AN INWARD JOURNEY, A PILGRIMAGE OF THE HEART
RETREAT and MEDITATE in PERU’S SACRED VALLEY
WITH CYNTHIA JAMES and JORGE LUIS DELGADO
AUGUST 7 TO 16, 2013

IN SERVICE, SANCTUARY, AND CEREMONY...
SURRENDER INTO YOUR EXPANSION AND FREEDOM

JOURNEY HIGHLIGHTS:
A balanced pace to deeply embrace the magic of the area and anchor lasting cellular shifts
Guided meditations led by Cynthia at the revered 7-Chakra Gardens at Willka T’ika
Ceremonies conducted by world renowned Peruvian Chacaruna, Jorge Luis Delgado at sacred sites
Time for introspection and self-nurturing at the temples and sites
Service project for local Andean school

During our stay at Willka T’ika:
Morning yoga led by Sedona’s Yoga Prana Center teacher and owner,
Helen Wood Ernstner

SACRED LODGING AND SITES:
Overnights in Cusco and Aqua Calientes
Five nights at Willka T’ika, a luxury retreat ecolodge in Peru’s sacred valley offering an exquisite environment
for renewal; outdoor salt and flower baths, spa amenities, energy work, vegetarian meals and so much more
Sacred sites: Temple of the Moon, Tipon, Machu Picchu, Sacsayhuaman, Mandor Falls, Chinchero, Moray,
Pisac Temple, Ollantaytambo

$3,795 per person double occupancy
Price includes: round trip airport transfers for most flights, luggage handling, first class hotels, site entrance fees & tour gratuities, tour related transportation in Peru, daily breakfast and some dinners; 5 nights at Willka T’ika with 5 vegan/vegetarian breakfasts and dinners.

OPTIONAL TOUR TO LAKE TITICACA led by Jorge Luis Delgado and Cynthia James
August 16 – 19, 2013
$750 per person double
Price includes: lodging, daily buffet breakfast, farewell dinner, ground transportation and ceremonies.

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