

DANNIELLE BRYAN
Life With A Shamanic Twist



Peru; A Journey with the Sacred

with Dannielle Bryan at Willka T'ika Retreat Center

October 30- November 6, 2021 Eight days / Seven nights

Experience the Authentic Spiritual and Cultural Wonders of Peru

Cusco ~ Sacred valley ~ Machu Picchu

I warmly welcome you to join me for this luxury retreat into the Sacred Valley of Peru. A land renowned for its mysticism, ancient traditions, and heart centered culture. Visiting the Sacred Valley and spending time in this beautiful place, whether for the first time, or as a returning journeyer, is deeply nourishing on a soul level.

This retreat is designed to open you up to receive the wonderful nurturing qualities of this sacred place. A land that holds centuries upon centuries of ceremony, honoring, and rituals that deepen your connection with the earth, the heavens, and your own soul center.

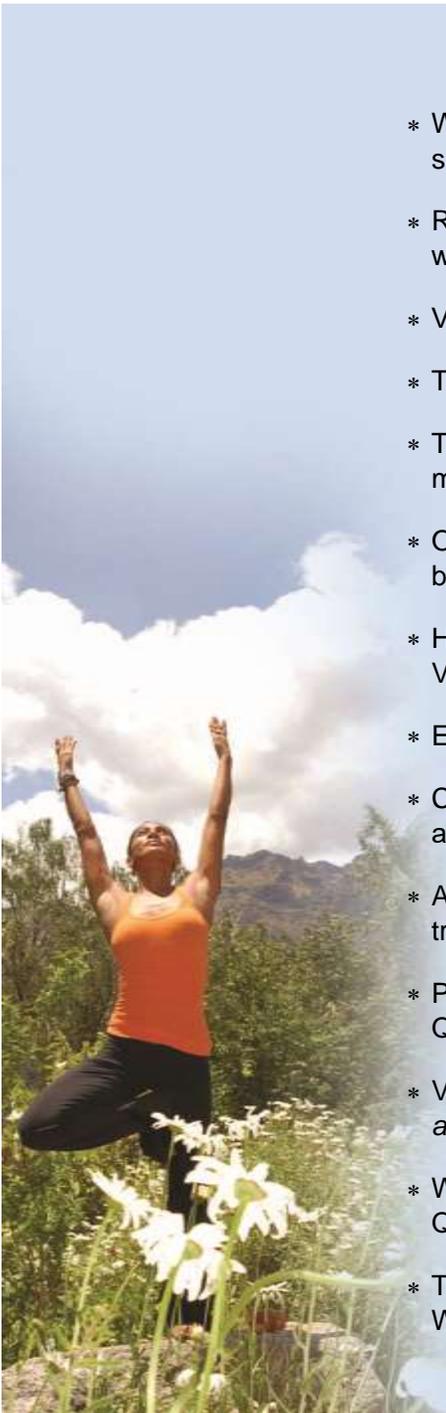
Come let yourself be bathed in the energy of the land, while trekking through temples, ancient cities, and visiting some of the oldest ruins. Relax, rejuvenate, and be restored by magical Peru!

The Experience Your Soul Is Craving



Peru; A Journey with the Sacred Retreat Highlights

- * Willka T'ika, the #1 luxury garden retreat center in the Sacred Valley—serene, sustainable and enchanting.
- * Renowned Seven Chakra Gardens—inspiration of the 3-time gold award-winning book “Chakra Gardens, Opening the Senses of the Soul.”
- * Vibrant, organic, vegetarian meals lovingly prepared by Willka T'ika chefs.
- * Two sun-filled garden studios for yoga, dance and large group gatherings.
- * The round *Takiwasi* music shala with a fireplace and an array of Andean musical instruments—used for group meditations and ceremonies.
- * Our *Yachaywasi* library has a cozy fireplace and a great selection of English books on all subjects.
- * Hiking beneath magnificent Andean peaks in awe-inspiring Sacred Valley scenery.
- * Exploration of mysterious ancient cities and temples of Cusco and Machu Picchu.
- * Colorful, traditional *Quechua*, Incan descendants, in their mountain villages, an artist and photographer's dream.
- * A professional and passionate local guide who teaches Andean spiritual traditions, culture, history and cosmology.
- * Participation in ancient Incan ceremonies with authentic practicing *pakkos*, Qero healers, who offer authentic coca leaf readings.
- * Visit to an isolated mountain community. Experience the heartfelt practice of *ayni*, Andean reciprocity or exchange and interactive activities with the students.
- * Willka T'ika Children's Fund (WTCF) 501(c)(3) nonprofit, assisting over 750 Quechua students from five isolated subsistence-farming communities.
- * The *Chaskinawasi* cottage offers unique quality jewelry, crafts and exclusive Willka T'ika products. Sales support local artists and the mission of the WTCF.



