



Reflections



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

Autumn Equinox Greetings!

I can't believe it's already autumn in two days! Time sure does fly when you're having fun. I'm elated to be entering my favourite season of the year. It's been a great year here at SEJ and a fantastic personal one as well. During this season, I always like to take the time to sit back and reflect on all that has taken place over the past year. The cooler weather makes it easier to hunker down with a hot cup of tea, get all snuggled up in a plush throw and just think about all the wonderful gifts I've received and shared with others. As the harvest season begins and the earth begins to prepare for a long rest, serenity fills the air, making it a perfect time for everyone to take some time with their own thoughts.

What has the year offered you? What gifts are you most thankful for? What have you shared with others? Which dreams are waiting to be fulfilled? This is the perfect time to ask yourself some questions and really ponder the answers. You might even surprise yourself with what comes up!

If you need a little bit of inspiration on finding some time for reflection, we welcome you to read our recent blog post, [Reflections](#).

Helen just told me about a fabulous juice cleanse she did recently with [Bava Juice](#) to help prepare for the change in season and she highly recommends it. For people in the major cities of British Columbia, Alberta, Saskatchewan and Manitoba, they deliver it right to your door, so it is super easy and convenient! With the ease and clarity provided to her by the cleanse, she too had lots of time for personal reflection.

Here are a few things we've been reflecting on lately at SEJ:

It's been a great year for our journeys and retreats. Many of them filled up early on and a few of them even sold out well before the journey start date.

We're continuing our partnerships with some wonderful journey leaders who we are so happy and honoured to have as part of the SEJ family. We are sending a big thanks to all of them and look forward to working with them all once more.

We feel we have some of the best clients and travellers in the world. Not only do many of you travel with us time and time again, but a great number of you have become dear friends and cherished members of our extended family. We'd like to take this time to thank you all for your continued support and inspiration. We create our journeys with you in mind and it's because of you that our work is so much more enjoyable.

We're also reflecting on all the [comments](#) and praise we've received on our [past journeys](#) which always helps us when planning new trips to offer. Please continue to send your comments our way as we always appreciate hearing from you after you've returned from your journey.

NEWS & UPDATES!

We've just uploaded a **NEW RETREAT to Peru** on our website with a very near departure date. If you have always wanted to experience the power and healing of sacred plants, our new [Sacred Ayahuasca Retreat](#) is for you. Join a group of like minds and spirits for a deeply moving and transformational experience in a safe and sacred space. The retreat is planned for **October 24 - November 2, 2011** so be sure to register **ASAP**.

Our [Heart of the Pachamama](#) journey in **Peru** is currently unfolding and our journey participants are having a wonderful time. We look forward to hearing back from all of them once they have returned from their journey and sharing their comments with you all.

Our [Maya Sacred Path to 2012](#) journey to **Guatemala** on **November 30 - December 9, 2011** is now **SOLD OUT!** We do, however, have a **waiting list** and are accepting new registrations in case anyone has to cancel unexpectedly.

We also have **only 4 spaces left** on our journey [Activating the Gateway to 11-11-11](#) in **Tahiti**. Don't miss out on your chance to experience yoga in paradise.

We only need a few more bookings to guarantee our journeys [Golden Sands & Silvery Backwaters of South India](#) and [Sacred Odyssey into the Heart of Ancient Greece](#) so your early registration is much appreciated!

To see all our other journeys and retreats, scroll down to our listings below.

We wish you all a wonderful autumn with much peace and time for your own personal reflection and hope you are blessed with many cherished gifts and much grace.

Blessings,

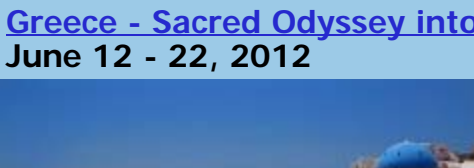
Helen Tomei & Daniela Masaro

Sacred Journeys

A MAGICAL JOURNEY IS IN FULL FORCE!

