



Magical Journey to Peru with Carol Cumes & friends

A Spiritual Adventure & Wellness Experience at Willka T'ika

featuring **Therapeutic Touch® Healing Workshops with Arlene & Gail (optional)**

Year-End Holiday Special *** November 30 – December 7, 2019

**Pachamama
warmly welcomes you...**

Join this unique Pachamama celebration with Carol Cumes, the creator of Willka T'ika, to discover the magic of the Andes. Experience authentic rituals with highly trained Andean healers, and optionally learn the healing art of Therapeutic Touch® with special guests, Arlene Cugelman and Gail LaFortune, professional practitioners and teachers for over 20 years. Carol also invites her favorite authentic healing partners in the Andes to this unique retreat to offer profound connection to wellness and the special energies of the Sacred Valley.

**to discover a luxury retreat
in the Sacred Valley...**

The program is based at Willka T'ika Essential Wellness retreat situated in the heart of the Sacred Valley. Luxury double rooms and garden guest cottages are surrounded by a breathtaking array of of flowers, trees and medicinal herbs. Special amenities available to guests in this group include full access to two spacious yoga studios and the *Yachaywasi*, House of Wisdom, and *Takiwasi*, House of Music, both with meditational tools and fireplaces. Buildings are crafted from earth materials and great attention to detail enhances guest comfort.

**perfect for those
who seek holistic wellness.**

This diverse spiritual adventure is perfect for individual travelers, couples and sojourners with an interest in meditation, holistic health and healing, yoga, Andean mysticism & culture, photography, hiking and the creative arts. Additional healing treatments at Willka T'ika include solar-heated floral medicinal baths under the stars, Andean SPA and massage, and crystal light therapy. Willka T'ika is a retreat conceived, built and maintained on sustainable principles, founded by Carol Cumes in 1994. Savor fresh organic vegetarian meals that cater to all special food diets, and fully relax in exquisite accommodations.

Connect with *Pachamama*, Mother Earth

Dazzling arrays of flowers and exotic medicinal plants abound in the renowned Seven Sacred Chakra Gardens built for wellbeing, healing and meditation. Infuse in the healing power of Nature known to restore and revitalize the physical body.

If in need of a natural healing remedy, the Quechua Staff is happy to prepare medicinal brews from our organic gardens.



Nourish with organic gourmet meals

Brilliant edible flowers and organically grown vegetables are harvested daily and featured in vegetarian gourmet meals. Healthy menus include delicious and nutritious protein-filled Andean superfoods 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. After personal yoga or meditation and a relaxed, nutritious buffet breakfast, you will visit ancient Inkan site in the Sacred Valley. Maximize your personal experience at each sacred site with ample time to explore, meditate, or hike to your liking through temples and valleys.



Enjoy a heart-opening Andean experience

You will be accompanied by an English-speaking Peruvian-Quechua guide on all excursions. Our passionate guide will spark your heart connection to the traditions and special energies of each ancient site. Our guide is gifted in catering the program to fulfill each individual's ideal adventure. The Quechua staff at Willka T'ika, who have loyally been with Carol for 24 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 35 years. During that time, Carol has remained deeply connected to authentic, practicing, Quechua-speaking Qero healers. Carol presents and honors the true spiritual traditions of the Peruvian Andes through her tours, lectures and writings, such as: *Journey to Machu Picchu: Spiritual Wisdom of the Andes*; the award-winning *Chakra Gardens*, *Opening the Senses of the Soul*, a beautifully photographed coffee table book; a self-guided journal complementing the Chakra Gardens book; and the Willka T'ika

recipe book *Nourish with Pachamama* sharing Quechuan concoctions of Andean superfoods. Proceeds of book sales support the Willka T'ika's Children Fund (WTCTF), a 501 (c)(3) nonprofit established in 1995 with the mission to support education and family wellbeing in isolated Andean schools and their communities.

Allow Magical Journey to inspire you...



