

# MAGICAL JOURNEY

A U T H E N T I C S A C R E D T O U R S



## **Experience the Spiritual, Traditional, Cultural and Mystical Wonders of Peru**

**Andrea Fournet & Bryan Fowler**  
**June 19 – 28, 2011**

Magical Journey invites you on a journey to the ancient and mysterious land of Peru. Willka T'ika Guesthouse, set in breathtaking gardens in the Sacred Valley of the Inka, was designed as a modern spiritual and yoga retreat center. The surrounding gardens are filled with Andean medicinal plants, brilliant flowers and organically grown vegetables all featured in our gourmet, strictly vegetarian meals. Our menus also include delicious and nutritious protein-filled Andean cereals and legumes. Two magnificent yoga studios, seven sacred gardens for healing and meditation, indoor meditation rooms, solar-heated floral medicinal baths, healing massage rooms and a crystal bed healing room are all available to guests.

Complementing your yoga practice, this program also offers you a spiritual and cultural adventure for mind, body and soul. Each day after your yoga session and a relaxed buffet breakfast you will visit a different ancient Inkan site in the Sacred Valley. Time is set aside for hiking and your personal exploration and meditation inside each sacred site.

At all times you will travel with a guide passionate about her work who will spark your excitement as you come into contact with the traditions and spirituality of each ancient site. Our guide will ensure that your yoga adventure is organized to cater to your individual needs.

We invite you to step out of yourself and enter the mystical world of Peru, the cradle of a unique culture and its spiritual traditions. You are invited to participate in an authentic ritual led by a practicing healer who is a seer in the Andean tradition and a modern day representative of an age-old line of spiritual authority. You are also invited to a sound healing ceremony at Machu Picchu.

The package includes six nights at Willka T'ika, two days in fascinating Cusco City, two days at Machu Picchu, guides, authentic Andean ceremonies, transport, hotel accommodation, entrance tickets and tourist train to Machu Picchu. All meals at Willka T'ika, a welcome lunch in Cusco and special dinner at Machu Picchu are included. You will not have to worry about any logistics; leaders and participants can simply teach and practice yoga in the wonderful setting of Willka T'ika, relax in nature and enjoy this time in Peru to the fullest. Magical Journey has been planning such programs for over twenty five years, and besides providing such a wonderful setting for yoga and meditation, we specialize in introducing our tour participants to the true authentic spiritual traditions of the Peruvian Andes. We know that there is no other spiritual program like this offered in Peru with such superlative quality and service at low cost.

## Daily VariYoga Practice

Each morning will begin with an hour of VariYoga practice led by Andrea Fournet and Bryan Fowler to help prepare for the day, and each evening will have an hour of meditation and journaling to reflect and record your adventures. **No experience is required for the yoga sessions, and factors such as individual ability, altitude and fatigue are taken into consideration.**

VariYoga is a dynamic practice that recognizes 'one size does not fit all', and can be modified to meet the needs of the individual. The breath is used to link poses and sequences which range from gentle to vigorous, depending on individual ability. In addition, VariYoga classes incorporate alignment, breathing techniques, and a philosophical understanding of Hatha Yoga.

VariYoga is the collaborative effort of Andrea Fournet and Bryan Fowler, who meld eclectic backgrounds and have more than twenty-seven years combined teaching experience. Together they created this non-dogmatic teaching approach, dedicated to respecting and helping all people discover the benefits of Hatha Yoga.

*(B, L, D) indicates breakfast, lunch, or dinner included in the land costs.*

**Saturday 18:** Departure from home country for Cusco City via Lima.

**Sunday 19:** There will be one Magical Journey airport transfer to the Sacred Valley and Willka T'ika Garden Guest House, your base over the next week. Please coordinate flight arrival times with your group leaders.

Orientation at Willka T'ika followed by a welcome dinner and introduction to the friendly Quechua staff who will take care of your needs during your stay. (D)

**Monday 20:** Yoga session in early morning. Buffet breakfast 8-8.30am. Special day with authentic Andean ceremony. Pachamama and the root chakra day. Group orientation tour of the seven chakra gardens at Willka T'ika. Incorporating Andean symbols, these magnificent flower and herbal gardens bring wholeness to our being and have been built with love and guidance from nature. Group attunement and meditation in the gardens connect us with Pachamama and further enhances our connection to the energies of the Sacred Valley. Our guests are encouraged to spend time and meditate in the splendors of nature during their stay at Willka T'ika and during visits to nearby ancient sites.

