

## **RETREAT ITINERARY**

(Please note retreat itinerary is subject to changes)

Overnight Flight from your home to Cusco departing November 4<sup>th</sup> in the evening arriving to Cuscoon November 5th in the morning. Returning home November 13<sup>th</sup> on a morning flight.

## Day :1 Arrival in Cusco Opening Ceremony November 5



Upon your arrival on this transformational Retreat, we will have our first ceremony with Pachamama (Mother Earth) to request permission for the pilgrimage of healing and transformation we are about to embark upon. We will make our way to the Sacred Valley of the Inkas where we will all partake in this welcoming ceremony. We will head out on a 1 hour and 30 minutes drive to Yanahuara in the Sacred Valley of the Inca's, where we will be staying to rest and acclimate for our life changing journey ahead. Later in the evening we will gather for a sharing circle around the sacred fire as we set our intentions for this rebirth.

- ◆ **Night at: Casa Andina Sacred Valley**  
**Meals Included: Lunch**

## Day : 2 Mandor Waterfall cleansing, Ayni Pukara Ceremony November 6



Today is a special day! After breakfast, we will board the train to Machu Picchu to the waterfalls of Mandor, this is an amazing botanical garden with an extraordinary ecosystem and hidden magic. We will walk for about 40 minutes.

Here in Mandor we will begin with a purifying ceremony at the sacred waters, followed by an ancient practice called Ayni Pukara. We will be led in Sacred the Ancient music of the Andes, while we open our hearts for healing to take place in this garden of manifestation.

Since Ancestral times the Andean people have maintained a unique way of nurturing the connection with harmony of nature and elements of the Earth 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 take 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. Is a way to practice the (Ayni) reciprocity of giving and receiving. When we give back to Mother Earth and all our sacred elements we create balance and harmony in our Nature and our Lives. In this ceremony, we will create a beautiful Prayer Bundle all together using different elements of the three kingdoms Animal, Plants, and Minerals. This Despacho offering will be offered to the waterfall.

- ◆ **Night at: El Mapi or similar**  
**Meals Included: Breakfast, Lunch**

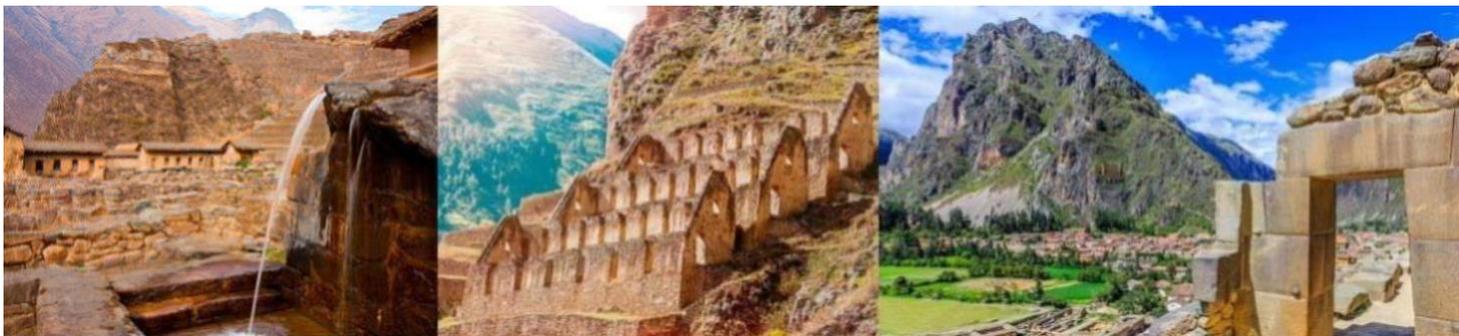
### Day 3: Machu Picchu Sunrise Ceremony November 7



Today, we will be rising early, will begin with a heart meditation, sun gazing and connection with the energy of this crystal city of light MachuPicchu as the sun is rising, we are activating our heart chakra. We will then gather to prepare for the highlight of the day which will exploring Machu Picchu, as we walk this sacred land to open our hearts and achieve the transformation we seek at this sacred site. We will be guided by our Spiritual guide Wachan through Machu Picchu as he shows us the most important temples and altars of Machupicchu.

