



WILLKASARA SACRED EXPEDITIONS

## THE ART OF LIVING

An ancestral retreat of teachings, plant medicine ceremonies and sacred temples in Peru and Bolivia to rediscover the art of living with the Willkasara Medicine Family



## DAY : 1 ARRIVAL IN CUSCO ACCLAMATION APRIL 17



Upon arrival, we will gather for lunch, followed by our journey to the Sacred Valley, where we will rest and acclimate. In the evening, we'll reconvene for dinner and a brief overview of our upcoming time together on this transformative journey

***Night at: Casa Andina or similar***

## DAY :2 OPENING CEREMONY MACHU PICCHU APRIL 18



Today we will have a morning departure at 9 AM as we head to Aguas Calientes by train, a journey of approximately one and a half hours. Aguas Calientes is the town located at the base of Machu Picchu. After, we will begin our ascent to Machu Picchu on a 25-minute bus ride that will take us directly to the sanctuary.

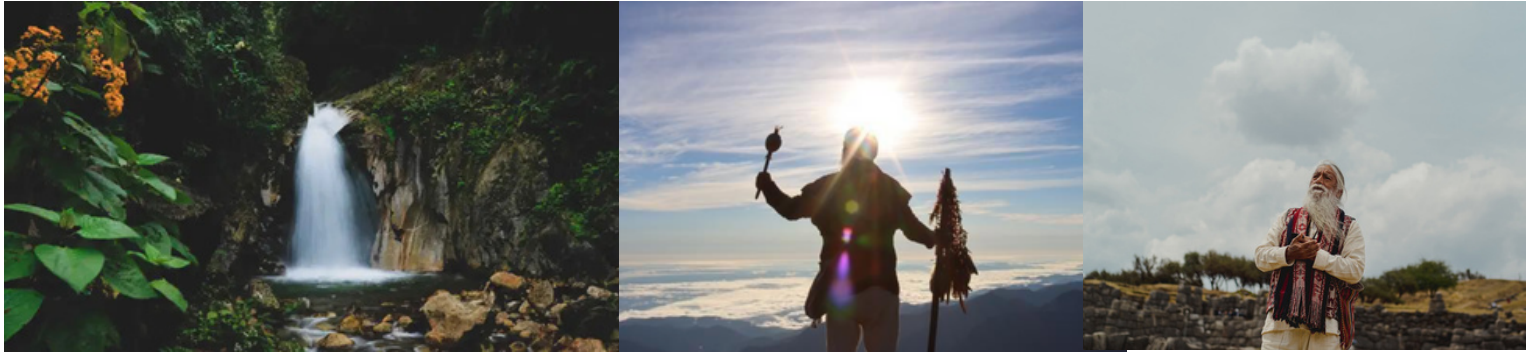
Here we will have the privilege of entering the sacred temple complex of Machu Picchu where we will take part in a ceremony to ask permission to walk this sacred land. In the Andean worldview, it is essential to first request permission before entering or moving through this sacred land. This ceremony is carried out through the traditional use of the sacred coca leaf as a means of communication, intention-setting, and guidance. Through this practice, participants respectfully acknowledge the land, the surrounding mountains (apus), and the spiritual guardians of the place, asking for permission, protection, and harmony during the journey. Here our team will lead a guided visit through the most important temples and ceremonial spaces, offering historical context and insights into the spiritual significance of this sacred site. A nourishing lunch will be shared in the afternoon after our descent.

***Morning : our Daily practice of Breathwork or Movement***

***Night at: El Mapi or similar***



## DAY 3 MANDOR WACHUMA PLANT MEDICINE CEREMONY 19



Today we journey to Mandor, beginning with a one-hour morning walk from the town of Aguas Calientes, arriving at this hidden sanctuary nestled within the cloud forest. Mandor is a unique botanical garden, home to an extraordinary ecosystem where lush vegetation, flowing waters, and subtle magic coexist in harmony.

Upon arrival, we will begin with a purifying ceremony where we will receive a herbal cleansing ritual using a concentrated medicinal infusion prepared by slowly boiling selected herbs, seeds, and plants for several hours, allowing their therapeutic properties to be fully extracted. This traditional preparation supports physical cleansing, emotional release, and energetic alignment, preparing the body and spirit for the ceremonial work ahead. 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.

***Night at: El Mapi or similar***

## DAY 4: TEMPLE OF THE MOON WACHUMA CEREMONY APRIL 20



Today we will head to the temple of the moon where we will have our second Wachuma Ceremony with the Willkasara Medicine Family. Throughout the day, we'll immerse ourselves in chanting, meditating, and dancing in harmony with Mother Nature, Pachamama we will spend the night at a nearby hotel which will give us the opportunity to be in the sacred temple the remainder of the evening.

***Morning : our Daily practice of Breathwork or Movement***

***Night at: kosko hotel***

## DAY 5: TRANSFER FROM CUSCO TO JULIACA - PUNO APRIL 21

We will depart Cusco early in the morning by car and begin our journey through the southern Andes. Along the way, we will stop at Raqchi, an important Inca ceremonial and administrative complex. Raqchi is home to the Temple of Wiracocha, a monumental structure dedicated to Wiracocha, the creator deity in the Andean worldview. The site is notable for its unique architectural design, including its large central temple, surrounding enclosures, qolqas (storage structures), and its role as a spiritual and logistical center along the Qhapaq Ñan.

