



Sacred Earth Journeys Journey Within



[Sacred Journeys](#) / [Wellness Travel](#) / [Wisdom Teachings](#)

Happy New Year!

Can you believe it's already 2011? I'm constantly amazed at how quickly time passes by. What a full decade it has been, and now we begin another. Hopefully it will offer you an abundance of love, laughter and joy, and be filled with many fabulous and transformational journeys.

Recently, I listened to an interview with our past tour leader and cherished friend, **Phil Cousineau**, who was speaking about sacred journeys. In a few short minutes he shared the true essence of a sacred journey. A few points really stood out for me so I wanted to share them with you. He stated that an "uncanny physiological alchemy occurs when you are in these sacred sites", and that you can "feel transported to a place beyond time and space". I know this to be true not only personally, but through the testimonials of many of our travellers. He talked about how visiting ancient ruins stirs the imagination since we are compelled to use our imagination to really see the larger picture, and how we often get a "shiver up the spine" when we are standing on sacred ground. He clarified that sacred means to make holy, or to make whole, and explained that a common reason why many go on a sacred journey or sacred pilgrimage is to feel a sense of community and/or to fulfill a vow to become whole once again. This is understandable as our selves often become fractured and fragmented as we tread this path called life. We may feel out of touch at home or not fully connected with those around us or with ourselves. This is why sacred earth journeys exists - to help others make that connection and to once again feel that feeling of wholeness. By experiencing the magic of sacred sites through the power of touch and all our senses, and by bringing people together to create a sacred community, we believe it is possible for us all to truly feel as one. We encourage you to have a listen to Phil's interview which can be found [here](#). (The interview with Phil begins about 6 minutes in so you can fast forward directly to that section.)

Speaking of **Phil Cousineau**, we are pleased to announce we are currently planning another journey with him. We had so many rave reviews after our journey to Ireland last year and have had so many requests for another journey, that we decided to offer you another wonderful opportunity to learn from Phil, this time in **Greece!** The journey has been planned for the **summer of 2012** so stay tuned for more.

We are also in the midst of planning another amazing journey to **Thailand** which will run **March 6 - 18, 2012**, with **Minke de Vos**, a senior universal tao instructor. We will also have the honour of learning from **Master Mantak Chia**, who will offer teachings for 5 days. We will spend 6 nights at one of the world's most unique natural health spas, **Tao Garden**, and another 6 nights at **The Sanctuary Thailand**, a gorgeous beach resort and spa on Koh Phangan Island. Throughout the journey we will revel in many excursions to local temples and sacred sites, participate in daily classes, practices and teachings, and experience the beauty of this exotic land. And of course we will also frolic and play at some of the most beautiful beaches in the world and delight in this truly magical place.

I know many of you are also anxiously awaiting news about our **Maya Sacred Path to 2012** journey for 2011, but fret not as we are also working on that itinerary right now. It's going to be another phenomenal experiential journey to the Maya lands, but you'll have to wait a wee bit longer for the full itinerary to come out. We can at least let you know that this year it will be in glorious **Guatemala!** If you want to take a peek at the wonderful journey we had this past December in Mexico, we have put together a captivating slide show which you can view [here](#), and you can see some of the feedback from that journey at the bottom of [this page](#). We'd also like to say thank you once again to our photo contributors who helped us put together this beautiful mosaic of images. (The photo of Helen, Trudy and Miguel Angel at the top of this newsletter was taken by Richard Jelusich during our Ceremony to Mother Earth in Campeche last December. It was amazing! You'll see more in the slide show.)

In honour of the new year, we'd like to extend an **early booking bonus discount of \$200 per person** for our popular **Heart of the Pachamama** journey in Peru, **September 17 - 25, 2011** with optional extension, **The Heart of Mama Cocha in Lake Titicaca, September 25 - 29, 2011**. This is an outstanding and unique opportunity to learn from Andean medicine man, healer and wisdom keeper, **Puma Quispe Singona**. To learn more about Puma, watch our videos [here](#) and [here](#). This offer is **exclusive to our newsletter subscribers** and **ends March 31**, so take advantage of this awesome deal and book now!