- ◆ **Night at: El Mapi or similar**  
**Meals Included: Breakfast, Dinner**

## Day 4: Ollantaytambo Fortress of Knowledge - Private healing sessions November 8



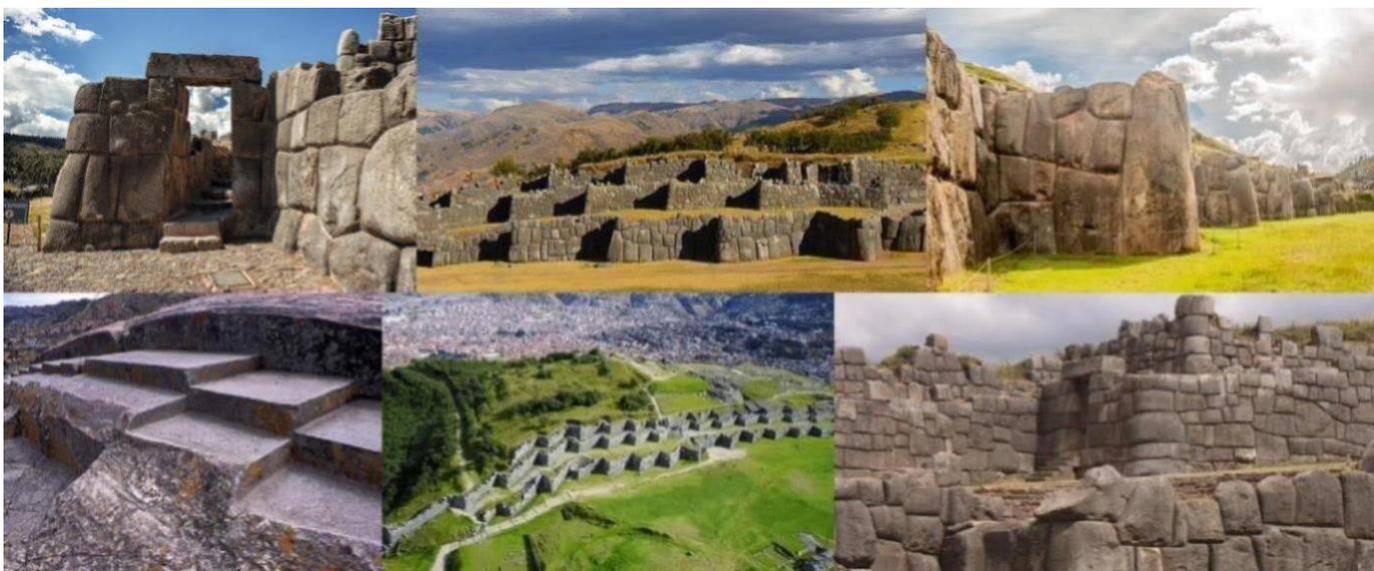
Today after breakfast we will make our way back to Ollantaytambo Train station to head back to Cusco where we will make our first stop at Ollantaytambo. Ollantaytambo is known as the 'Living Inca City'. Its inhabitants maintain some of the traditions inherited by their Inca ancestors. Ollantaytambo, the spectacular Incan fortress above the villages. Here we will have the opportunity to be at the Inti Huatana, a very important sun temple located at the top of Ollantaytambo. Ollantaytambo provides a very strong energetic vortex for manifestation.

We will head to a ceremonial ground here in Ollantaytambo where many important rituals took place, here we will continue the sacred site activation of our chakras aligning our body temple with mother nature.