- * Willka T'ika Wellness, the premier 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.
- * Exceptional facilities: Two sun-filled garden studios for yoga and dance. The round *Takiwasi* music shala with an array of Andean instruments; and the *Yachaywasi* library with a diverse selection of English books, both with their cozy fireplaces.
- * 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 Inkan descendants 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 ancient Inkan ceremonies with an authentic practicing Pakko, Qero healer and female Quechua Layka. Traditional coca leaf readings and personal healing rituals will be offered.
- * 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 five isolated subsistence-farming communities.
- * *La T'ika* Boutique Giftshop offers unique high quality jewelry. The Community Textiles Shop offers Andean crafts and exclusive Willka T'ika products. Sales support our school communities, talented local artists and the mission of the WTCF.



Itinerary: Journey to Peru with Carol Cumes, Arlene & Gail

Schedule your flight to arrive in Cusco no later than 11 a.m. on November 30th.

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

Day 01: Arrival in Cusco

Saturday 30

Your Magical Journey program begins with a morning transfer to our conveniently situated friendly Cusco hotel near the historic Plaza de Armas. Friendly, reliable staff will take excellent care of you.

Please take time to rest in your room when you first arrive to accli-mate to the altitude. There are refreshments at the hotel or right nearby, if desired.

3:00PM Meet in lobby, and then gather for an orientation meeting with your tour guide.

4:30PM Walk through the main square to tour the **Koricancha Temple**, the holiest site during Inkan times and the perfect place for an introduction to the historical culture. From there you continue your walk to see fascinating Inkan stonework en route to the cobblestone streets of **San Blas**, the artist district. Your guide will point out a few options of places to eat in the area.

Day 02

Sunday 01

Have your luggage ready at your door before you go to breakfast

8:00AM After a buffet breakfast, depart for a guided tour to the astounding giant stones of **Saksaywaman** where you may hike around the amazing Inkan site.

PM Depart for Willka T'ika Garden Retreat Center in the **Sacred Valley**. En route, explore the mysterious and magical **Moray Circles** set amidst beautiful mountain scenery, with a beautiful Qero Ceremony.

Welcome at Willka T'ika with brief orientation and introduction to Carol, & the Willka T'ika guest staff who will take care of all your needs during your stay.

6:30PM Dinner is served promptly at 6:30PM each night. (B.L.D)

Day 03

Monday 02

7:00-8:00AM All-level yoga before breakfast. Yogis wanting to practice on their own are welcome to use the second yoga studio.

8:15AM Breakfast.

9:00AM A guided morning hike is offered to the nearby town of Urubamba through farming neighborhoods, visit a typical, lively Peruvian market, a high-quality alpaca factory store and the famous Seminario ceramics shop. Return by motor taxi for \$1 to Wilka Tika in time for lunch.

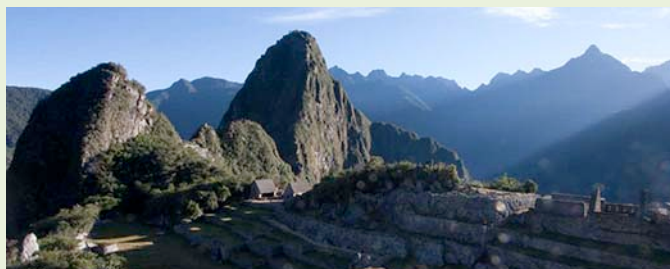
1:00 PM Lunch at WT

2:00 – 6:00 PM: Join the optional Therapeutic Touch® Workshop with either Gail LaFortune for Level One TT, or with Arlene Cugelman for Advanced TT. Or, enjoy the Seven Chakra Gardens for your personal healing and reflection, or schedule an Andean spa service.

6:30 PM Dinner (B.L.D)

Day 04

Tuesday 03



AM Early breakfast.

Morning tourist train to **Aguas Calientes**, the gateway to the majestic terraces of **Machu Picchu**. Tea/coffee and snack on train. Experience the ancient "City of Light" and journey through the masculine energy temples of political and spiritual power, followed by a deep reconnection of feminine earth energies with a wonderful guided tour.



PM Box Lunch. Further hike & explore the citadel of Machu Picchu. Return by bus to colorful base town of Aguas Calientes, enjoy evening return train to Willka T'ika in time for a late dinner. (B.L.D)

Day 05 Wednesday 04

7:00-8:00AM All-level yoga before breakfast.

8:15AM Breakfast.