We will then continue our journey to Puno, where we will arrive in the evening and settle into our accommodations for the night.

***Morning : our Daily practice of Breathwork or Movement***

***Night :Taypicala Puno or similar***

## DAY 6: LAKE TITICACA, THE WORLD'S HIGHEST LAKE APRIL 22



Our day begins with an early morning departure from Puno. Upon arrival at the shores of Lake Titicaca, we'll board a boat and explore its mystical waters. Our first stop will be the floating Uros Islands, where we'll learn about the unique lifestyle of the indigenous people who inhabit these reed islands.

Next, we'll continue our journey to Taquile Island, known for its rich cultural heritage and breathtaking landscapes. Here, we'll have the opportunity to interact with the local Quechua-speaking community, observe their traditional textile weaving techniques, and enjoy a delicious lunch featuring fresh, locally sourced ingredients.

Afterward, we'll hike around the island, taking in panoramic views of the lake and surrounding mountains. Along the way, we'll visit ancient ruins and learn about the island's fascinating history of this powerful land.

***Morning : our Daily practice of Breathwork or Movement***

***Night :Taypicala Puno or similar***



## DAY 7: ARAMU MURU WACHUMA CEREMONY APRIL 23



**Aramu Muru**, also known as the "Spiritual Doorway of the Incas," is a powerful and enigmatic sacred site located near Lake Titicaca. This sacred place holds profound spiritual significance for the indigenous peoples of the Andes and is revered as a portal to other dimensions and realms of consciousness. Aramu Muru is believed to be a gateway created by the Incas to commune with our ancestors. It is known that spiritual leaders of the Incan civilization used this portal to conduct rituals, ceremonies, and spiritual journeys, seeking wisdom, guidance, and enlightenment. We will begin our next Wachuma Ceremony in the Sacred Portal.

***Morning : our Daily practice of Breathwork or Movement***

***Night :Taypikala or Similar***

## DAY 8: TIWANAKU - BOLIVIA APRIL 24



Today we will visit Tiwanaku, one of the most important ancient ceremonial centers of the Andes and a UNESCO World Heritage Site. Tiwanaku was a major spiritual, political, and scientific center of a pre-Inca civilization whose influence extended across much of the Andean world. During our visit, we will explore its most significant ceremonial structures, including temples, monoliths, and sacred plazas, gaining insight into its advanced knowledge of astronomy, stonework, and cosmology.

Later in the day, we will hold our integration space, allowing participants time for reflection and assimilation of the experiences lived throughout the journey. We will then gather for our official closing ceremony, marking the completion of the retreat. This closing ceremony will take place in Bolivia, honoring the land and formally bringing our journey to a close.

***Morning : our Daily practice of Breathwork or Movement***

***Night :Taypikala or Similar***

## DAY 9: JOURNEY HOME APRIL 25

we will begin our transfer back to Juliaca ( 2 hour drive) in the morning hours to get to the airport for your journey home. **There will only be one transfer time from Puno to Juliaca**

### Please read Carefully

This itinerary schedule is subject to changes at any time at the discretion of the retreat leaders and organizers, the Willkasara Medicine Family, 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 on our behalf due to circumstances outside of our control, such as a natural disaster, war, protest, or other events, a partial refund or credit may be available at our discretion, which will be determined based on the specific circumstances of the cancellation and will be evaluated by us on a case-by-case basis.

### How to purchase your flight:

- *your current location to Cuzco* **One Way** arriving to Cuzco on April 17th
- *Your return flight* on April 25th in the morning from **Juliaca, Peru to your destination**



## WILLKASARA SACRED EXPEDITIONS

### WHAT WE INCLUDE IN YOUR RETREAT PACKAGE TO PERU AND BOLIVIA

- 3 Wuachuma Plant Medicine Ceremonies
  - Ayni Pukara ceremony
  - Drum Journey Rebirth ceremony
  - The retreat Guided by the Willkasara Medicine Family and, or their travel team and guides
  - Retreat Preparation Call with Willkasara Medicine Family
  - All Meals
  - Non Alcoholic drinks at mealtime
  - 9 night hotel accommodations
  - Sound Healing
  - Plant Medicine Introduction
  - Herbal bath
  - Introduction to the Andean ways of healing
  - Ground Transportation
  - English-speaking specialist guides
  - Touring and excursions as per itinerary
  - Boats for lake Titicaca
  - Entries to sites on the official retreat itinerary
  - Integration with Willkasara Medicine Family
  - 4-star hotel accommodations
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- All Ceremonies and Teachings by The Willkasara Medicine Family
  - Airport Pickup on arrival **(1 transfer time for all guests)**
  - Airport dropoff on departure **(1 transfer time for all guests)**
  - Welcome Gifts

#### Important:

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### 4 STAR ACCOMMODATIONS + RETREAT WITH MEALS

#### 9 Day Retreat

Single Room \$4,440.00

Shared Room \$4,300.00

#### **PAYMENT NOTE:**

Please be advised that there will be *no flexibility with the payment deadline*. We kindly request all participants to ensure that their **full payments are submitted by February 10th, 2026**. Late payments will not be accepted, and failure to comply with the deadline may result in the cancellation of your reservation.

We appreciate your prompt attention to this matter and thank you for your cooperation.