



SACRED ODYSSEY INTO THE HEART OF ANCIENT GREECE

JUNE 12 - 22, 2012



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

Greetings!

Summer is quickly coming to an end and the wonderful season of autumn is just around the corner. The days are already beginning to get noticeably shorter and the night breeze is becoming more crisp and cool. I can almost smell the rich fragrance of the new season in the air and am so very much looking forward to the change. Now, as we begin to harvest the fruits of our labour in our gardens, so should we do so in our spiritual lives as well so that we may share our bounty with all.

A perfect way to share our harvest and our gifts is to join our fellow seekers and pilgrims in a new adventure and journey. Not only does embarking on a pilgrimage with new friends fulfill us physically and emotionally, but connecting with the ancient and sacred energies at the special places visited also feeds your soul in indescribable ways. A journey such as this offers a type of nourishment that will sustain you long after the journey has ended.

And so, it is with great pleasure that we are able to offer another sacred pilgrimage with our friend, fellow pilgrim, tour leader, and author of [The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred](#), **Phil Cousineau**. Next year, Phil will be leading pilgrims both old and new alike to the magical land of Greece, a place steeped in a rich culture and history and a place that has welcomed pilgrims for centuries. So mark your calendars for our [Sacred Odyssey into the Heart of Ancient Greece](#), from **June 12 - 22, 2012** and prepare yourself for a transformational journey and enlightening sacred pilgrimage. We are now taking registrations and we'd love for you to join us.

To learn a little more about what a sacred pilgrimage is and what it can mean for you, we invite you to read our new blog post [Sacred Pilgrimage](#).

We also have many other wonderful sacred journeys to feed your body, mind and spirit, so be sure to scroll down to view all our offerings.

UPDATES AND REMINDERS!

Some of our journeys have been filling up early this year so we have **only 4 spaces left** on our [Maya Sacred Path to 2012](#) journey *Reconnecting with Source and Uniting with the Heart of the Maya*, Nov 30-Dec 9 with **Richard Jelusich** and **Miguel Angel Vergara Calleros to Guatemala & Honduras (Copan)** and **5 spaces left** on our [Activating the Gateway on 11-11-11](#) retreat to **Tahiti** with **Michele Labelle**, Nov 4-12. If you want to grab one of these last spots, make sure to register ASAP.

If you have been longing to visit the sacred lands of Peru on our [Heart of the Pachamama](#) journey in September, now is your last chance to register so don't delay. Our leader **Puma Quispe Singona** (Medicine Man, Healer, Wisdom Keeper), is really looking forward to the journey and we have an absolutely fabulous group of like-minded souls!

We also want to remind you of the **early registration bonus** for our yoga journey in India with **Padma, Golden Sands & Silvery Backwaters of South India**, Feb 26-Mar 11, 2012. Register and pay your deposit by **Sept 15th** and receive a full digital download of all 26 episodes of the beautiful *Padma Yoga: Blissful Living* television series.

We hope you've all had a blessed summer and wish you many new gifts for the upcoming season!

Blessings,

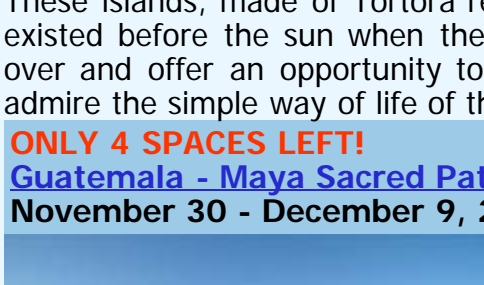
Helen Tomei & Daniela Masaro

Sacred Journeys

GUARANTEED DEPARTURE - VERY LIMITED SPACE!

[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** 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...](#)

ONLY 4 SPACES LEFT!

[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...](#)

BOOK BY SEPTEMBER 15th TO RECEIVE EARLY REGISTRATION BONUS

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

February 26 - March 11, 2012

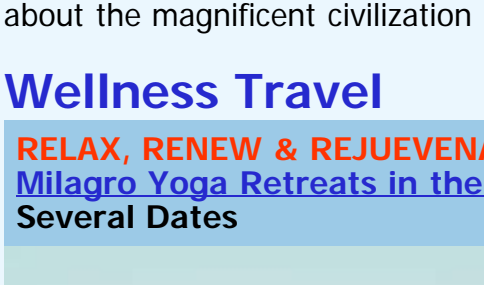


Join internationally renowned yoga and meditation teacher and television host, **Padma**, on our captivating **Golden Sands and Silvery Backwaters** journey through South India. Practice unique, world-class yoga and dive into sublime meditations in tropical and radiant environments and settings. As you 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, insightful meditation, enlightened 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

RELAX, RENEW & REJUEVENATE

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

Several Dates



Join **Milagro Retreats** for amazing and restorative yoga retreats 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 5 SPOTS LEFT!

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

November 4 - 12, 2011

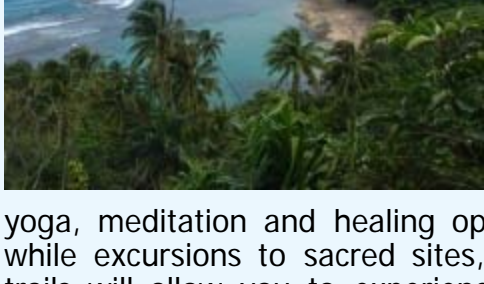


Join **Michele Labelle**, on a transformational and magical yoga retreat on the island of Moorea in the French Polynesian islands to celebrate a momentous occasion in time - November 11, 2011 (11-11-11). Based in the gorgeous tropics of the South Pacific, you will work on learning how to live with the 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!

[Kaua'i - Retreat in Paradise](#)

April 6 - 15, 2012



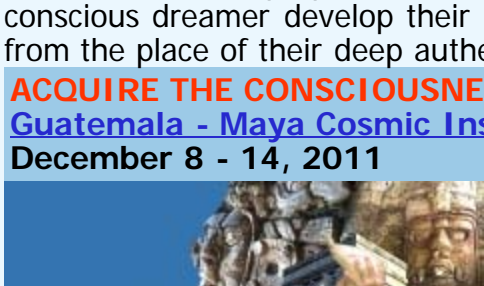
Join **Dr. Alexina Mehta** and **Tiberiu Gozner** for an amazing and transformational retreat on the breathtaking, sacred island of Kaua'i, Hawaii. Kaua'i, rich in outer beauty, is engrossed in powerful spiritual energy that makes the island notably sacred and welcomes thousands of people to visit every 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 power 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



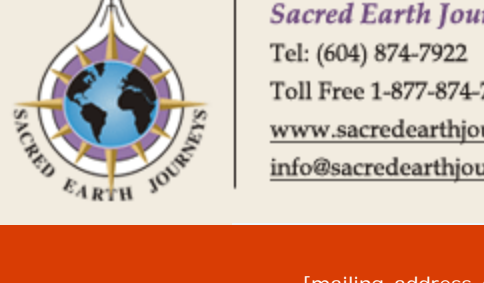
Join Spiritual Teachers, **Daniel Stone** and **Arbolita Pashak**, along with other special guest teachers, on a shamanic journey in central Mexico. The intent for this event is to create spaces through practices and ceremony which open the doors to the great shamanic teachers - the earth and the skies. 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 Cosmism Institute - Shamanic Initiation of the Air Element](#)

December 8 - 14, 2011



Join us this year in **Panajachel, Guatemala** for the **Maya Cosmism Institute** shamanism workshop. In this year's shamanism 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. Also, KuKuulKa'an, 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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