinal herbs are offered to group participants. Available special amenities include two spacious yoga studios, the *Yachaywasi*, House of Wisdom, and *Takiwasi*, House of Music, perfect for private group gatherings and Andean ceremonies. Buildings are crafted from earth materials and great attention to detail enhances guest comfort.

perfect for those who live consciously – and comfortably.

The instructors, a carefully selected fusion of spiritual souls who stimulate creative talents, offer a diverse program perfect for individual travelers, couples, and sojourners with an interest in meditation, holistic health and healing, yoga, Andean mysticism, photography, hiking and the creative arts. Husbands or wives are more than welcome to join and choose activities that interest them. Additional healing treatments include solar-heated floral medicinal baths under the stars, Andean SPA, massage and Crystal Light Therapy from *John of God* in Brazil. Willka T'ika is a retreat conceived, built and maintained on sustainable principles, where you will savor gourmet organic vegetarian meals and fully relax in your luxury accommodation.

Connect with *Pachamama*, Mother Earth

Dazzling arrays of flowers and Andean ancestral medicinal plants abound in the renowned Seven Sacred Chakra Gardens created for well-being, healing and meditation. Infuse in the healing power of the traditional Incan medicinal plants known to restore and revitalize the physical body. While *Pachamama* purifies the aura, She allows the potent transformative energy of the plants to flow and restore the cells of the body.



Nourish with organic gourmet meals

Brilliant edible flowers and organically grown vegetables are harvested daily and featured in vegetarian gourmet meals. Vegan and wheat-free diets are accommodated. Three healthy meals each day include delicious and nutritious protein-filled Andean super foods lovingly prepared by the Willka T'ika Quechua chefs.

Integrate into the Andes via mind, body & soul

This program offers a spiritual and cultural adventure for mind, body and soul. Each morning after personal yoga or meditation, and a relaxed, nutritious buffet breakfast, you will visit an ancient Incan site in the Sacred Valley. Maximize your personal experience at each sacred site with ample time to paint, write, explore, meditate, or hike to your liking through temples and valleys.



Enjoy a heart-opening Andean experience

An English-speaking Peruvian-Quechua guide who will spark your heart connection to the traditions and special energies of each ancient site, accompanies you on all excursions. Willka T'ika guides are there to assist and help fulfill each individual's ideal adventure. The Quechua staff at Willka T'ika, who have loyally been with Carol for over nineteen years, further ensure that each guest feels the comfort of home and a nurturing space to open to the energies of the Chakra Gardens and Sacred Valley.



Carol Cumes, the creator and founder of Willka T'ika and Magical Journey, has been planning body and mind programs for over 29 years. During that time, Carol has remained deeply connected to practicing Quechua-speaking Qero healers. Carol presents and honors the true spiritual traditions of the Peruvian Andes through her tours, lectures and writings, including her book *Journey to Machu Picchu: Spiritual Wisdom of the Andes*. Eighteen years ago, she created the Willka T'ika's Children Fund (WTCF), a 501 (c)(3) nonprofit with the mission to support educational efforts in four

isolated Andean schools. All proceeds from Carol's award-winning *Chakra Gardens, Opening the Senses of the Soul*, a beautifully photographed coffee table book, her new *Chakra Gardens Journal*, and soon to be printed *Nourish with Pachamama*, a Willka T'ika Recipe book, go to support the WTCF. Carol lives at Willka T'ika where she continues to garden, create, and meticulously plan Magical Journey group programs.

Allow Magical Journey to inspire you...

Journey to Machu Picchu Highlights

- * Willka T'ika, the #1 luxury garden retreat center in the 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 meals lovingly prepared by Willka T'ika chefs.
- * Two sun-filled garden studios for yoga and dance.
- * The round *Takiwasi* music shala with a fireplace and an array of Andean musical instruments – used for group meditations and ceremonies.
- * Our *Yachaywasi* library has a cozy fireplace and a great selection of English books on all subjects.
- * Hiking beneath magnificent Andean peaks in awe-inspiring Sacred Valley scenery.
- * Exploration of mysterious ancient cities and temples of Cusco and Machu Picchu.
- * Colorful, traditional Quechua, Incan descendents, in their mountain villages, an artist and photographer's dream.
- * A professional and passionate local guide who teaches Andean spiritual traditions, culture, history and cosmology.
- * Participation in an ancient Incan ceremony with an authentic practicing *pakko*, Qero healer, who offer authentic coca leaf readings and personal healing.
- * Visit to an isolated mountain community. Experience the heartfelt practice of *ayni*, Andean reciprocity and interactive activities with the students.
- * Willka T'ika Children's Fund (WTCF) 501(c)(3) nonprofit, assisting over 700 Quechua students from four isolated subsistence-farming communities.
- * The *Chaskinawasi* cottage offers unique quality jewelry, crafts and exclusive Willka T'ika products. Sales support local artists and the mission of the WTCF.