[Peru - Heart of the Pachamama](#)

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 Extension** on **September 25 - 29, 2011** to **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...](#)

SOLD OUT! YOU CAN STILL REQUEST TO BE PLACED ON OUR WAITLIST.

[Guatemala - Maya Sacred Path to 2012](#)

November 30 - December 9, 2011

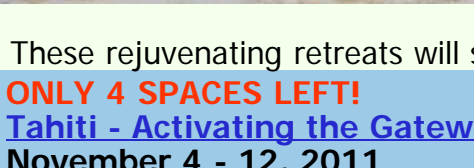


Journey with us to the vibrant and beautiful countries of **Guatemala** and **Honduras** to **reconnect to source and unite with the heart of the Maya** on our 2011 **Maya Sacred Path to 2012** program. As the Mayan Calendar draws to a close, it is important for us to reconnect and return to source, 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...](#)

EXPERIENCE THE MAGIC OF INDIA!

[India - Golden Sands & Silvery Backwaters of South India](#)

February 26 - March 11, 2012



Join internationally renowned yoga and meditation teacher and television host, **Padma**, on our captivating **Golden Sands and Silvery Backwaters** journey through South India. Practice unique, world-class yoga and dive into sublime meditations in tropical and radiant environments and settings. As you experience the healing wonders of hatha yoga, breath exercises, Sanskrit chanting, meditation, philosophy, and other yogic techniques in a unique program carefully designed by Padma, you will be carried closer to a space of inner peace and delight. Through classical yoga, spiritual discourses, and time for questions, you will not only have the opportunity to explore South India's astonishing delights, but you will also embark on an authentic journey within yourself as well. Experience a true and honest reconnection with the spark of spirit within yourself. [Read more...](#)

REGISTER EARLY FOR THIS UNIQUE OPPORTUNITY WITH PHIL COUSINEAU!

[Greece - Sacred Odyssey into the Heart of Ancient Greece](#)

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.

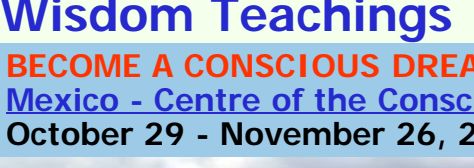
You may also continue your journey and join us on an **Optional Extension to Crete**, known as the "Island of the Gods", according to Homer. Here we will visit Bronze Age sites and learn about the magnificent civilization that once inhabited this enchanting place. [Read more...](#)

Wellness Travel

NEW - REGISTER ASAP!

[Peru - Sacred Ayahuasca Retreat](#)

October 23 - November 4, 2011

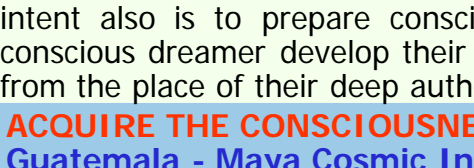


This Sacred Ayahuasca Retreat with **Diego Palma** is for those people who are seeking a responsible way of spiritually opening to their self awareness and higher consciousness. The retreat offers the key to ancestral shamanic practices which will lead to amplified states of consciousness. The opportunity for deep personal growth, reflection and holistic cleansing is invaluable. The ceremonial initiation with Ayahuasca will open a lifelong relationship with spirituality. The new internal order that emerges is obtained from a transcendental dimension which reveals the purpose and meaning of life. [Read more...](#)

RELAX, RENEW & REJUEVENATE!

[Milagro Yoga Retreats in the Baja & Tofino](#)

Several Dates

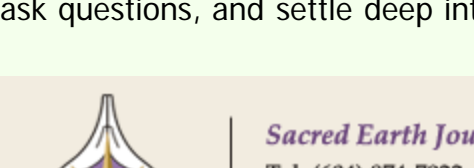


Join **Milagro Retinos**, for **Columbia** and **restorative yoga** retreat in **Tofino, British Columbia** and **Baja, Mexico**. Milagro Retreats believes in the healing power of food, touch, breath and movement. A combination of these approaches is used throughout the retreat to provide you with an 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 4 SPACES LEFT!