Energetic guests may go on a guided hike in the countryside, stopping at a neighbor's chicharia to see how the traditional drink is brewed. Chicha, made from Sara (sacred corn), is an important component in ceremonies to the Apukuna (mountain spirits). Our staff are all children of traditional Quechua campesinos. Your guide will point out their nearby homes. Others may wish to use the time to rest, paint and write in their journals. On this day, early afternoon is the best time to schedule private coca-leaf readings or have a spa treatment.

After an early dinner, an authentic pakko – a ritual specialist – invites the group to participate in a special Andean offering ceremony to Pachamama. Conducted for the well being of the group and practiced by Andean Quechua for thousands of years, this authentic despacho healing ceremony invites you into their spirit-filled world. The despacho ends with a fire ceremony, preparing our mind, body and spirit for our pilgrimage to Machu Picchu. (B.L.D)

THE ORDER OF THE FOLLOWING OUTINGS MAY BE ALTERED IF WEATHER  
OR OTHER CONDITIONS WARRANT CHANGE.

**Tuesday 21:** Sun Chakra day. After early yoga session and breakfast, welcome the sparkling energies of the day with a drive through the Sacred Valley to the spectacular ruins of P'isaq. Overlooking impressive Inkan terraces, hike the non-tourist trail to the Inkan Temple of the Sun, a doorway to the upper Andean world of the Condor, messenger of the Gods. Optional meditation and hike down the mountain to the colorful market of P'isaq. Be prepared - this market offers a wonderful opportunity to buy woven goods, jewelry, colorful wall hangings and hand-painted beadwork, as well as wonderful photographic opportunities. Observe the colorful traditionally dressed campesinos coming to barter and sell their produce. Choose your own place to eat where you can watch the lively activities of the market. Return directly to Willka T'ika with time to relax or do yoga or massage before dinner. (B.D)

**Wednesday 22:** Heart Chakra Day. After yoga session and breakfast, your day will begin with a very special visit to an Andean mountain school (weather permitting). For fifteen years Magical Journey has maintained contact with dedicated school teachers and traditionally-dressed pupils in isolated high mountain communities in areas that few tourists are privileged to visit. With each visit, groups see how Andean communities, so dear to our hearts, are progressing. The warmth and joy of the children and their openness in bringing guests into their daily lives are experiences not easily forgotten. Visitors always are humbled and deeply moved by this cultural exchange. In any exchange, reciprocity, the group can offer a dance or song in English for the children, or consider a few hours of volunteer work, such as teaching English, or soccer. Picnic lunch in valley. 2pm visit to Ollantaytampu ruins, return for late afternoon (type of group) session. (B, L, D)

**Thursday 23:** Morning train to Aguas Calientes, the lively village situated below the nearby Machu Picchu Ruins. After a brief check-in to your hotel, ascend by bus to the sunlit terraces of the historical Inkan center of spiritual and political power. In the morning you enter Machu Picchu and follow our special guide on a tour of the "Lost City of the Inka." There is plenty of time in the afternoon for meditations and explorations in feminine and masculine energy sites. The guide will assist the group in deciding which areas they might wish to further explore or hike.

Meet at the hotel at 6pm. Weather permitting, the group is invited to participate in a traditional shamanic sound ceremony to balance the throat chakra and full body. The healer uses special custom-made instruments to tune in deeply to the core essence of Machu Picchu. After the hour-long ceremony, Magical Journey invites you to a delicious three-course dinner in one of the finest restaurants in Aguas Calientes. (B, D)

**Friday 24:** Free day at Machu Picchu with focus on the Third Eye Chakra. Open to inspiration and intuition. Choose to wander through the colorful town of Aguas Calientes, visit the shaman's shop and general market for gifts, clothes and crystals and have lunch along the river. The energetic who wish to return to Machu Picchu ruins and climb Waynapicchu, Young Mountain, for a spectacular

view of Machu Picchu, may leave on the 5:30am bus and must have ready approx \$45 cash to purchase your own second day ticket to reenter the ruins and \$15 cash, for a return bus trip. The guide will explain how this works and meet the group back at the hotel in the afternoon at the appointed time to catch your train back to Ollantaytambo where you will transfer to Willka T'ika in time for dinner. (B, D)

**Saturday 25:** At Willka T'ika a day of yoga, mindfulness and integration. Enjoy the thousand-year-old Lucuma tree and the opening of your Crown Chakra. After Machu Picchu, participants welcome time to unwind and integrate their experiences. Massages and crystal bed healing sessions are available to pamper the body. Some of you may wish to hike into the village of Urubamba and explore the local market or if not yet visited, Seminario ceramic studio. Farewell dinner celebration with your guide for your last night at Willka T'ika. (B, L, D)

