



Sacred Journeys / Wellness Travel / Wisdom Teachings

Greetings!

Peru holds a special place in our hearts, so this month, we wanted to focus our newsletter on magical Peru. This wonderful country has welcomed visitors from all across the globe for centuries. With open hands and hearts, the generous people of Peru have been sharing with us their homes, their stories, their traditions, their friendship, and so much more. A land of contrasts with bustling cosmopolitan cities, villages seemingly frozen in time, majestic Andes, and lush jungle, Peru offers something unique for each individual. Many pilgrims and seekers have journeyed here to be embraced by the love of Pachamama and, having received her special gifts, have left this place transformed and ever so grateful. We invite you to experience the magic of Peru on two extraordinary journeys this year.

Our spring journey, **Planting Your Seeds for New Creation** features tour leader **Renee Baribeau**, aka "The Practical Shaman", and transformational writing expert, **Stephanie Gunning**. This magical journey and writer's quest will allow you to experience personal healing while collectively seeking a vision for a new world order. This will be an experiential, healing and transformational journey utilizing four levels of spiritual engagement, symbolic, metaphoric, physical, and energetic, to enter non-ordinary reality, and will evoke remembrance of our connection to the earth in a sacred landscape where we can source a new vision and feel our power as members of the human tribe. If you are ready to plant a new garden in your life with the seeds of creation, we welcome you to allow Peru to become your colorful journal, with pages rich in history and lined with powerful energies and potential.

Our popular journey **Heart of the Pachamama**, with extension to **Lake Titicaca**, will be offered once again this year in September to celebrate the southern Spring Equinox. As we immerse ourselves in the local communities and experience the joy and peace of the Peruvian culture and people, we will discover the myths, legends, and sacred traditions of the ancients. We will be led by an outstanding individual, **Puma Quispe Singona**, a local Andean medicine man, healer and wisdom keeper (to learn more about Puma, watch our videos [here](#) and [here](#)), and be joined by fellow kindred spirits. We are also extending a special **early booking bonus discount of \$200 per person, exclusive to our newsletter subscribers**, which **ends March 31**, so take advantage of the savings and book now!

If a trip to Peru is in your future and you would like to learn more about international travel, culture, shamanic traditions, or our journeys, join us on a **Conference Call - The Insider Guide to Peru** - for an informative hour with **Puma Quispe Singona**. The call will take place this Thursday, **February 24 at 11:30 AM PST** (Pacific Standard Time). For more details and call in numbers, please check out our [Facebook page](#).

To read about our favourite Peruvian Handicraft Markets, check out our [blog posting](#).

Announcements!

We have just uploaded our new **Maya Sacred Path to 2012** journey, *Reconnecting to Source and Uniting With the Heart of the Maya*, to our website and are very excited about this year's journey for we shall be heading to **Guatemala** and **Honduras**! As the Mayan Calendar draws to a close, it is important for us to reconnect and return to source, the place where it all began, thus, our journey will be exploring sacred places where we can more easily restore this connection such as Quirigua, in Guatemala, where the Mayan Calendar first began and where the Popol Vuh declares creation originated, along with Copan, in Honduras, an ancient ceremonial site and significant city of the Maya. We will also have the opportunity to awe at the scenic wonders of Panajachel and Santiago Atitlan, where the thriving indigenous culture of the Maya is still alive and well and extremely prominent, and enjoy a delightful boat trip on Lake Atitlan, where we will pause to participate in a special ceremony on the lake. Our Maya Sacred Path to 2012 is our most popular journey and often sells out quickly, so we recommend booking early. (Please note that prices will be posted soon!)

We are currently working on our journey to **Thailand** with **Minke de Vos** and **Master Mantak Chia** for next March, and also a journey to **Greece** with Phil Cousineau for next June, plus others!

We have 2 spots left on our **Kauai** retreat in April, so if you are interested, please contact us soon!

Blessings,

Helen Tomei & Daniela Masaro

Sacred Journeys

GUARANTEED DEPARTURE - BOOK NOW!

Peru - Planting Your Seeds For New Creation

April 21 - 29, 2011



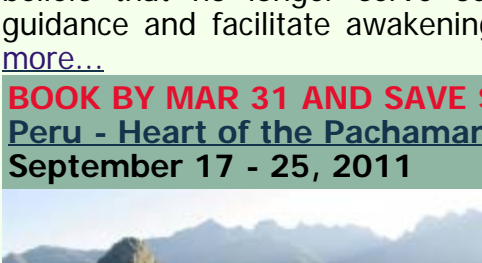
Join "The Practical Shaman", **Renee Baribeau**, and transformational writing expert, **Stephanie Gunning** for a magical journey and writer's quest in Peru where we will experience personal healing and collectively seek a vision for a new world order. This will be an experiential healing and transformational journey utilizing four levels of spiritual engagement, symbolic, metaphoric, physical, and energetic, to enter non-ordinary reality, and will evoke remembrance of our connection to the earth in a sacred landscape where we can source a new vision and feel our power as members

of the human tribe. During this journey we intend to uproot our investment in words and beliefs that no longer serve our collective transformation. We will write to tap into inner guidance and facilitate awakening, as we open up to our potential as homo luminous. [Read more...](#)

BOOK BY MAR 31 AND SAVE \$200!