9:00 - 1:00 PM Join the optional Level One Therapeutic Touch® Workshop with Gail LaFortune, or Advanced . Or, enjoy the Seven Chakra Gardens for your personal healing or schedule a spa service, or take a local hike, with guidance provided

1:00PM Lunch

2:00 PM Introductory Tour of the Chakra Gardens with Carol Cumes. Meet our Qero healer and be introduced to his ancient Andean culture. Guests may sign up for an 15-20 minute coca leaf reading, if they wish. The guide will translate from his Quechua language.

6:30PM Dinner followed by an authentic Andean Haywarikuy offering and transformative fire ceremony to honor Pachamama, yourself and your loved ones. The ceremony also reminds you to focus on your intention for this journey of body, mind and spirit. (B.L.D)

(B.L.D)

Day 06

Thursday 05

7:00-8:00 AM All-level yoga before breakfast.

An **Ayni** day. Start this heart-opening day with a drive through the Sacred Valley to visit a new traditional Quechua mountain school supported by the non-profit **Willka T'ika Children's Fund**. Since 1995, Willka T'ika has maintained contact with dedicated schoolteachers in isolated high mountain communities where few tourists are privileged to visit. Donations have enabled the education in these schools to transform on all levels. In a reciprocal ayni exchange, the group is invited to offer a Christmas gift for each child, & additional school supplies offered by guests are very welcome. The warmth and joy of the children and their openness in bringing guests into their daily lives are special moments not easily forgotten. Visitors are always humbled and deeply moved.

Picnic lunch.

PM Continue with your guide 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 coffee or tea in a market square café where you can observe colorfully dressed campesinos wearing traditional clothing coming to barter and sell their produce. P'isaq is a photographer's dream. Return to Willka T'ika by 4:00pm.

6:30PM Dinner; schedule an optional evening spa service. (B.L.D)

Therapeutic Touch® Workshops Level One and Advanced

Arlene Cugelman & Gail LaFortune invite you to:
"Experience and learn Therapeutic Touch® for yourself and your loved ones. Therapeutic Touch® helps you to mobilize your own natural healing abilities. Anyone can learn because everyone has a natural potential to learn this contemporary interpretation of several ancient laying-on-of-hands healing practices."

It is a skill that requires sensitivity and needs to be practiced initially with supervision and feedback. If you have an open mind and a caring heart, this healing modality may be a good fit for you.

What is Therapeutic Touch®?

Therapeutic Touch® is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being. Therapeutic Touch® practitioners are educated to modify a person's energy field when disease or illness obstructs or depletes their flow of energy. The Therapeutic Touch® treatment restores order and harmony to the client's field. Based on the belief that the body can heal itself, Therapeutic Touch® is a method of helping a person to mobilize their own natural healing abilities.

Therapeutic Touch® was developed in the early 1970s by Dolores Krieger, PhD, RN, professor emeritus of Nursing at New York University, and Dora Kunz, a gifted, naturally clairvoyant healer. Together, they standardized a

technique that has been referred to as a contemporary interpretation of several ancient laying-on-of-hands healing practices. Therapeutic Touch® has grown in popularity and is now taught and practiced throughout the world, including numerous universities and colleges in Canada and in the United States.

Research and experience have shown that Therapeutic Touch® is effective in:

- Promoting a relaxation response
- Reducing anxiety and stress
- Managing pain
- Improving sleep
- Facilitating the body's natural healing process
- Fostering a sense of well-being

A Therapeutic Touch session is always individualized. The client remains fully clothed and the session can be offered while the client is in a sitting or lying down position. Every client has their own experience, but research and anecdotal reports show that the majority of clients feel relaxed and any symptoms of anxiety or stress are diminished. There is often a change in the perception of pain — it is reduced or made manageable and often clients fall asleep.



Day 07

Friday 06

7:00-8:00AM All-level yoga before breakfast.

9:00AM Guided hike to Maras Salt Flats, and visit the fascinating ancient salt mines still in operation today.

1:00PM Lunch

2:00PM This afternoon is dedicated to optimizing your Wellness with the healing energies of the Chakra Gardens and traditional Quechua healing rituals with our Layka.

In the Root Chakra Garden, work with Pachamama to release unwanted energies. A ritual in the Water Garden will help you to further release energies from the crown region where mental patterns get stuck. Reinvigorate with a Sun Blessing in the Chakana Garden, and resonate towards inner harmony with a Sound Healing in Takiwasi, the ceremonial Music House. Beneath the ancient Lucuma Tree, connect with your Divine Essence.