Itinerary: Peru; A Journey with the Sacred

Please schedule flights to arrive in Cusco on the first day before 11 a.m.

(B.L.D) indicates breakfast, lunch, or dinner included.



EVERY DAY IN WILLKA T'IKA

- * Four studios/shalas available for our group activities.
- * Sacred Chakra Gardens are always available for registered guests.
- * **Gourmet vegetarian meals served promptly at:**
8:00 or 8:30 a.m. (Buffet breakfast), **1:00 p.m.** (Lunch), and **6:30 p.m.** (Dinner).
- * **Fresh herbal teas** are available from 6:30-9:30 a.m. and 3:30-5:00 p.m.

DAY 01: SATURDAY - ARRIVAL IN CUSCO

A.M. *Note: Please arrange your flight to arrive into Cusco by 11a.m.* Depart for Willka T'ika Guesthouse in the Sacred Valley by 11:30 a.m. Enjoy spectacular mountain scenery along the 75-minute drive through the Andes.

P.M. - Welcome lunch at Willka T'ika. After lunch we will have an introduction to the Willka T'ika family – the Quechua staff who will take care of your needs during your stay. We will have an orientation with our guide, and a guided tour of the retreat center and the renowned Seven Chakra Gardens is offered.

In the afternoon you will have time to relax and acclimate to the area. You can schedule time for Andean spa services and the use of the beautiful yoga, meditation and ceremonial spaces.

6:30 p.m. Dinner (L.D)

DAY 02: SUNDAY

8:00-8:30 A.M. Breakfast

This day is dedicated to *Pachamama*, Mother Earth. We will come together after breakfast to set our intentions, journey, and connect our energy to the sacred land and Pachamama (mother earth). There will be an introduction and tour of the **Seven Chakra Gardens** where you can spend time and attune to the energies of this sacred land. You will have an option to schedule a complimentary private coca-leaf reading with the authentic **pakko, Q'ero healer** visiting from the high Andes (\$5 gratuity on your own given to pakko at time of reading). Optional guided walk through the Rumichaka farming neighborhood where the Quechua *campesinos*, farmers live.

1:00 p.m. Wholesome gourmet vegetarian lunch.

In the afternoon we will come together as a group to prepare for the evenings ceremony. Guests may also choose to indulge in Andean spa treatments. Coca-leaf readings take place from the morning sign ups.

6:30 p.m Dinner

After dinner, enjoy a full group **Andean offering and transformative fire ceremony** with our high level pakko. The ceremony serves as a wonderful preparation of mind, body and spirit for your pilgrimage to Machu Picchu. (B.L.D)



DAY 03: MONDAY

8:00-8:30 A.M. Breakfast

This day is an *ayni* day(“I-Knee” – it means right relationship or reciprocity). Welcome the sparkling energies of the day with a drive through the Sacred Valley to a **Quechua mountain school**, one of five supported by the nonprofit Willka T'ika Children's Fund. Since 1995, Willka T'ika has maintained contact with dedicated schoolteachers in isolated high mountain communities where few tourists are privileged to visit. In a reciprocal ayni exchange, the group offers an activity the children can enjoy. The warmth and joy of the children, and their openness in bringing guests into their daily lives are special moments not easily forgotten. Visitors always are humbled and deeply moved by this heart-opening morning. **Bag lunch while enjoying the Andean landscape.**

P.M. Continue with your guide to the spectacular ruins of **P'isaq**. Overlooking impressive Incan terraces, the group is invited to hike to the **Temple of the Sun**, a doorway to the upper