Peru - Heart of the Pachamama - A Heart Opening Sacred Journey

September 17 - 25, 2011



Join us in a heart-opening journey to celebrate the **Spring Equinox** at **Machu Picchu** with Andean Medicine Man, Healer and Wisdom Keeper, **Puma Quispe Singona**. Explore the mysteries of the majestic Andes and find enlightenment and inspiration in this warm and harmonic land. Stroll around the colourful town of **Cusco**, wander through the lush **Sacred Valley of the Incas** and travel back through time while rediscovering ancient Incan sites in **Ollantaytambo** and **Pisac**. Connect with **Pachamama** (Mother Earth), the Incan goddess of fertility and the harvest, and develop a deeper understanding and

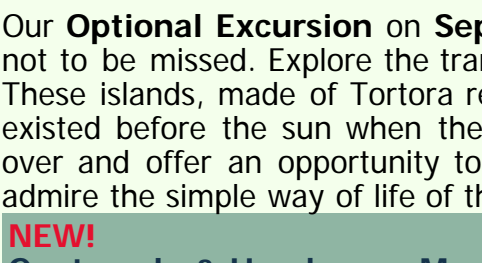
appreciation for this great Earth. Open your heart as you listen to the whispers in the wind and let the Condors guide you to find your inner peace and balance. [Read more...](#)

Our **Optional Excursion on September 25 - 29, 2011 to Lake Titicaca** is an opportunity not to be missed. Explore the tranquil waters of Lake Titicaca and the **Uros Floating Islands**. These islands, made of Tortora reeds, are home to the Uros people who, according to legend, existed before the sun when the earth was cold and dark. The islands attract visitors from all over and offer an opportunity to learn about ancient practices and traditions and a chance to admire the simple way of life of the people. [Read more...](#)

NEW!

Guatemala & Honduras - Maya Sacred Path to 2012

November 30 - December 9, 2011



Journey with us to the vibrant and beautiful countries of **Guatemala** and **Honduras** to **reconnect to source and unite with the heart of the Maya** on our 2011 **Maya Sacred Path to 2012** program. As the Mayan Calendar draws to a close, it is important for us to reconnect and return to source, the place where it all began. It is evident that in today's society there is a huge disconnect from our source. People are often heard exclaiming they feel lost and/or fragmented, prompting them to seek wholeness in whatever way they can. Our intention for this year's

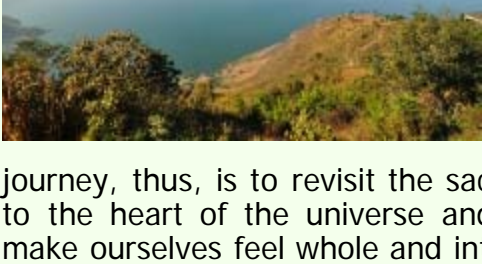
journey, thus, is to revisit the sacred places where we can more easily restore our connection to the heart of the universe and connect with the Pleiadean Masters of the sky in order to make ourselves feel whole and interconnected once again. [Read more...](#)

Wellness Travel

RELAX, RENEW & REJUVENATE!

Milagro Yoga Retreats in Tofino, B.C.

Several Dates



Join **Milagro Retreats** for an amazing and restorative yoga retreat in Tofino, British Columbia. Milagro Retreats believes in the healing power of food, touch, breath and movement. A combination of these approaches is used throughout the retreat to provide you with an experience of rejuvenation and peace. Deepen your yoga practice, whether you are newly on the yoga path or an experienced yogi. Retreats include daily practices of yoga and meditation, opportunities to commune with like-minded souls, optional massage and spa treatments, optional surf lessons (where available), and optional guided eco-tours. These rejuvenating retreats will

surely feed your body, mind and spirit. [Read more...](#)

ONLY 2 SPACES LEFT - DON'T MISS OUT!

Kauai - Retreat in Paradise

April 8 - 17, 2011



Are you longing to immerse yourself in paradise and cultivate greater awareness and personal power through yoga and movement, meditation, and sacred ceremony? Do you desire a break from your everyday routine to travel to one of the most gorgeous islands on the planet? Then, join **Dr. Alexina Mehta** and **Tiberiu Gozner** for an amazing and transformational retreat on the breathtaking, sacred island of Kauai, Hawaii. Enjoy deep healing from Mother Earth as she embraces us with her restorative energy, known as *Mana* by the Hawaiians. Through daily

yoga, meditation and healing opportunities, you will embrace and explore your inner world, while excursions to sacred sites, stunning beaches, breath-taking waterfalls, and lush hiking trails will allow you to experience the power of the land. Retreat with us in paradise and discover your inner radiance! [Read more...](#)

Wisdom Teachings

BECOME A CONSCIOUS DREAMER!

Centre of the Conscious Dream

April 16 - 30, 2011



Join Spiritual Teachers **Daniel Stone** and **Arbolita Pashak**, along with other special guest teachers, on a shamanic journey in central Mexico. The intent for this course is to create spaces through practises and ceremony which open the doors to the great shamanic teachers - the earth and the skies. A gradual course of opening to the dreaming body has been designed to prepare the physical, mental and emotional bodies to receive the frequencies of other bodies and spaces. It is our precept that only when the physical body, through the dreaming body, is put in touch with these wider spaces can real deep healing and

change take place. This is a path of transformation. The human is no longer isolated, he/she can see more clearly and can experience the relation with other energies not only on and in the earth but in the universe. Our intent is to put you more deeply in touch with your own shaman, priest, wise councillor and healer, to activate your own genie waiting to be released from the bottle. [Read more...](#)



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