### ◆ Night at: Willkasara Retreat Center

**Meals Included: Breakfast, lunch, Dinner**

## Day 5 : Temple of the Moon, Puca Pucara, Tambomachay November 9



Today after breakfast we will be visiting Sacsayhuaman, greatwalled 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 we will have a chance to cross the Pakarina (rebirth tunnel) which consists in an ancient cleansing ceremony to finalize the last step of our transformational journey. Sacsayhuaman is a perfect place for meditation and connecting our spirit with Mother Earth, and integration. Along the way we will visit the Temple of the Moon, Puca Pucara, and Tambomachay.

- ◆ **Night at: Costa del Sol or similar**
- ◆ **Meals Included: Breakfast, Lunch, Dinner**

### **Day 6 : Free Day Cusco. November 10**



Today you will have the day to yourself to visit the city of Cusco and the most representative expressions of the Inca architecture and Spanish colonial art in the city. This is a great day to have a private healing sessions with Wachan to integrate.

**Meals : Breakfast, Lunch**

**Night at: Costa del Sol or similar**

### **Day 7: Rainbow Mountain November 11**



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 Hanchipacha community where we are going to stop for breakfast. We

are then going to drive you 15 minutes more to Quesiuno community (4,326 m / 14,189ft.), where we are going to start with the trekking of 1 hour approx. to the 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 are going to be able to enjoy amazing landscapes of herds of alpacas and llamas, the Ausangate Mountain. When we finally reach our goal the Rainbow Mountains (5,020 m / 16,466 ft.), you will have time to explore the area, here we will have a unique ceremony to align and balance our chakras with a special closing ceremony.

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

### **Day 8: Tipon Cosing & Breathwork November 12**



Today after breakfast, at 10 you will be picked up by the bus we will be heading to Tipón, the Sacred temple of the Water. Tipón is a sprawling early fifteenth-century Inca archaeological park that is situated between 3,250 metres and 3,960 meters above sea level, located 22 kilometres southeast of Cusco near the village of Tipón. It consists of several ruins enclosed by a powerful defensive wall about 6 kilometers long

Tipón is a perfect place for meditation and connecting our spirit with Mother Earth and the sacred Waters. Here we will have time to work with our Chakras and breathwork.

**Meals : Breakfast, Lunch, Dinner**

**Night at: Costa del Sol or similar**

**Day9 : Return home November 13**

**A morning flight is recommended**

End of Service

### **Retreat Details**

**Price per person Single Room: \$3,400**

**Price per person Double Room (shared with 1 other retreat participant): \$3,200**

#### **This unique Plant Medicine Intensive Includes:**

- ◆ Entrances fees to all archeological sites included in the itinerary ( *Please note that due to the pandemic many changes can occur with entrances to the archeological sites such as Machu Picchu Willkasara Sacred Expeditions and our representatives will not be liable for those changes* )
- ◆ 8 Breakfasts
- ◆ 6 Lunches
- ◆ 4 Dinners
- ◆ Snacks at retreat center
- ◆ Train tickets to and from Machu Picchu
- ◆ 4 \* Hotels and accommodations
- ◆ ALL CEREMONIES AND TEACHINGS
- ◆ Ayni Pukara ceremony
- ◆ 3 Wachuma Plant Medicine Ceremonies
- ◆ Water purification Ceremony
- ◆ Machu Pichu sunrise ceremony

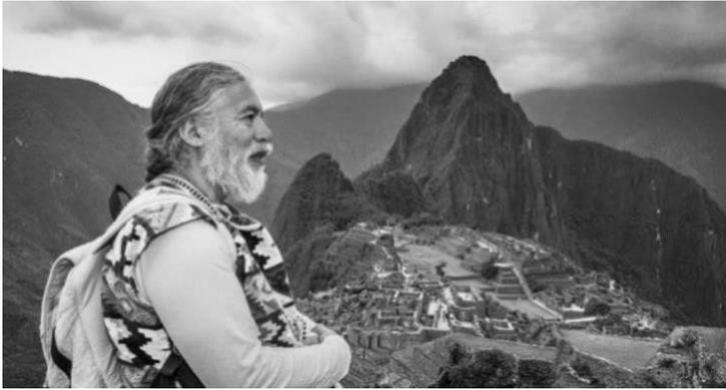
- ◆ Sound Healing
- ◆ Plant Medicine Introduction
- ◆ Introduction to the Andean ways of healing
- ◆ Private Ground transportation
- ◆ English speaking specialist guides
- ◆ Touring and excursions as per itinerary
- ◆ Chakra balancing
- ◆ Integration
- ◆ Airport arrival and departure transfer (there will only be one time of transfer to and from Airport for ALL passengers)
  
