



# NEW YEAR'S PLANT MEDICINE RETREAT A JOURNEY WITHIN

## WHAT TO LOOK FORWARD TO:

This Journey is an INDIGENOUS LED healing experience, one which will give us more self-love, greater clarity, and a deeper sense of purpose on our life journey. This healing experience will allow us to immerse into the heart of the Andes through the power of Plant Medicine, Teachings with Native Elders, Breathwork, Meditation, Sacred Sites, Sacred music, rituals to prepare our body temples for the new year, and to establish a reconnection with Pachamama. Deeply absorb the ancient wisdom of healing through Plant Medicine of the Solar societies of Peru. Return to your true self as we uncover the healers within.

Throughout this special retreat, we will be in nature, in the megalithic Inca temples and vortexes with Sacred Plant Medicine Wachuma guided by the Teachings of the **Willkasara Medicine Family - Wachan, Martika, and Shiqwarkenty** who have been leading thousands of people back to themselves, through Grandfather Wachuma unlocking the wisdom within. Each day has been carefully planned and curated with the most powerful temples, ceremonies, and teachings to give your soul an energetic cradle for transformation and awakening in this time of renewal .

Day :1 Arrival in Cusco - Rest and Acclimate (December 27th)

We recommend you arrive to Cusco in the morning so you have time to rest and acclimate.

*Night at: Casa Raiz or Similar*

## Day :2 Opening Ceremony Moray (December 28th)



Today after breakfast, we will head to Moray where we will have our first Ceremony with Pachamama (Mother Earth) to request permission for the pilgrimage of healing and transformation we will embark upon. Here in Moray, there is an enormous Pre-Incan circular and semi-circular agricultural terraces. The Incas used them as a botanical laboratory for experimenting on plant domestication and acclimatization and a ceremonial site used for many rituals. Here we will have a special ceremony to prepare for the coming days and an introduction to the Andean cosmology with Wachan. We will explore this sacred site and later, the Inka salt mines still used today. We will break for lunch, and head back to our hotel to rest

***Night at: Casa Raiz or Similar***

## Day 3: Pisac Sacred Site - Ayahuasca (December 29th)



Today, after breakfast, we will visit Pisac. The Pisac ruins are among Peru's most intact ancient sites and a perfect example of ingenious Inca architecture. They are built on top of a mountain that towers over the small town of Pisac; the views of the countryside are spectacular. we will have time to explore and sit and align our energies with this sacred temple in preparation for our Ayahuasca Ceremony this evening.

Our Ayahuasca Ceremony will be led by Don Pablo, a trusted member of our team. Pablo is Shipibo from Pucallpa, the Jungle of Peru. His ceremonies have been passed down from generation to generation and maintained in their purest form, and we will have the privilege of sitting in ceremony with him to cleanse our body temple.

***Night at: Casa Raiz or Similar***

## Day 4 : Ayahuasca Ceremony Integration and Bearthwork (December 30)



Today, we will integrate and share last night's messages with Don Pablo. After lunch, you will have time on your own to meditate, journal, rest, and prepare yourself for our main New Year's Ceremony tomorrow. Additionally, we will have a breathwork experience to help with the integration, allowing us to process and embody the insights and healing from our previous ceremonies. This is also a perfect day to take advantage of the luxurious spa services at Casa Raiz, including massages, the steam room, and the saltwater pool filled with water from the sacred mountains Sawasiray and Pitusiray

***Night at: Casa Raiz or Similar***

## Day 5 : New Year's Wachuma Plant Medicine Ceremony (December 31) Ancasmarka



Today, our main ceremony for this retreat will take place tonight at Ankas Marka, about 20 minutes from Casa Raiz. Known in Quechua as the home of the sacred eagles, Ankas Marka is a temple of renewal where we will be guided in a sacred ceremony by the Willkasara Medicine Family, indigenous keepers of ancient wisdom. We will be in sacred ceremony with Grandfather Wachuma, embracing his wisdom and guidance.

Later in the day, we will participate in the Ayni Pukara, a traditional ceremony of the Q'ero People. This ancient ritual, known as a Despacho or prayer bundle, nurtures our connection with nature and the elements of the Earth. Through this ceremony, we honor Pachamama (Mother Earth) and the nature spirits, or Apus, such as mountains, rivers, and lakes, practicing Ayni—the sacred reciprocity of giving and receiving.

Afterward, we will return to Casa Raiz, meaning "home of the root," our sanctuary for this retreat. This beautiful home provides a luxurious experience that will shelter our bodies, minds, and spirits on this journey. In the evening, we will gather around Grandfather Fire to continue our rituals, including a sacred drum journey. We will await the New Year in ceremony, with intention and through sacred rituals designed to manifest our intentions and release our spiritual and emotional baggage. This experience is designed to transport us back to the sacred womb of our mothers, where, through collective healing, we will experience a rebirth, releasing the past, dissolving blockages, and renewing our energies

***Night at: Casa Raiz***

## Day 6: Machu Picchu Crystal City of Light (January 1)



We will depart at midday to make our way to Machu Picchu, where we'll enter the sanctuary in the evening to explore this ancient temple, a wonder of the world and an energetic vortex. Afterward, you'll have time to rest and explore the town of Aguas Calientes, where we will spend the night.