Itinerary: Journey to Machu Picchu- October 15-25, 2014

(B.L.D) indicates breakfast, lunch, or dinner included.

Wednesday 15

Depart from home country.

Day 01 Thursday 16

Your Magical Journey program begins with a transfer from Cusco airport to your comfortable hotel conveniently situated off the historic Plaza de Armas.

Note: Please arrive in Cusco airport no later than 11 a.m. to acclimate to the 11,000 ft. altitude.

1:00 p.m. Lunch at a nearby restaurant with Peruvian cuisine followed by an orientation group meeting in the hotel. Late afternoon guided walk through historical Cusco, including a visit to fascinating **Korikancha** 'Golden' Temple dedicated to the Sun God. (L)

Day 02 Friday 17

a.m. Visit ancient sacred Incan sites outside of Cusco: Awesome **Saksaywaman** with a coca *k'intu* ceremony and meditation. Time to paint, sketch or further explore the area; followed by a visit to the shamanic **Kenko** site.

p.m. Explore Cusco's trendy artists district of San Blas with visits to select galleries, the art of the cathedral, and interaction with resident artists, or choose alternative sites offered by the guide. Choose to eat in one of the many renowned Cusco restaurants. (B)

Day 03 Saturday 18

8:30 a.m. Depart for Willka T'ika Guesthouse in the Sacred Valley. En route, explore the mysterious and magical Moray Circles set amidst beautiful mountain scenery. Perfect for artists, photographers and hikers. Brown bag lunch. Visit Maras salt farms. Optional hike down through the valley to a warm welcome at Willka T'ika.

p.m. Optional SPA activities. Welcome dinner and introduction to the Willka T'ika family – the Quechua staff who will take care of your needs during your stay. (B.L.D)

EVERY DAY AT WILLKA T'IKA

Before 8:30 a.m. Group yoga and meditation in one of two spacious, sun-lit yoga studios.

8:30 a.m. Gourmet buffet breakfast.

Sign up for the workshops of your choice (all are included and optional). Workshops are designed to inspire both beginner and advanced levels. Allow your inner Spirit to bring out your creative talents. Or, choose to hike, or relax in the gardens and have fun.

Day 04 Sunday 19

9:30 a.m. Carol invites you to attune to and connect with the renowned **Seven Chakra Gardens**.

An open day at Willka T'ika, dedicated to *Pachamama*, Mother Earth allowing guests to connect deeply with Nature in the Chakra Gardens – relax, paint with Jill, meditate or indulge in an Andean Spa treatment. Meeting with our Qero healers, optional coca-leaf readings and personal healing sessions with the **pakko, Qero healer** visiting from the high Andes. After dinner, participate in an authentic group **Andean offering and fire ceremony**. (B.D)

Day 05 Monday 20

a.m. Heart-opening day begins with a very special interactive visit to an Andean mountain school, one of four **Quechua mountain schools** supported by the Willka T'ika Children's Fund. We will plan to share our gifts of creative art with the children. Choose to bring any gifts listed in the general information sheet. Or, if you are an artist and would like to do an art project with a class, please bring additional inexpensive art materials to share.

p.m. Drive through the Sacred Valley to the spectacular ruins of **P'isaq**. Brown bag lunch. Artists will be able to paint at an amazing site, or for the more active, a vision quest hike and meditation. Visit the colorful market of P'isaq, an artist and photographer's dream and shopper's delight. (B.L.D)



Day 06

Tuesday 21

a.m. Early morning visit to the amazing Incan town and ceremonial site, **Ollantaytampu** with a hike to an ancient Incan cave for meditation.

This special day allows time to join one or all of the workshop/offering in progress. Infuse yourself in the inspirational energies of **Willka T'ika** and the **Chakra Gardens**, relax,



meditate, write or paint. Take advantage of the optional art class, traditional healing sessions, and pamper yourself with an Andean SPA treatment or crystal light therapy session. For non-artists, maps for additional hikes into the valley or adventurous zip line or river-rafting activities are available.

p.m. Dinner and orientation to prepare for Machu Picchu. (B.L.D)

Day 07

Wednesday 22

a.m. Morning train to Aguas Calientes, gateway to the majestic terraces of **Machu Picchu**. A thorough and fabulous guided tour takes you through this wondrous site. Afternoon free to paint inside the ruins, or explore on your own.

p.m. Magical Journey invites you to a delicious celebratory three-course dinner in one of the finest restaurants in Aguas Calientes. Overnight at riverside lodge. (B.D)