Andean world of the Condor, messenger of the Gods. We will come together to connect with the medicine of the Condor in a guided journey and receive the rites of “seeing”, the kawak rites. We will then walk in a silent personal vision quest to open the third eye. Return to the main square of P’isaq by bus and visit the famous, colorful market filled with woven goods, jewelry, wall hangings and hand-painted beadwork. Enjoy café or tea in the market square where you can observe colorfully dressed campesinos wearing traditional clothing coming to barter and sell their produce. P’isaq is a photographer’s dream. Return to Willka T’ika with time for a late afternoon garden meditation before dinner. (B.L.D)

DAY 04: TUESDAY

A.M. Early breakfast and early departure for our mystical day at Machu Picchu. We will take a tourist train to Aguas Calientes. Tea/coffee and snack served on train. A bus takes us to the sunlit terraces of **Machu Picchu**. Enjoy a fabulous guided tour of the ancient “City of Light.” Experience a journey through the masculine energy temples of political and spiritual power, followed by a deep reconnection of feminine earth energies within the Divine Self.

P.M. In the afternoon, hike to **Inti Punku**, the original Incan Gateway to the Sun or to the Incan bridge. Late afternoon train back to Ollantaytampu where you will transfer to Willka T’ika in time for a late dinner around **7:00 p.m.** (B.D)



DAY 05: WEDNESDAY

8:00-8:30 A.M. Breakfast

A.M. Visit the ceremonial site of **Ollantaytampu** and its famous Sun Temple. In this quaint picturesque town, Willka T’ika recommends enjoying lunch at a well-known restaurant “Heart Café” which supports local communities. However there are many restaurants and cafés to enjoy.

Lunch on your own

P.M. We will leave Ollantaytampu and head to the ancient Incan site of **Quillarumiyok**, the mysterious Temple of the Moon, with its unusual stone carvings and caves, located on the outskirts of Cusco. Return to Willka T’ika in late afternoon with time to relax or meditate in the Chakra Gardens before dinner.

6:30 p.m. Dinner (B.D)

DAY 06: THURSDAY

8:00-8:30 A.M. Breakfast

A special day of mindfulness and integration at Willka T’ika. We will come together for our last meeting as a group of journeyers in ceremony and community of brothers and sisters at the beautiful Willka T’ika. As a sojourner, you were called to the Sacred Valley, today is dedicated to you, and offered to you as a gift. In reverence, enjoy the pure, sacred energies of *Pachamama* in the Chakra Gardens, where you will feel Her embrace and allow the Divine Goddess to whisper guidance and wisdom to your soul. Receive Her divine messages, and allow them to penetrate deeply into your heart as you lovingly take them home with you.



Optionally, choose a guided morning hike to the town of Urubamba through farming neighborhoods, visit a typical, lively Peruvian market, a high-quality alpaca factory store and the famous Seminario ceramics shop. Or pamper yourself with a treatment from the Spa.

1:00 p.m. Gourmet lunch is served.

6:30 p.m. Dinner. (B.L.D)

DAY 07: FRIDAY- DEPARTURE FOR CUSCO

7:00 a.m. *Optional* – gathering for integration and short meditation before departing the Sacred Valley.

8:00-8:30 A.M. Breakfast

8:30- 9:00 A.M. – Check-Out

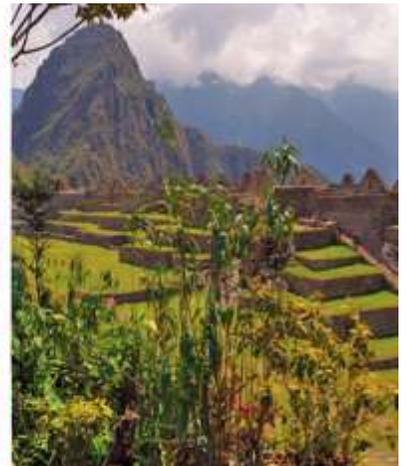
9:00 - Group departs Wilka Tika by 9 a.m. Continue onto Cusco and check into your comfortable Cusco Hotel, conveniently located near the Main Square. Walking tour through the cobblestone streets of San Blas, where our guide will point out fascinating Incan stonework en route to the ***Korikancha*** Temple, the holiest site during Incan times.

Lunch on own at one of the many nearby cafes.

