

Yoga Retreat

in the Peruvian Andes

with Meg Galarza

May 14 - 25, 2010

Come with YogaOne Studio to experience the mystic beauty and spiritual energies of the Sacred Valley. The Willka T'ika Retreat Center lies at the foot of snow-covered mountains between Cusco, one time capital of the Incan empire, and Machu Picchu, an ancient city of enduring mystery. Standing at the ancient sacred sites we will be infused with their legends, music, art and ceremonies. Time is set aside for hiking, personal exploration and meditation at each sacred site. Exploring Machu Picchu is a highlight of our journey. While staying at Willka T'ika we will enjoy morning yoga and meditation in a beautiful sunlit studio, eat delicious vegetarian meals using mainly organic ingredients, have time to explore Willka T'ika's seven sacred gardens, and participate in an Andean offering ceremony. The energy of Peru and Willka T'ika is transformative, nourishing and healing. Join us for this unique yoga retreat and authentic cultural experience in Peru.

Trip Leaders: Meg Galarza, E--EYT owner of YogaOne Studio, Cedarburg, WI. (www.yogaonestudio.com). And Barbara Gilmore, of Many Hats Travel, a travel planner with 28 years of experience organizing and escorting trips around the world.

Tour Operator: Magical Journey, www.magicaljourney.org, has been organizing trips to Peru for over 20 years

Yoga Instruction: The multi level yoga classes will be lead by Meg Galarza, E-RYT. She has been teaching vinyasa flow yoga and leading retreats since 2000. While on retreat, classes will evolve with the rhythm and needs of the group. Students will be guided to listen to and honor their bodies, while enjoying the deeper connection of life around them.

Cost : \$2800 land cost per person - Includes: all programs and meals indicated in the itinerary. All quality hotels, transports, specially selected guides, all entrance tickets, workshops with authentic healers, a lunch in Cusco, dinner in Aguas Calientes, all breakfasts and all meals while at Willka T'ika. Program begins and ends with group Cusco airport transfers.

Not included: all flights, departure taxes, tips, and meals not included in itinerary.

For more information: Contact Meg Galarza at YogaOne Studio @ 262-376-YOGA

Email: meg@yogaonestudio.com

or Barbara Gilmore @ 262-284-4286 (home) or 414-614-4286 (cell)

Email: many_hats_travel@yahoo.com



Condensed Itinerary (Note: B,L,D, indicates which meals are included in the land cost of trip)

May 14th Friday Day 1 Depart for Cusco, Peru, via Lima.

May 15th Saturday Day 2 Morning arrival in Cusco. Gaby Meneses, our exceptional local guide during our stay, meets us at the airport and we are transferred to our hotel. Rest to acclimate to the 11,000 ft altitude. At 1pm meet for lunch and group orientation. Afternoon walk through the cobblestone streets of Cusco to the Korikancha Temple, the holiest site during Inkan times. Early night to rest or enjoy a walk through the San Blas Artists' District. L

May 16th Sunday Day 3 Depart to the Inkan ritual fountain at Tampumachay. We participate in a water ceremony and a brief coca-leaf ceremony and then we continue to the scared sites at Saksaywaman with their impressive stonework. Return to Cusco for lunch and dinner on your own and free time to explore to your hearts content. B

May 17th Monday Day 4 Free morning to roam the festive main square and beyond. At noon leave for the 1 1/4 hour ride to the Scared Valley and Willka T'ika, our base for the next week. Afternoon orientation and Chakra garden introduction. BLD

May 18th Tuesday Day 5 Morning Yoga with Meg . Visit the seven sacred gardens at Willka T'ika. Group attunement and meditation in the gardens. There is much to do at Willka T'ika. Energetic guests may hike in the countryside, stopping at a neighbor's chicharia to see how the traditional drink is brewed. After an early dinner, an authentic pakko – a ritual specialist invites the group to participate in an Andean offering ceremony to Pachamama (mother earth). The day ends with a fire ceremony, preparing our mind, body and spirit for our pilgrimage to Machu Picchu. BLD

May 19th Wednesday Day 6 Morning Yoga with Meg . Drive to the spectacular ruins of P'isaq. Here we hike a non-tourist trail to the Inkan Temple of the Sun, a doorway to the upper Andean world of the Condor, messenger of the Gods. Meditation and optional hike down the mountain to the colorful market of P'isaq and a lunch on your own. Return to Willka T'ika after lunch. Free time before dinner. BD

May 20th Thursday Day 7 Morning Yoga with Meg. Visit to an Andean mountain school. For 15 years Magical Journey has maintained contact with dedicated school teachers and traditionally-dressed pupils in isolated high mountain communities. After the school visit we visit the Ollantaytambo ruins with its impressive stonework and sun temple. Return to Willka T'ika for lunch and begin to prepare for Machu Picchu for tomorrow BLD

May 21st Friday, Day 8 Morning train to Aguas Calientes, the lively village situated below the nearby Machu Picchu Ruins which is the historical Inkan center of spiritual and political power. In the morning we enter Machu Picchu as a tourist and tour the lost city of the InKa. We return in the afternoon as pilgrims for meditations and explorations in feminine and masculine energy sites. At 6pm, weather permitting there is an outdoor shamanic healing ceremony. The healer uses special instruments to tune in deeply to the core essence of Machu Picchu. BD

May 22nd Saturday, Day 9 Full morning free to wander through the colorful town of Aguas Calientes, soak in the outdoor thermal baths, visit the shaman's shops and general market. Those wishing to climb Waynapicchu, Young Mountain, for a spectacular view of Machu Picchu, may leave on the 5:30AM bus (\$40 extra to reenter the ruins and \$12 for a return bus trip). Late afternoon meet back at hotel to catch the train to Ollantaytambo, then transfer to Willka T'ika in time for dinner. BD

May 23rd Sunday, Day 10 A day of Yoga and mindfulness. After Machu Picchu, we welcome the time to unwind and integrate our experiences. Massages and crystal bed healing sessions are available. Some may wish to hike into the village of Urubamba. Farwell dinner celebration at Willka T'ika BLD

May 24th Monday, Day 11 Group transfer to Cusco Airport for the flight to the Lima airport and connecting flight home. Multiple flight departures may require multiple transfers from Willka T'ika at additional cost. With some exceptions, overseas flights out of Lima tend to leave in the evening. B

May 25th Tuesday, Day 12 Arrive home !