***Night at: El mapi or Similar***

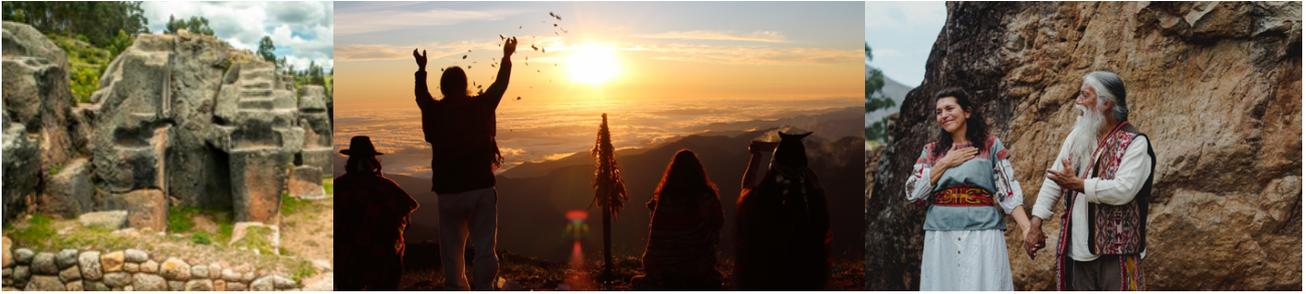
## Day 7: Cusco (January 2)



After breakfast, we will depart from Aguas Calientes and make our way back to Cusco. You'll have the day to rest, explore the beauty of the local museums, chapels, and temples, or do some shopping in the vibrant local markets. It's a perfect day to integrate and reflect on all the beauty we've experienced over the past days, allowing yourself time to rest and rejuvenate

***Night at: Novotel Cusco or similar***

## Day 8: Temple of the Moon Wachuma Plant Medicine Ceremony January 3



Today marks our last ceremony on this transformative journey of rebirth. You will be picked up from your hotel by bus and taken to the sacred grounds for our Plant Medicine Ceremony at the Temple of the Moon, a powerful energetic vortex and sacred site for attuning with nature and recalibrating our spirits. Today is our second Wachuma Ceremony, a magical communion with Pachamama and the universe on this day of light, guided by Grandfather Wachuma. It's a profound day to connect deeply with the energy of the land and embrace the transformative power of this sacred medicine

***Night :Novotel Cusco or similar***

## Day 9: Sacsayhuaman - Closing and Integration January 4



Today after breakfast we will head out on a short drive to Sacsayhuaman, great walled complex which means "Decorated head of the Puma," a sacred Inca site. This fortress/temple complex was the ruling palace of the Inca where the living god directed his people. One of the most important religious centers of the Inka's considered the house of the Sun during the Inka's time. Here you will also have time to meditate and explore on your own after our closing and integration with the Willkasara Medicine Family

***Night :Novotel Cusco or similar***

## Day 10: Return home January 5th

Today after breakfast, you will be transferred to the airport according to your departure time

### Please read carefully:

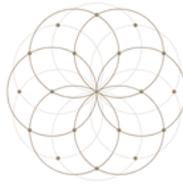
This itinerary schedule is subject to changes at any time at the discretion of the Willkasara Medicine Family and or tour operators, to provide the best and safest experience for you, our valued guest.

All payments are non refundable even in the event of your cancelation.

In the event of a full cancellation due to circumstances outside of our control, such as a natural disasters, war, protest, or other events, a partial refund or coupon may be available at our discretion. The amount of the refund will be determined based on the specific circumstances of the cancellation and will be evaluated by us on a case-by-case basis.

## RETREAT PRICING AND WHAT IS INCLUDED





## WILLKASARA SACRED EXPEDITIONS



### 10 Day / 9 Night Retreat

Single Room \$4,500

Shared Room \$4,200

### WHAT WE INCLUDE IN YOUR RETREAT PACKAGE

#### 4 STAR ACCOMMODATIONS + RETREAT WITH MEALS

- Pre-retreat guidance group call
  - 2 Wachuma Plant Medicine Ceremonies
  - 1 Ayahuasca ceremony
  - Welcoming ceremony
  - Ayni Pukara ceremony
  - Drum Journey Rebirth ritual
  - Entire retreat Guided by Willkasara Medicine Family
  - Retreat Preparation call with Willkasara Medicine Family
  - All Meals
  - Non Alcoholic drinks at mealtime
  - Post-retreat group integration call
  - All Ceremonies and Teachings by The Willkasara Medicine Family
  - Sound Healing
  - Plant Medicine Introduction
  - Introduction to the Andean ways of healing
  - Entrenches to all sacred sites mentioned by tour leaders
  - Private Ground transportation
  - English-speaking specialist guides
  - Touring and excursions as per itinerary
  - Purification Ceremony
  - Integration with Willkasara Medicine Family
  - New year's ceremony
  - Welcome Gifts
- Airport Pickup on arrival ( one transfer time for all guests on retreat start date )
  - Airport dropoff on departure ( one transfer time for all guests on end of retreat date )

# RETREAT ACCOMMODATIONS

4 AND 5 STAR CATEGORY HOTELS AND RETREAT CENTER