[Tahiti - Activating the Gateway on 11-11-11](#)

November 4 - 12, 2011



Join **Michele Labelle**, on a transformational and magical yoga retreat on the island of Moorea in the French Polynesian islands to celebrate a momentous occasion in time - November 11, 2011 (11-11-11). Based in the gorgeous tropics of the South Pacific, you will work on learning how to live with the frequencies of 1111 through yoga and meditation in order to activate the gateway of 11:11 and prepare for the shift in the year 2012. Michele will lead you through a variety of processes that will include yoga, journaling, soul searching, and communing with nature to expand and allow the passions of your life to awaken. Allow, receive, play and be open to the gifts that await you in magical Tahiti. [Read more...](#)

LEARN FROM MINKE DE VOS & MASTER MANTAK CHIA!

[Thailand - Journey to the Heart of Tao](#)

March 6 - 18, 2012



Awaken your inner and outer smile as you journey through the "Land of Smiles" in **Thailand** with Taoist Master, **Grand Master Mantak Chia** and Senior Universal Tao Instructor, **Minke de Vos**. Rejuvenate your health, deepen intimacy, and awaken spiritual presence through Taoist energy cultivation. This retreat will teach practical tools to enrich your life and teach you how to uplift and transform energy into creativity, compassion, and love. You will learn to integrate awareness and breathing through meditation, yoga and qigong, and build the foundation for awakening to this powerful healing energy. [Read more...](#)

REGISTER EARLY!

[Kauai - Retreat in Paradise](#)

April 6 - 15, 2012



Join **Dr. Alexina Mehta** and **Tiberiu Gozner** for an amazing and transformational retreat on the breathtaking, sacred island of Kauai', Hawaii. Kauai', rich in outer beauty, is engrossed in powerful spiritual energy that makes the island notably sacred and welcomes thousands of people to visit every year to connect to these sacred energies. Here in stillness, we shall listen to the messages that the ancient ones of the island have for us and awaken a spiritual transformation within ourselves. 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 beauty of the land. Retreat with us in paradise and discover your inner radiance! [Read more...](#)

Wisdom Teachings

BECOME A CONSCIOUS DREAMER!

[Mexico - Centre of the Conscious Dream](#)

October 29 - November 26, 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 event 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 counsellor and healer, to activate your own genie waiting to be released from the bottle. Our intent also is to prepare conscious dreamers to function in subsequent circles, to help the conscious dreamer develop their ability to hold their own power and to contribute to the circle from the place of their deep authentic wisdom. [Read more...](#)

ACQUIRE THE CONSCIOUSNESS OF THE WIND SPIRIT!

[Guatemala - Maya Cosmic Institute - Shamanic Initiation of the Air Element](#)

December 8 - 14, 2011

Join us this year in **Panajachel, Guatemala** for the **Maya Comanic Institute** shamanism workshop. In this year's shamanic workshop, **Miguel Angel Vergara** guides us to receive the consciousness of "Ik", the Wind Spirit. The spiritual purpose of the workshop is to receive the **shamanic initiation of the Air element**, the Wind Spirit "Ik", and awaken within you: the verb, the breath, the sacred word, the Maya message, and the conscious communication. In this program the Maya Teachers of the Light guide us as we work with the "Four Wind Spirits" of the Universe. In also, KuKuulKaan, the great Teacher of the Maya Wisdom, the "Precious Serpent", flies in on the wind to help us discover the deepest secrets of Nature. Each day will be filled with lessons, practices, lectures, meditations, chanting ceremonies, and adventures. There will be time to share experiences, ask questions, and settle deep into the Maya Sacred Wisdom. [Read more...](#)

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