



Thailand- Journey to the Heart of Tao

A Tao Retreat in the Land of Sublime Sensuality March 6 - 18, 2012

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I am excited to share a few details of our [Journey to the Heart of Tao](#) trip to **Thailand** with **Minke de Vos** and **Master Mantak Chia**. This is a really unique opportunity to learn directly from Master Mantak Chia, a world renowned Taoist Master and the creator of the **Universal Healing Tao** system. Master Chia will be teaching our group every morning while we stay at his lovely **Tao Garden Health Spa & Resort** in the beautiful northern countryside of Thailand. The course will cover many of the Universal Healing Tao basics such as Inner Smile, Six Healing Sounds, the Microcosmic Orbit, Iron Shirt Qigong, and Tan Tien Qigong. We will also have time for special **temple visits**, **spa treatments**, relaxation & rejuvenation, and **Tao Yin Yoga** with Minke in the evenings.

After a 6 night stay at Tao Garden we will fly south to the **amazing beaches of Koh Phangan** for another week, where we will deepen the embodiment of the **Tao Basics** and **Tao Yin Yoga** with Minke, and have time for some incredible excursions ~ to discover the sea creatures, coral gardens, turtles, and amazing sea life of the southern Tai waters, to explore cave temples and mountain scenery, and to simply feel the sand between our toes and soak in the warm energies of the sea and sand. I had lunch with Minke the other day and she is **so** looking forward to the journey and BEing with you! Space will be limited and we encourage everyone interested to check it out and register early!

Our journey [Heart of the Pachamama](#) to **Peru** is a guaranteed departure and we have a truly wonderful group so far ~ it is an intimate group with a lovely mix of ages ~ couples, people coming on their own, family. If you are **at all** interested in visiting Peru and/or Inca teachings, you will not want to miss this amazing journey with **Puma Quispe Singona**. Puma has such an incredible level of knowledge of the Inca and Andean traditions and the way he shares it is magical ~ wise beyond his years is an understatement. I remember sitting quite mesmerized by his teachings ~ he is magical, compassionate, with a deep reverence for Pachamama and an ancient understanding of the cosmos. I can tell you that spending time with Puma, in the truly magical, harmonic and sacred land of Peru, will change your life. Please consider joining us.

There is still room on our [Activating the Gateway on 11-11-11](#) trip to **Tahiti, Nov 4-12**, as well as our [Maya Sacred Path to 2012](#) journey, **Nov 30-Dec 9 - Reconnecting to Source and Uniting With the Heart of the Maya** ~ this year we venture to Guatemala and Honduras!! (and please note we need registration **early** for this trip!). We recently posted our **June, 2012** trip to **Greece** with **Phil Cousineau** ~ [Sacred Odyssey into the Heart of Ancient Greece](#) ~ this is sure to be a stand out adventure, as was our Sept/10 journey to Ireland with him! Check out the feedback on the tour page ~ you won't want to miss this one!

Okay, head's up parents of teens! Last summer my daughter Jacklyn attended [Teen Journey](#) ~ a transformational, experiential program for youth in search of truth and the power of inner guidance. It was an extraordinary experience for her ~ they really teach the wisdom of the heart so that young people can discover their gifts and share them with the world. Of course she wasn't interested in attending but I sent her anyway, and now she can't wait for the monthly meetings and camp coming up, **August 14-21**. Seriously ~ parents, grandparents, friends and relatives of teens ~ please feel free to contact me personally with any questions you may have about this incredible program and get your teens signed up! It's probably the best gift you could give them.

A reminder that our teacher of the Maya Wisdom, **Miguel Angel Vergara**, will be travelling from Mexico to be with us in Vancouver, **May 27-29** and in Calgary, **June 3-5**. Miguel Angel will be presenting along with Richard Jelusch, Ph.D. ~ **Mayan Teachings for Inner Transformation**. Working with the Ancient Wisdom of the Maya Masters, Miguel Angel Vergara will help you raise your vibration to activate your consciousness through Mayan teachings, ceremonies, meditations, and specific practices. Dr. Jelusch will discuss the 2012 phenomenon as a major waveform of consciousness, the Earthquake of the Mind. Be a part of the rise in awakening consciousness: the Mayan Calendars and Prophecies have important messages and information to aide you on your journey, in this time of great inner transformation. Please [contact us](#) asap for registration information (info@sacredearthjourneys.ca). It would be an honor to see you there!

Please see below for a listing of all our current journeys and retreats, and please do drop me a line to say hello! I am always looking for new journey ideas and leaders to connect with!

Namaste,
Helen Tomei

Sacred Journeys

GUARANTEED DEPARTURE ~ BOOK SOON!

[Peru - Heart of the Pachamama - A Heart Opening Sacred Journey during Spring Equinox](#)

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 Inca 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 **Titicaca 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...](#)

WE MUST HAVE REGISTRATION EARLY FOR THIS TRIP!

[Guatemala - Maya Sacred Path to 2012 - Reconnecting to Source and Uniting with the Heart of the Maya](#)

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...](#)

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PILGRIMAGE WITH PHIL COUSINEAU!

[Greece - Sacred Odyssey into the Heart of Ancient Greece - The Myths, Heroes, Gods and Goddesses](#)

June 12-22, 2012



Join **Phil Cousineau** for an unforgettable sacred odyssey into the heart of ancient Greece. Journey through a land of myth and mysteries, discovering the legends of ancient gods and goddesses, heroes and heroines. Visit sacred ancient sites in honour of the Greek gods and goddesses, and take a step back in time to relive the ancient stories. Blessed with the bountiful gifts of the captivating islands, enjoy the spectacular natural surroundings, the warm waters of the Mediterranean Sea, the delicious traditional cuisine, the lively and vibrant culture and the welcoming Greek people

Mediterranean Sea, the delicious traditional cuisine, the lively and vibrant culture and the welcoming Greek people

You may also continue your journey and join us on an optional extension to **Crete**, known as the "Island of the Gods", according to Homer. Here we will visit Bronze Age sites and learn about the magnificent civilization that once inhabited this enchanting place. [Read more...](#)

Wellness Travel

RELAX, RENEW & REJUVENATE!

[Tofino - Yoga Retreats in Tofino, British Columbia](#)

May, July & September, 2011



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...](#)

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AMAZING CAMP FOR TEENS!

[Teen Journey - Gambier Island, British Columbia](#)

August 14-21, 2011



Teen Journey is a transformational experiential program for youth in search of truth and the power of inner guidance. It is a journey like no other! A journey to the wisdom of the heart so that young people can discover their gifts and share them with the world. Teen Journey goes far beyond an ordinary teen camp experience. While incorporating many of the fun activities that we have long come to associate with summer camp, including the opportunity to create deep, long-lasting friendships, there is also the invitation for each individual to truly look into who they are and what it means to be a human being. At this pivotal point in their lives young people wake up and look around to see the world in a whole new light. They find themselves caught between two opposing forces - the pull towards togetherness and belonging, and the push outwards for autonomy and freedom. This is the moment ~ between childhood and adulthood when they must decide for themselves who they are and what course their lives will take. [Read more...](#)

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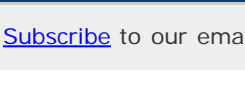
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