**Sunday 26:** After breakfast take a bus to the Inkan ritual fountain at Tampumachay, the perfect place for our program on Andean cosmology. "Where there is water, there is life." Sacral Chakra Opening. To the Andean people water is sacred, and we invite you to participate in a water ceremony to balance and open your energy centers, activating and enhancing your creative and healing forces. A brief coca-leaf ceremony will invite you to tap into the energies of Pachamama (Mother Earth). Continue onward with a visit to the sacred sites at Saksaywaman overlooking the city of Cusco. Impressive stonework and structures weighing hundreds of tons will leave you in awe. How did the ancestors of the Quechua and Inkans build those structures without the use of the wheel and steel implements? Onward to Cusco to comfortable hotel conveniently situated off the historic Plaza de Armas. (B)

**Monday 27:** Cusco is the ancient capital of the Inkan Empire. After breakfast you will have free time to explore the main square. At 10.45pm, your guide will meet you downstairs in the lobby. Magical Journey invites you to a farewell lunch. Late afternoon walk through the cobblestone streets of Cusco where your guide will point out fascinating Inkan stonework en route to the Korikancha Temple, the holiest site during Inkan times. Explore the remarkable technological wonders of this extraordinary culture. Early night to rest, or enjoy a walk through the San Blas Artists' district, a quaint area filled with artisan and art shops. Stop in at one of the lively restaurants or coffee shops. (B, L)

**Tuesday 28:** There will be one bus transfer for the group to Cusco Airport for the flight to the Lima airport and connecting flight home. Please coordinate your departure flight times with the group leader. Booking on the same flight works best. Passengers have to be at the airport two hours before the flight. To avoid getting up at dawn, we suggest that you book your departure from Cusco at around 11:00-11:30am. Multiple flight departures may require multiple transfers at additional cost. With some airline exceptions, overseas flights out of Lima tend to leave in the evening. (B)

**Wednesday 29:** Filled with the pure spiritual energy of the Andes, you arrive in your home city.

**Landcost per person based on shared accommodation:**

### **EARLY BIRD SPECIAL**

**(Does not include airfare to and from your home country and Lima/Cusco)**

**Register with your \$550 non-refundable deposit on or before March 7th, 2011:**

**Total Early Bird Registration Cost is \$3,085 when paying with credit card.**

**Paying with cash or check? Total Early Bird Registration Cost is \$2,995.00.**

All listed rates are for double occupancy. Single occupancy lodging is available at extra cost. \$50 Check will hold your space, due on or before Monday, February 7th, 2011.

Remaining Balance Due on or before April 1<sup>st</sup>, 2011 (no fooling!)

### **Miss the Early Bird Special?**

You can still come! The regular price of the trip is \$3,495.00 and does not include airfare to and from your home country and Lima/Cusco.

### **TRIP LIMITED TO FIRST 15 REGISTRANTS - SIGN UP NOW!**

Program begins and ends in Cusco with one group transfer from and back to Cusco airport. Cost includes all programs and meals indicated in this itinerary. At Willka T'ika we serve delicious organic vegetarian meals including ample buffet breakfasts, garden lunches and 3 course gourmet dinners. At Willka T'ika, all rooms have private bathrooms, heaters and access to the gardens.

Hotel selection in Cusco and Aguas Calientes depends on availability. Late registrants cannot be assured of our first choice of hotels and Magical Journey reminds you that early booking is essential and will ensure your place in this special program.

- ❖ Late fees apply if registration is made within 45 days of program start date.

**There is no facility like Willka T'ika in Peru, and there is no other company we know that offers an authentic spiritual Andean program at this price, with high quality accommodation, massage and spa options, beautiful meditation facilities, superior healthy meals, first class services, excellent guides who offer personalized teachings, wonderful and genuine Andean ceremonies, and a commitment from all our staff to do their very best to make this a journey of a lifetime.**

#### **Not included:**

- ❖ International return flights from your country to Cusco via Lima.
- ❖ Please allow between \$4-\$14 per meal for the few meals not included in the itinerary.
- ❖ Airport departure taxes: Each participant must keep aside a total of approximately US \$44 (US \$32 for one international and \$6.00 each for two domestic departures).
- ❖ Optional Second Day entrance/bus ticket into Machu Picchu (\$60 – subject to change).