We also have some other amazing journeys for 2011, so scroll down to see more. We have **just 2 spaces left** on both our **India** and **Kauai** journeys, so we encourage you to register ASAP as to not miss out on these fantastic journeys.

Blessings for 2011,

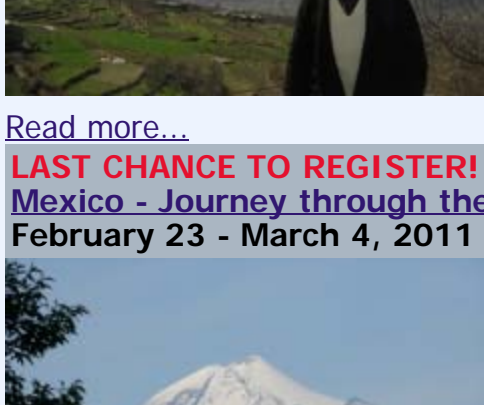
Helen Tomei & Daniela Masaro

Sacred Journeys

ONLY 2 SPACES LEFT - LAST CHANCE TO REGISTER!

India - Golden Sands and Diamond Skies

February 20 - March 6, 2011



Join Tour Leader and renowned Yoga Teacher, **Padma**, on an inspiring journey of **North India** as she shares her favourite locations from the **deserts of Rajasthan** to the **high western Himalayas**. Begin each day with gentle yoga classes infused with Classical, Tibetan and Padma's own Himalayan practices, to calm, strengthen and refresh your body. Be guided in meditation to bring you each day closer and closer to the space of inner peace, delight, and clarity that your soul craves. Experience the healing aspects of breath exercises, hand mudras, and other yogic techniques in a unique program designed for this journey.

[Read more...](#)

LAST CHANCE TO REGISTER!

Mexico - Journey through the 5 Elements in Veracruz

February 23 - March 4, 2011

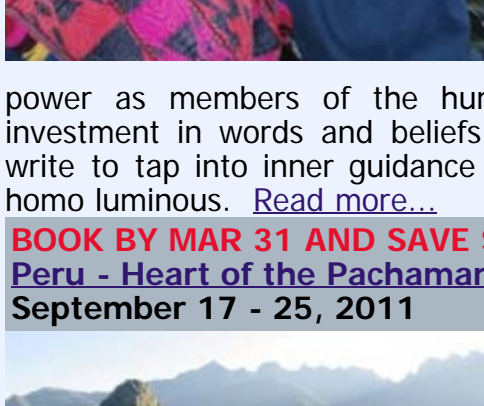


Come and experience a **Journey through the 5 Elements** with spiritual teacher, **Raul Heredia**, and reconnect with the Great Mother in the tropical forests, vast green sunlit valleys, and breezy ocean shores of the Gulf of Mexico. This is **Veracruz**, a land that rises from a tropical coastal plain into the temperate valleys and highlands of the Sierra Madre Oriental... a land of extreme fertility and abundant life force energy. Strengthen your body, mind and spirit through the daily practice of morning **Chi Kung**, and allow the vital chi energy to stream through your entire being. Our journey is based on the model and teachings of spiritual teacher and doctor of Clinical Psychology and Holistic Medicine, **Carlos de Leon**, who will honour us as a guest teacher at the onset of our journey. Throughout the journey you will explore the 5 elements of water, earth, air, fire, and ether, integrating these elements into your daily physical and spiritual practices. [Read more...](#)

EXPERIENCE PERU WITH "THE PRACTICAL SHAMAN!"

