

Welcome to your Spoken Word Yoga Retreat to Machu Picchu & the Sacred Valley of Peru July 1-10, 2024

Peru will be a truly magical retreat and it is a blessing to have this opportunity to travel with you to the Sacred Valley and the mystical lands of Machu Picchu. Together we will make this a trip of a lifetime filled with spectacular sites and extraordinary energy.

In order to make every moment of your trip magical, I will need some preliminary information from you. I have attached a Yoga Retreat Questionnaire and Registration sheet that will ask you for your travel and document information, food and dietary preferences, and a description of any injuries or conditions you may have that could affect your Yoga practice or ability to travel to the sacred ruins. Please complete the Questionnaire, Registration sheet, and the accompanying waiver and either scan and email it to me at Christine@spokenwordyoga.com or mail it to 1515 Southeast 17th Street #460488, Fort Lauderdale, FL 33346 at your earliest convenience.

The following are a few logistical notes about booking your flight along with a description of the accommodations during our stay.

Transportation

When booking your flight, plan for your arrival in Cusco by 11:00am on July 1, 2024. The resort advises that you book your return flight from the Cusco airport to Lima between the hours of 2:00pm-4:00pm on July 10, 2024 to allow for the 3+ hours of travel time from the resort to the Cusco airport. Individual transport to the airport is available at an additional cost and can be arranged in advance with the front desk at the resort. Please send your flight information via email to Christine@spokenwordyoga.com the moment you book your flight, including all flight numbers, departure and arrival times, and connections so that we may track your flight if necessary.

Retreat packages include all transportation in modern vans and buses to all accommodations and stops listed on the Retreat Itinerary. A Willka T'ika agent will meet our group at the Cusco airport and we will take one group transfer to our comfortable hotel in the heart of Cusco. Guests who arrive earlier or later than 11:00am may easily and safely take a taxi within the airport grounds to the hotel.

Waiver and Registration Form

Please carefully review and sign the attached Waiver, which includes payment deadlines and confirms your booking for the retreat. Machu Picchu has strictly imposed limits on the number of people permitted on the site each day and tickets for the train and bus required to access the sacred site must be secured in advance in order to guarantee transportation and entry onto the mountain, therefore all payments are non-refundable after April 15, 2024. I strongly encourage you to secure travel insurance to protect your trip.

Location

Our primary accommodation is at Willka T'ika, in the heart of the Sacred Valley. Located at Paradero Rumichaka, 2 kilometers from Urubamba, an 80-minute drive from the Cusco airport, and a 30-minute drive from Ollantaytambo train station (which will take us to Machu Picchu).

Wilka Tika is a unique holistic haven in the Sacred Valley of Peru. The staff at Wilka Tika are descendants of the Inca and the founder created this sanctuary to honor Mother Earth and the traditions of the Incan people. The luxury facilities, renowned Chakra Gardens, meditation Shalas, ceremonial spaces, and the sunlit Yoga studios were all carefully constructed with the intention of creating a sanctuary that deepens your connection with your higher Self. From the beautiful mountain peaks, to the gourmet vegetarian food, to the healing energy of the Chakra Gardens and the strictly organic gardens with medicinal and edible plants, to our mystical journey to Machu Picchu, we will be immersed in the powerful energy of the magical lands of Peru.

Guest Rooms

The sustainable guest rooms reflect the textures and colors of the Andes and are made from natural earth materials and adorned with local artwork. The spacious luxury rooms have two large queen beds or one king bed, which incorporate Feng Shui design principles and take advantage of mountain and garden views. The recently renovated cozy garden rooms are tucked away in charming areas throughout the gardens and have one queen bed or two twin/double beds with a few 3-bed options. Modern bathrooms ensure that guests have an ample supply of hot water. Each room is named for the Andean medicinal plant that grows at its doorstep.

Weather

Willka T'ika is at an altitude of 9,400 feet. Wear a hat and protect your skin from the intense sun. We are fortunate to be in Peru during the most comfortable travel conditions. May to September offer the sunniest days averaging 70° F, however the nights are colder dropping to 35°-40° F. Although October to March are the warmer

months, light showers frequently occur during the evenings and often bring overcast skies during the day. During our stay, the Willka T'ika's gardens will be in full bloom and filled with native fruits and vegetables and the surrounding mountains and valleys will set the scene for our garden walks and outdoor sessions. Pack strategically for the temperature shifts by planning to wear layers and expect the weather to vary each day.