- ❖ Individual airport transfers at times when different from main group transfer.
- ❖ Tipping to service providers ten dollars per person per day. (\$90) Please have each participant place \$90 in an envelope with their name. Your tour conductor/guide will collect the funds at the beginning of the tour in Cusco and take care of all of the service tipping throughout the program, leaving you free to relax and enjoy the program. Money is used to tip all service providers who will be attending to your group. This tip goes to drivers, porters, healers, musicians, waiters, cooks and general Willka T'ika staff. Leaders please ask each participant to bring the service tip in cash, untorn bills, in an envelope with their name. Remember, this does not include tipping to your main guide. Ahead of time, please remind your group to set aside funds to tip your guide.

**Tipping to your guide:** It is customary in Peru for each group to tip their guide who will be with the group the entire time, especially if you feel the guide enhances the journey. The amount of this tip is entirely up to the group's discretion and is offered at the farewell dinner.

**Flights:** Leaders please coordinate the flight times with your participants to ensure that you all arrive together. We recommend arriving into Cusco by 9:30am in order to start your acclimation. Peru is currently a very popular travel destination and we advise that early international and domestic flight bookings are essential. LAN Airlines has convenient international direct flights to Lima, with connections on their subsidiary LanPeru to Cusco. Multiple US carriers fly into Lima. TACA Airlines has international service to Lima with daily connections to Cusco.

**General Information:**

We offer one group pickup to the group participants arriving within an hour of the leader. If arriving at a different time from the group leader, there will be an additional cost of \$12 fee to send an agent to meet you at the airport and transfer you from the airport to the hotel in Cusco.

Additional detailed tour information, including suggested packing, reading and contact lists will be made available to send to participants upon their registration. All costs are accurate at the time of printing and are subject to change.

This itinerary is subject to change in extraordinary circumstances. Weather in the Andes is unpredictable and may cause delays or cancellation of flights or activities. At odd times campesinos go on strike to get the attention of the government and this may affect transport. Changes in flights and train schedule are common in Peru. We work with authentic healers who are not always available on certain dates and therefore we may need to adjust the itinerary. We also select days to visit sites when fewer tourists are likely to be there. In over twenty-five years of running special programs in Peru, we have had a perfect record with only minor weather-related adjustments to our activities.

Magical Journey and Willka T'ika Guesthouse cannot be held responsible for any unforeseen events in Peru or elsewhere that may disrupt this program offering.

***We strongly suggest that all participants take out travel/health insurance to protect their travel investment.***

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At **Willka T'ika** you will enjoy the peace and tranquility of Nature surrounded by an abundance of Andean flowers and medicinal herbs, the perfect setting for (type of group) practitioners. Our vegetarian meals cater to the special health diets and requirements of our guests and include high

protein Andean grains and fruits. All meals at Willka T'ika are vegetarian, with large amounts of our organic food grown in the sacred energy of our gardens. While at Willka T'ika there will be time to schedule a private massage/healing session in our healing rooms, a crystal bed treatment, or a soak in our hot outdoor Andean baths filled with minerals from Pachamama and medicinal herbs and flowers from the gardens.

Enjoy some of the wonderful offerings at Willka T'ika. Make sure that you set time aside to explore the seven healing gardens filled with medicinal herbs and flowers. Check out the array of unique Andean birds in the gardens.

**Willka T'ika facilities:**

Two magnificent sunlit *yoga studios* look out to the mountains and flower-filled gardens. The well-equipped studios are built from natural earth materials, with heating and hardwood flooring. The *Kuntur Runtu* studio accommodates up to 55 people. The *Yogawasi* studio is available for groups of up to 25.

The *Takiwasi music room* has a supply of Andean musical instruments for your pleasure. Our *Yachaywasi* library with its cozy fireplace has a great selection of books on all subjects. Guests are encouraged to tune into nature or simply enjoy the peace and flowers in the gardens.

In addition, the following optional services may be arranged once you arrive at Willka T'ika:

*Spa in the Andes:*

- ❖ **Massage:** Enjoy an Andean full body massage with aromatherapy oils for \$75 per hour.
- ❖ **Solar Bath:** At night under the stars treat yourself to a solar bath filled with aromatic medicinal flowers from our gardens and mineral salts for purification for \$30 per bath.
- ❖ **Crystal Bed:** A half-hour treatment on our crystal bed imported from the miracle healer John of God in Brazil is \$30 for a half-hour healing session, a wonderful offering to balance body and spirit.

***GUESTS PLEASE NOTE: The providers of the above services need to be paid in cash in US dollars (untorn bills) or Peruvian soles. Peru is a cash country. Providers cannot accept credit cards.***

*Hikes:*

There are many unspoiled hikes and trails in this area. Your guide will be happy to suggest hikes along country trails where you will see everyday Andean life.

