



# Winter Solstice Light workers Retreat PERU

## WHAT TO LOOK FORWARD TO:

This unique retreat aligns with a very special time of year, the Winter solstice, which for many ancient civilizations, was a time of great awakening and Rebirth. This journey of healing is not just another "spiritual vacation" with too much to digest. 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, and 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 to receive the Andean New Year guided by the Teachings of the **Willkasara Medicine Family - Wachan, Martika, and Shiqwarkenty** who have been leading hundreds 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.

## Day :1 Arrival in Cusco - Opening Ceremony June 18



Upon your arrival, we will head to the Sacred Valley where we will have a Welcome Dinner and introduction.

***Night at: Taypikala Sacred Valley or Posada del Inka Yucay***

## Day 2: Mandor Waterfall cleansing, Plant Medicine Ceremony, and Ayni Pukara June 19



Today is a special and early day! After a light breakfast, we will board the train to Aguas Calientes that will take us to Mandor; this is a unique botanical garden with an extraordinary ecosystem and hidden magic. Here in Mandor, we will begin with a purifying ceremony at the sacred waters, followed by our first encounter with Grandfather Wachuma. We will be led in Sacred Ceremony by our Plant Medicine Guides, Wachan, Martika, and Shiqwarkenty, and the Ancient music of the Andes, while we open our hearts for healing to take place in this garden of manifestation.

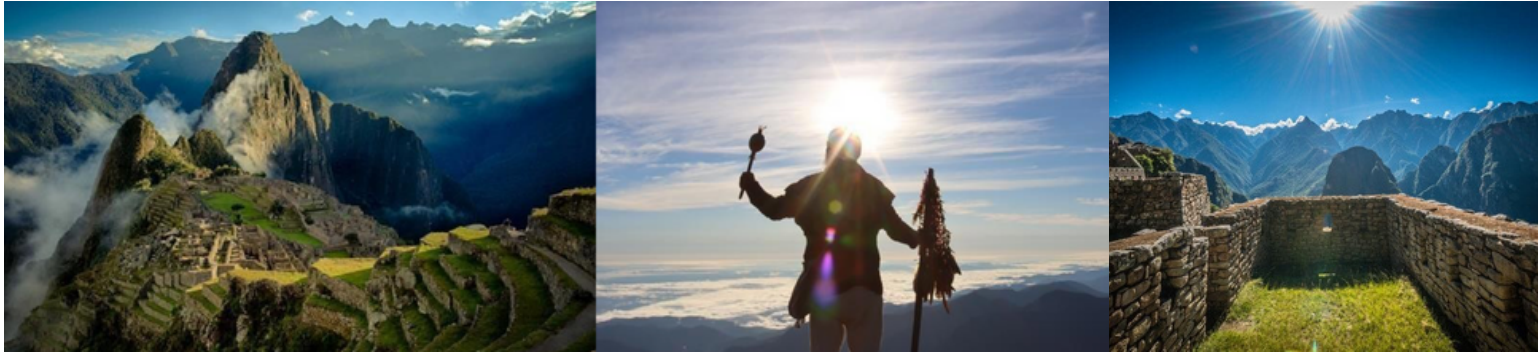
Later in the day, we will be part of the Ayni Pukara a traditional ceremony of the Q'ero People: Since Ancient times, the Andean people have maintained a unique way of nurturing the connection with harmony of nature and elements of the Earth by performing a Despacho or (prayer bundle).

This Ceremony is a unique way of connecting the energy and spirits of nature. Generally, a Despacho is done to honor Mother Earth (Pachamama) and the nature spirits or Apus, which takes many forms, including Mountains, Oceans, Rivers, and Lakes. A Despacho is also done to express or manifest what we would like to attract into our lives or the lives of our family and community members. It is a way to practice the (Ayni ) the reciprocity of giving and receiving. When we give back to our Mother Earth and all our sacred elements, we create balance and harmony in our Nature and our Lives.

***Night at: Mandor Gardens***



## Day 3: Machu Picchu Crystal City of Light June 20



Today, we will be rising early to head to the train station for the town of Aguas Calientes. Once in Aguas Calientes, we begin our journey up to Machupicchu on a 25-minute bus drive that will leave us in the sanctuary. The Willkasara Medicine Family will guide us through Machu Picchu to show us the most important temples and altars of this sacred land, sowing our intention for the Andean New Year, the Winter Solstice receiving the messages of the ancient ones.

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

## Day 4: Inkilltambo Winter Solstice Wachuma Plant Medicine Ceremony June 21



Today you will be picked up by the bus to head over to the sacred ceremony ground for today. On this solstice day, we will have a magical communion with Pachamama and Father sun on this day of light guided by Grandfather Wachuma

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

## Day 5: free day 22



Today is a free day to rest, and explore the wonders of the City of Cusco! There are beautiful cathedrals to explore, temples, and artisanal markets for great gifts.

***Night :Novotel Cusco or Similar***

## Day 6: Rainbow Mountain 23



Today we will be rising early to depart the hotel at 5:00 am for this exciting adventure. The drive takes around 3 hours to get to the Hanchipacha community, where we are going to stop for Breakfast. We will then drive you 15 minutes more to the Quesiuno community (4,326 m / 14,189 ft.), where we will start with the trekking of 1 hour approx. To Rainbow Mountain (most of the way is going up. You can go by horse if you wish at an additional cost not included). On the way up, we will be able to enjoy amazing landscapes of herds of alpacas and llamas, the Ausangate Mountain, many red mountains, and traditional local houses. When we finally reach our goal, the Rainbow Mountains (5,020 m / 16,466 ft.), you will have time to explore the area;

After the amazing view of the landscapes from the top we will come down to the beginning of our trekking point, 1 hour approx. (Quesiuno community) where we are going to take our transportation to the Hanchipacha community to have lunch and later head back to Cusco

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

## Day 7: Intiraymi Festival of the Sun June 24



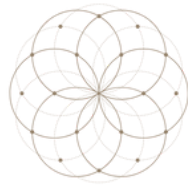
Today is a special day. We have a special activity that happens every 24th of June, on this day, hundreds of musicians gather in the sacred temple of Sacsahuaman, here you will see the people with their traditional ceremonial clothing and the native instruments make their offerings for the Father sun, offering their music and sacred dances to welcome this new time.

***Night :Novotel Cusco or Similar***

## Day 8: Return home June 25

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





## WILLKASARA SACRED EXPEDITIONS



### 8 Day / 7 Night Retreat

Single Room \$3,500

Shared Room \$3,300

### WHAT WE INCLUDE IN YOUR RETREAT PACKAGE

#### 4 STAR ACCOMMODATIONS + RETREAT WITH MEALS

- Pre-retreat guidance group call
- 2 Wachuma Plant Medicine Ceremonies
- 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
- Sound Healing
- Plant Medicine Introduction
- Introduction to the Andean ways of healing
- Entrances to all sacred sites mentioned by tour leaders
- Private Ground transportation
- English-speaking specialist guides
- Touring and excursions as per itinerary
- Floral water Purification Ceremony
- Integration with Willkasara Medicine Family
- All Ceremonies and Teachings by The Willkasara Medicine Family
- Airport Pickup on arrival
- Airport dropoff on departure
- Welcome Gifts