Peru - Planting Your Seeds For New Creation

April 21 - 29, 2011

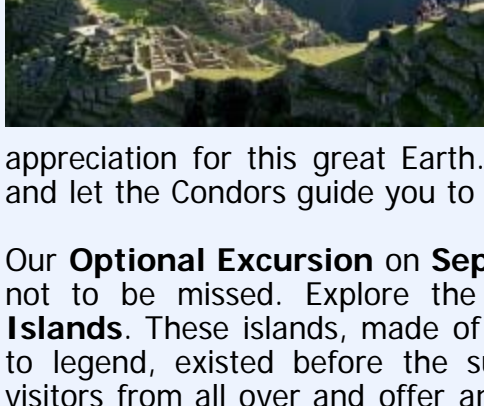


Join "The Practical Shaman", **Renee Baribeau**, and transformational writing expert, **Stephanie Gunning** for a magical journey and writer's quest in Peru where we will experience personal healing and collectively seek a vision for a new world order. This will be an experiential healing and transformational 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...](#)

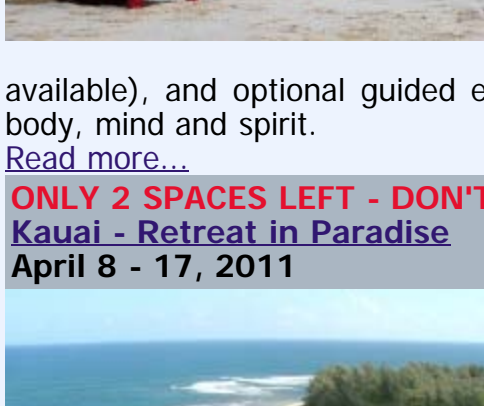
Our **Optional Excursion** on **September 25 - 29, 2011** to **Lake Titicaca** is an opportunity not to be missed. Explore the tranquil waters of Lake Titicaca and the **Uros Floating Islands**. These islands, made of Tortora reeds, are home to the Uros people who, according to legend, existed before 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...](#)

Wellness Travel

RELAX, RENEW & REJUVENATE!

Baja, Mexico - Yoga Retreats in Beautiful Baja

Nourish Your Seed ~ Full Moon Yoga Retreat - Feb 12-19, 2011 - Limited Space!

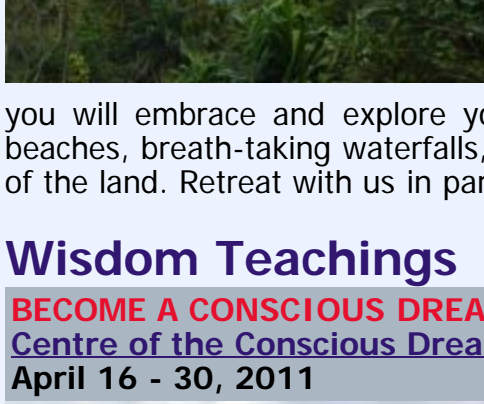


Join **Milagro Retreats** as you escape for a week long getaway to the luxurious Eco Retreat Center, **Prana del Mar**, outside Todos Santos. Milagro Retreats believes in the healing power of food, touch, breath and movement. A combination of these approaches is used throughout the retreat to provide 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



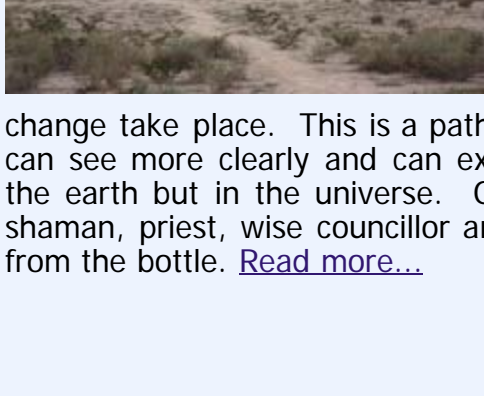
Are you longing to immerse yourself in paradise and cultivate greater awareness and personal power through yoga and movement, meditation, and sacred ceremony? Do you desire a break from your everyday routine to travel to one of the most gorgeous islands on the planet? Then, join **Dr. Alexina Mehta** 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 practices 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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