Day 08

Thursday 23

a.m. Open day in **Machu Picchu** with entrance ticket included. Options to hike Machu Picchu mountain, the Inkan **Inti Punku gateway to the City of Light**, or paint or meditate in a quiet place away from the tourists.

p.m. Afternoon train back to Ollantaytampu, transfer to Willka T'ika in time for dinner. (B.D)

Day 09

Friday 24

Enjoy a **Day of Mindfulness and Integration** at Willka T'ika. Chakra Garden activation. Join art classes of your choice, meditate in the Chakra Gardens and allow yourself time to receive the ancestral crown chakra energies beneath the **thousand-year-old Lucuma tree**. Indulge the body in optional Andean SPA treatments and crystal light therapy. Hikes into Urubamba are available for those who prefer to be more active. Farewell group activity and dinner celebration at Willka T'ika. (B.L.D)

Day 10

Saturday 25

Enjoy the magical, early morning garden energies with yoga, a spiral walk, closing meditation, or art, followed by a buffet breakfast at 8.30a.m.

10:00 a.m. Set departure Time: Allow three hours and 25 minutes before your flight. There will be one transfer to the Cusco airport. Ideal flights to Lima depart between 1:45-3.00p.m. Connect to Lima and your flight home.

Arrive in your home city the same or next day, filled with the pure spiritual and creative energy of your transformational Andean journey-of-a-lifetime. (B)

**Jill Segal**, SCA TWSwww.jillsegal.com

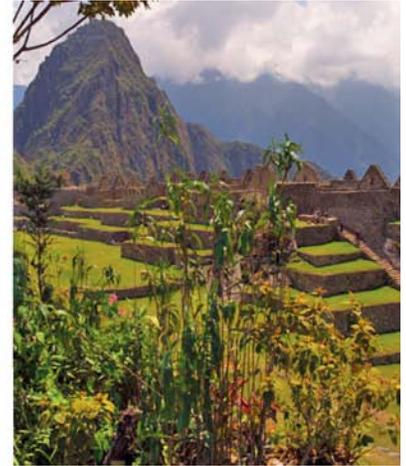
Jill Segal is an award winning professional artist and an accomplished and popular art and yoga teacher. She lives in Toronto, Canada and conducts demonstrations, classes and workshops, in acrylic painting, collage and a combination of yoga and painting, for numerous art associations and educational institutions, locally and internationally. She has co-facilitated many workshops on spirituality and creativity, and has taken groups of artists on painting trips to Peru and South Africa.

Jill is an elected member of the Society of Canadian Artists and a signature member of the Toronto Watercolour Association. Her paintings are celebrations of life, reflecting the inherent energy in nature and the interconnectedness of all things.



She has participated in many juried and non-juried shows and is represented by galleries in Ontario, Florida and in the Caribbean.

This will be Jill's seventh journey to Peru.

**Cost**

\$3,450 per person in shared luxury accommodation.

Confirmation: Nonrefundable \$750 deposit per participant. Final payment is due 60 days prior to the program start date.

Our luxury rooms are allocated in the order of registration.

Single garden rooms are subject to availability and require a \$700 supplement.

Late registration: A \$100 fee applies if registering within two months of the program start date.

Please take note of Magical Journey's 29+ years of experience in offering authentic and quality cultural and spiritual programs, complemented with unmatched service at Willka T'ika in beautiful luxury rooms, organic gourmet meals and a staff that has been at the retreat center since its inception – a unique offer at a very affordable, fully-inclusive price. There is no other quality program in Peru to match this. Guests receive fabulous value for their money.

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Willka T'ika was originally conceived and is lovingly maintained as a private garden retreat center. It is open only to its registered guests.

This comprehensive Journey to Machu Picchu program includes:

- * Two nights in Cusco, capital of the Incan empire, six nights at Willka T'ika, and one night in Aguas Calientes, Machu Picchu.
- * The 2-day Machu Picchu excursion includes the tourist train, bus, entrance tickets and a fully guided tour with a highly experienced Willka T'ika guide.
- * Cusco and ancient Sacred Valley sites will be explored on fully guided tours.
- * Group transport and entrance tickets to all sites.
- * Authentic Andean ceremonies with authentic pakkos, and all-level creative art classes with Jill Segal.
- * All organic, gourmet, vegetarian meals while at Willka T'ika.
- * Welcome lunch in Cusco and a fabulous three-course dinner at Machu Picchu.
- * Use of all facilities while at Willka T'ika.
- * Two spacious, sun-filled studios for yoga, dance and large group gatherings.

Cost does not include:

- * International round trip flight to Cusco via Lima.
- * Sundries, alcoholic and bottled beverages, laundry and spa services, and private healing sessions.
- * It is customary to tip service providers in Peru. A separate tip is offered to your guide at the end of the program. All participants receive a general information sheet prior to the journey.