2:00 P.M. We will meet our guide in Hotel Lobby at 2 p.m. and depart for a guided tour to the awesome giant stones of ***Saksaywaman*** overlooking the city of Cusco where you may hike around the vast Incan site. A traditional coca-leaf ceremony invites you to tap into the energies of *Pachamama*, Mother Earth. Return to your hotel and meet in the lobby at 6:30 to walk to a lovely nearby restaurant for a group farewell dinner. (B.D)

DAY 08: SATURDAY

9:00 a.m. Check-Out Time. Arrange your own individual transfer at the hotel to the Cusco airport, to connect to your flight home. Filled with the pure spiritual energy of your Andean transformational journey, arrive in your home city the same or next day. (B)



Landcost based on double occupancy:

\$2950/person 18 yrs +

For children 17 and under \$2350

Upgrade to Luxury Room:

\$180/person/shared accommodation total

\$400 Single Garden room supplement is subject to availability

Price includes:

All ground transportation within group timeframes as listed in above itinerary.

7 nights lodging and meals as indicated in above itinerary.

All fees to the sacred sites and transport

Not included in price:

International airfare to Cusco via Lima, Peru

Meals not covered in our retreat – 5 total (breakfast and or lunch indicated in above itinerary)

Bottled water or alcoholic drinks

Spa services and tips

Tip for all service providers – Total of \$80 per person in crisp USD. No torn or old USD.

Tip for our guide to be collected on Day 7 – amount is up to your discretion.

Transportation to airport on Saturday Nov. 6

Additional night's stay in Cusco or Willka T'ika and subsequent shuttle transfers.

Willka T'ika was originally conceived and is lovingly maintained as a private garden retreat center. It is open only to its registered guests.

Reservation and Payments:

- A non - refundable \$750 deposit confirms your registration. **Due by June 20th, 2021**
- **Aug 20th, 2021-** your balance or full payment is due
- **Aug 20th and beyond-** Registrations must be paid in full at the time of registration
- **Sept 12th and Beyond-** total price for trip is **\$3,150** and must be paid in full at the time of the registration

Arrival/Departure: Program services begin with a group transfer from the Cusco airport on Day One and end with the group transfer from Willka T'ika to a Cusco Hotel for our last evening. **Airport shuttle on Day Eight is on your own.** Participants arriving at a different time may arrange a private transfer with Willka T'ika or take a taxi. If participants wish to stay longer at the end of the trip, they may request to have a room arranged for extra nights in the same comfortable Cusco hotel. **Please advise at time of registration.**

Please take note of Willka T'ika's 30+ years of experience in offering authentic and quality spiritual programs, complemented with unmatched service in beautiful garden rooms, organic meals and a staff that has been at the retreat center since its inception—a unique offer at a very affordable, fully-inclusive price. Guests receive luxury and meaningful experience.

Optional San Pedro Extension Oct 28-30, 2021

For those called to journey and work with the sacred plant medicine of San Pedro with the native Shaman, please see the information below for outline and cost.

Note this extension is limited to **12 participants only**, we recommend you register early to ensure your spot.

Contact

dannielle@shamanictwist.com

(435) 640-8939

www.shamanictwist.com

A Journey with the sacred plant medicine San Pedro



San Pedro (also named Wachuma) is a cactus that has been used as a sacred plant medicine for at least 3,000 years here in the Andes of Peru. It is a medicine that can be used to help us perceive our self-created barriers and limitations, and greatly aids us in opening and connecting with our hearts.

Each ceremony is a reunion with ourselves, Mother Nature and the Divine. It is a medicinal mirror that can help us see where we hold onto self-limiting beliefs and patterns in our lives, gently guiding us toward releasing that which no longer serves us.

San Pedro is often underestimated as a powerful plant medicine, due to its gentleness.

However, we have found San Pedro to be incredibly powerful and profound. In our opinion and based on our experience, there are few limits if any to its capacity to help us heal. We prepare our own medicine with sustainably harvested whole San Pedro cactus from the Huaraz district in Peru, with care, love and gratitude. We also replant all our cactus bases, helping to grow the plant population.

The ceremony begins in the morning between 8.30am and 9.00am. After gathering and a brief talk, the medicine is then served to each participant, where after the ceremony begins. After the opening ritual, each guest is free to find their own space to start honoring their process. We ask that all guests refrain from engaging with one another throughout the entirety of the day up until the closing of the ceremony as to respect and give space to each participant's process. Our main intention is for each person to be present to that within themselves that needs attention and expression. It is thus also very important to leave all electronic devices off in your room for the day.