- ◆ **Dose not INCLUDE :**
- ◆ Domestic flight tickets
- ◆ Tips
- ◆ Personal expenses
- ◆ Private healing sessions
- ◆ Donations
- ◆ Meals not mentioned or indicated by tour facilitator
- ◆ Beverages at mealtime

1. **Negative PCR test to enter PERU**
2. **Copy of Passport must be sent in order to book the retreat**
3. **Obligatory use Facemasks , at all times during the retreat**  
**(THIS MAY VARY DEPENDING ON NEW HEALTH INFORMATION BY THE RETERAT DATE )**

We strongly recommend that all guests be fully vaccinate for the comfort and protection of all guest and tour leaders, however we respect each person's medical liberty. We require you to use a facemask in public places during this retreat in vehicles and in confined spaces as established by Peruvian Law **REGUARDLESS** immunity status.

We do not take responsibly for the infection of Covid- 19 or variants of any and all passenger on, during, or as a result of this retreat.

## WILLKASARA SACRED EXPEDITIONS



### **Our Spiritual guide Wanchan Bajiyoperak**

Wanchan Bajiyoperak, born and raised in Cusco Peru comes from a lineage of Medicine People. His lineage is related to the Waro Panaca, a pre-Inka Society. He has received the teaching of both his mother and father. His Mother was a gifted Midwife and skilled herbalist. Wanchan's father was a very well-known Chawpy Misa carrier ( Inka priest ) "I feel blessed to have been born in such a sacred land, and to have the privilege of caring on the ancient teachings and following the path of the ancient ones."

At the age of 7 Wanchan's mother gifted him a Quena (Andean flute) to nourish his musical gifts. One day by the river side she gifted him this special flute saying " this will be your lifelong friend." within a few days Wanchan was already playing the traditional songs his mother would sing daily. From this day on Wanchan began his journey as a Harawico which translates to Alchemist of Sound.

At the age of 7 this playful boy, Wanchan would accidentally break his flute, his loving mother would replace it with a new one every time it broke, until one day she stopped bringing new flutes. This was the day that Wanchan began building his own flutes. Since this day he has been building the traditional instruments of the Andes and studying the pre-Inka and Inka instruments.

In the 1980's Wanchan and the Japanese icon Iso Tomita made a music video in the Nazca Lines of Peru, called " Song of the Universe " he later performed in Japan with the ocarina Master, Sojiro in Japan. These were the beginning of Wanchan's journey through the world sharing his music.

In the 1970's Wanchan founded his first musical group " Apu Pachatusan" a cultural Group whose mission is to study, practice and keep the ancient heritage and ancient music alive.

Currently Wanchan travels around the world, sharing the teaching of the ancient ones, through workshops, conferences, Plant Medicine Ceremonies, and spiritual retreats in the Andes of Peru.

Wachan considers himself a Harawico, which translates to Alchemist of Sound. He is a gifted Inka and pre-Inka instrument builder, composer and keeper of the sacred Andean Music. Wachan is a skilled sound therapist, herbalist and Plant Medicine facilitator, helping people reconnect with themselves, through Mother Earth, Pachamama.

Wachuma is a cactus from the Andes of Peru that has been used by Inka and Pre-Inka Civilizations for thousands of years to raise the collective consciousness of our societies and to connect Mankind with the spirit world.

Grandfather Wachuma is the key to the heavens, and to reawaken the heart of mankind. This Sacred Plant Medicine reconnects you with the universal beauty, brings harmony, joy, peace and balance into our lives. Many people with depression, anxiety, drug and alcohol abuse have recovered fully through Wachuma Ceremonies.



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