***Attention shoppers*** - Peru has markets filled with wonderful goods. When you see all the Andean offerings you will want to buy a variety of beautiful hand-woven goods, ceramics, music, alpaca sweaters, hats, gloves and loads of creative jewelry. If you are tempted by any of the offerings and you enjoy shopping in foreign country markets, please plan to bring EXTRA CASH in US currency, untorn bills. Based on feedback from past participants, Magical Journey recommends that you bring extra cash in US dollars. Euros can be changed in Cusco. Willka T'ika also has a little store where all proceeds go to support the Willka T'ika Children's Fund, registered in the USA as a not-for-profit 501 (C) (3).

**WILLKA T'IKA CHILDREN'S FUND:**

Our special Willka T'ika Children's Fund began 16 years ago with small projects to help Quechua children in isolated Andean villages. It grew with the first building of a four-roomed schoolhouse for teachers and a fully-stocked library at Patakancha, where for over four years we had supplied school materials, food for children staying in a school hostel, and hot lunch meals. We also supported mothers in three special weaving programs, provided blankets and traditional clothing for children during cold winter months, and financed numerous school activities and projects.

Since then, we have been called to more needy areas that are not easily reached and we continue to assist isolated mountain communities in desperate need of help. The Children's Fund currently supports four isolated mountain community schools – Chumpe-Pokes, Huama, Kkapackmachay and more recently Cochamocco. We continue to pay the salaries of four teachers, sponsor and run Young Quechua Women's Academy sessions and constantly supply food for hot meals to supplement the Quechua diets in poor, subsistent living areas. We support community weaving program, donate desks, tables, kitchen supplies, libraries, books, and have recently built three large, fully equipped classrooms at Chumpepokes, computer rooms and libraries. Recently the fund helped in the building of similar facilities at Huama, plus a new kitchen.

Thanks to donations to the fund, the children can concentrate on their studies and catch up to the standards of education that will assist them in acquiring work one day. We include emergency treatment for children who otherwise would receive no help. We do our best to fulfill multiple requests to assist teachers and organizers with transport and food so mountain children can attend special festivities and receive small gifts at appropriate times. We choose projects where children receive NO outside assistance. All donations received are recorded and receipts filed in hard copy and on an excel spreadsheet. The money goes directly to the children with no middleman, organizations or wages being paid to those who administer the fund.

### ***HOW VISITORS CAN HELP IN AN AYNI, reciprocity, EXCHANGE***

All our special interest groups are taken to visit one of the Mountain Schools.

- 1) We continue to invite all our participants to bring in their luggage, books in Spanish that relate to their nature-based life style, quality art and school supplies or gently worn, hardy clothing for children aged 4-12. Soccer balls, baseball caps, flashlights, tracksuits are useful as are many other items. These donations are shared among the four schools we assist.
- 2) A small store at Willka T'ika sells goods bought directly from talented artisans and artists. All proceeds help support the fund and cash purchases are appreciated.
- 3) The book 'Chakra Gardens, Opening the Senses of the Soul' by Carol Cumes may be purchased in the USA through [www.chakragardens.com](http://www.chakragardens.com) or by contacting [info@travelperu.com](mailto:info@travelperu.com). All proceeds go directly to the Willka T'ika Children's Fund, a USA 501 (C) (3) not-for-profit fund.
- 4) Any money donation, no matter how small or large, is greatly appreciated, and there is no pressure to do so.

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**Additional optional activities arranged once you are at Willka T'ika. They are not part of the Magical Journey to Machu Picchu, but can be arranged by the Willka T'ika staff only during your stay at Willka T'ika.**

*AYAWASKA CEREMONY: This is NOT part of the Magical Journey- Willka T'ika program and we feel the program is more than complete without it. However, we have growing requests from*

*participants wanting an ayawaska ceremony during their stay in Peru. While it still is our preference for people to go to the jungle to do this, we have had good reports and feedback about a serious ayawaska practitioner who is trustworthy and genuine. Rather than seeing our participants go to unskilled and unrecommended practitioners, if he is available, our office is willing to call him in for a group ceremony. Participants can relax in the safety of Willka T'ika. The cost for an approx. 8 hour session is \$130 per person, with minimum of 3 participants. The ayawaska shaman lives out of this region and needs two days notice. He is contacted only once the group is at Willka T'ika. He may or may not be available. Since he is the only ayawaska shaman we have been able to recommend in the past fifteen years, if this interests you, bring sufficient cash. Ayawaska is not suitable or recommended for everyone.*

Close by to Willka T'ika:

- ❖ *River rafting*
- ❖ *Mountain Bike Riding*
- ❖ *Horseback riding*