At around noon, your fast will be broken with a bowl of provided fruit salad. We close each ceremony at around 5pm with a gratitude based closing ritual, followed by a grounding, nutritious meal.

Like most plant medicines, the individual experience of the medicine varies for each guest. It is important to remember that no experience is ever like another and that whatever the medicine gives to you is exactly what was needed for that moment. Bernhard remains present throughout the whole ceremony to assist each individual if anything is required. Providing experienced, grounded advice for navigating the experience and a calming, stable presence.

Preparations and logistics for the ceremony:

Please let us know in advance if you have any dietary requirements above normal vegetarian food.

We like to ask participants to agree to certain protocol during the ceremonial process – please be aware of this – one of the important things we ask for is a willingness to put off all electronic devices for the day.



Please have with you the following for ceremony:

- A hat or cap and some sunscreen.
- Layers of clothing, in case it gets cold, or hot.
- A Water bottle.
- A pen and a journal for the afternoon if needed.

Intention:

It is beneficial to have a defined intention for a shamanic ceremony. This is what you are aiming towards in the ceremony as well as in the time around or after ceremony. It is not the same as an expectation – as it is better not to have any expectations at all.

The intention helps to remind you why you are here and it focuses your attention towards a particular end. In our experience, it is good to have a positive intention statement rather than a negative one. This means that it is something you want to move towards, not away from (an example would be to live healthy, rather than stop eating unhealthy or stop smoking). It can also be more general, and not specific to a topic if you have nothing specific at the moment. We will most likely discuss this with you before ceremony starts, or shortly thereafter. There is no wrong reason to drink medicine, in our opinion.

Diet and preparation:

For a good connection with San Pedro, some preparation can have a very beneficial effect. We recommend as clean a diet as possible for the three days leading up to ceremony if only one ceremony is being done. If you are coming for multiple ceremonies, please prepare for 5 days before the first ceremony. Fresh, healthy food and plenty of water is important, as well as the avoidance of pork, excessive sweets, desserts and fat, alcohol, caffeine and recreational drugs (including marijuana). Also, please abstain from any sexual activity for the day before, during and after the ceremony.

On the morning of ceremony, please fast from any food intake, but please do have as much as you need of herbal infusions or water. It is good to start the day well hydrated. The diet has big impact on the ceremonial experience. This is why we recommend it. If it's not entirely possible, as a result of traveling, flights, etc. please do not stress too much about it, just eat as well as you can.

Most prescription drugs and supplements do not interact with the medicine, but we recommend abstaining from them for the day of ceremony. The only exception to this is if taking hormone replacement medication, which if used, may be taken around lunch on the ceremony day if normally taken in the morning.

Mental preparation is also important and for us the most important aspect of this is to show up for the day with willingness. This is willingness to engage fully with yourself, and the plant, whatever might occur or happen, without expectation. This mind-set helps us to really receive whatever it is that San Pedro has in store for us!

Important notice:

Take note that participating in a ceremony or sequence of ceremonies can be dangerous and includes certain risks. Therefore, please advise us if you are currently on any medication or have any known physical or mental ailments or illnesses as soon as possible.

Cost for 2 night San Pedro Extension (includes ceremony, lodging, meals)

- Shared accommodation **\$457**
- Upgraded Luxury shared accommodation **\$519**
- Garden Single room **\$588**
- Upgraded Luxury single **\$733**

What's not included:

Shuttle transfer to Willka T'ika on **Oct 28, 2021** – Rate for shuttle is based on number of people; **1-2 \$60 total, 3-5 \$90 total, 6 or more people \$28 per person.**

Tip for our Shaman leading the ceremony – your discretion. Tip will be collected on Saturday morning.

Testimonials from Willka T'ika Guests:

"Our San Pedro Medicine Ceremony was an amazing experience. Each of us had an individual, personal experience that was meaningful. It was gentle and spiritual in the beautiful Willka T'ika setting. Our shaman was caring, gentle and attentive to our experience in a knowledgeable and spiritual way. I was very happy to have experienced it." Group Leader, Nov 2018

"As someone who is new to plant medicine, I was pleasantly surprised with my San Pedro experience at the Willka T'ika Retreat gardens. It was profoundly emotionally healing and brought back childhood memories that I had suppressed for decades. Our Shamanic Practitioner and the beautiful gardens provided the perfect space to process my experiences." - Group Participant, Urban Yoga, Nov 2018