6:30PM Farewell Dinner Celebration

Day 08

Saturday 07

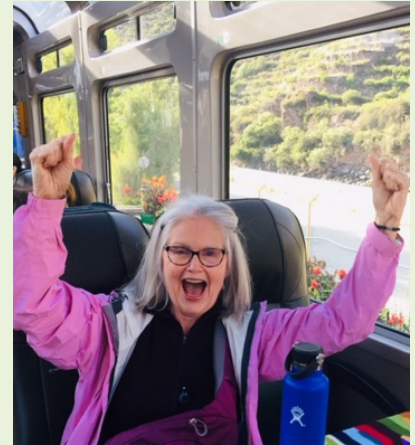
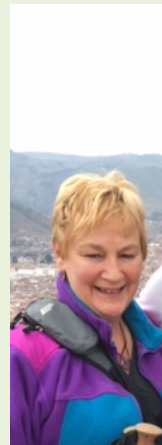
8:00AM Breakfast.

10:00AM Please leave luggage at door.

10:30AM Official Group Departure to the Cusco airport to connect to Lima and your flight home.

Allow three hours and 25 minutes before your Cusco flight. Ideal flights to Lima that fit into this departure leave Cusco after 1PM. If additional departures are required, guests may share the cost of the transportation.

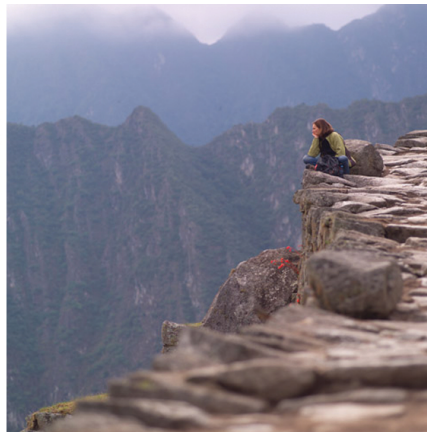
Arrive in your home city the same or next day. You will feel blessed with the pure spiritual energy of your transformational Andean journey-of-a-lifetime. (B)



Gail LaFortune and Arlene Cugelman

in Peru December 2018

Both are from Canada, and have years of experience teaching and administering Therapeutic Touch®.



One time Special December Offer:
\$2890/person in shared luxury accommodations.

Confirmation: A \$750 nonrefundable deposit secures your space, with final payment due 60 days prior to the program start.

Single rooms are subject to availability and are an additional \$900 for the retreat.

Late registration: A \$100 fee applies if registering within 45 days of the program start date.

Please take note of Magical Journey's 30+ years of experience in offering authentic and quality spiritual programs, complemented with unmatched service at Willka T'ika with beautiful luxury rooms, organic gourmet meals and friendly Quechua staff who have been at the retreat center since its inception. Guests receive fabulous value for their money.

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Skype: magicwtikainfo
www.willkatika.com
www.magicaljourney.org

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

The comprehensive Journey to Machu Picchu program includes:

- * One night in Cusco, capital of the Inkan empire, and six nights at Willka T'ika.
- * The day visit Machu Picchu excursion includes the tourist train, bus, entrance tickets, and a fully guided tour with a highly experienced Willka T'ika guide.
- * Major Cusco and Sacred Valley sites.
- * Group transport and entrance tickets to all sites.
- * Authentic Andean ceremonies with Quechua healers.
- * Breakfast, lunch and dinner as indicated (B.L.D) in the itinerary.
- * Organic, gourmet, vegetarian cuisine at Willka T'ika.
- * 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.
- * Tips, sundries, alcoholic and bottled beverages, laundry and spa services, and private healing sessions.
- * It is customary to tip all service providers in Peru, suggested \$100 for full 8-day program, shared among all WT staff & Andean providers. A separate tip at your discretion will be collected and offered to your guide at the end of the program.
- * Optional coca leaf reading with the Pakko for \$5, and Layka in depth reading for \$25.
- * Meals as indicated on itinerary.
- * Optional Therapeutic Touch® private sessions (\$70 for 1 hour)

