



Journey to the Heart of Tao

March 6 - 18, 2012



Sacred Journeys / Wellness Travel / Wisdom Teachings

Happy 2012!

I returned from our 7th annual *Maya Sacred Path* journey in mid-December, just before the busyness of my daughter's 14th birthday, Christmas and New Year's festivities! On this trip we ventured to some amazing places in Guatemala & Honduras ~ Copan, Quirigua, and Lake Atitlan were some of the highlights. Our group was 35 strong with a beautiful and diverse mix of like-minded souls that I really enjoyed getting to know. I have posted some photos on our [Facebook page](#) and I will write more about our experiences in the next newsletter.

In the meantime, there are two very special, **small group** journeys coming up soon that I would like to tell you about. If they resonate with you, I encourage you to check them out and join us! **The deadline to book is Jan 31st and Feb 10th, so please contact us very soon if you are interested.**

The first one is a yoga focussed journey to India, **Golden Sands and Silvery Backwaters of South India, Feb 26-Mar 11, 2012**, led by internationally renowned yoga and meditation teacher, **Padma Stewart**. I met Padma a couple of years ago and was impressed with her level of knowledge and exceptional education in eastern practices. In Feb/Mar of 2011, Padma and I collaborated on a journey to North India and we had 18 lovely participants who had the opportunity to travel from the deserts of Rajasthan to the high western Himalayas. Based on feedback from this journey, we created another program, this time to South India and including a unique program carefully designed by Padma, to include more time for hatha yoga, breath exercises, Sanskrit chanting, meditation, philosophy, and other yogic techniques. Padma will also be offering private one-on-one consultations.

In addition to **Cochin** where our journey begins, and **Chennai** where our journey ends, some of the highlights include: **Munnar**, a confluence of three mountain rivers ~ Mudrapuzha, Nallathani and Kundala; a lovely hill station situated in the western ghats and nestled in the midst of cardamom, tea and coffee plantations; a **Backwater Cruise** amongst a microcosm of flora and fauna and serene village life; a **4 Night Yoga & Meditation Retreat** at a lovely Ayurvedic resort set on 14 acres of lush green land overlooking the blue sea and soft golden sands on the shores of the Arabian Sea; daytime exploring and evening prayer ceremony at **Meenakshi Temple in Madurai**; **Kanchipuram, Golden City of a Thousand Temples** and one of Hinduism's seven most sacred cities; and **Mahabalipuram**, a World Heritage Site where you can see depictions of the great epic Mahabharata.

This is a **guaranteed departure** and as it is a **small, intimate and lovely group**, this is a very unique opportunity to study with Padma and go deeply into practice and experiencing South India at its best. **The deadline to book is January 31st** and you will need a passport that is **valid for at least 6 months**, and a **Tourist Visa for India** (allow 1-2 weeks to process). Vaccinations are not mandatory.

The next journey, **Journey to the Heart of Tao, Mar 6-18, 2012 to Thailand**, is focussed on Taoist Energy Cultivation (Universal Healing Tao), meditation, Chi Kung (Qigong), and Tao Yin Yoga, while staying in two of the most amazing places in Thailand ~ the tranquil sanctuary of **Tao Garden** in Chiang Mai, and a beautiful resort in south east Thailand on the island of Koh Pha Ngan, located on an idyllic pure white sand beach in a picture perfect bay, amongst tropical gardens and harmonized with the wonderful natural surroundings. Your teachers are world renowned Taoist Master, **Mantak Chia**, founder of the Universal Healing Tao System and founder/director of Tao Garden, who will teach us the **Tao Basics of Engery Cultivation**; and **Minke de Vos**, a Senior Universal Tao Instructor who has worked alongside Mantak Chia since 1983. I was introduced to Minke a few years ago and was impressed by her devotion over the past 20+ years to the practice of internal arts and her vast experience in running retreats and offering holistic trainings. But what inspired me the most about Minke was her personal story of healing where she took her health crisis of heart failure and a subsequent heart transplant, into a creative opportunity. Even if you can't join us, I encourage you to watch this [short video of her story](#), or to [read this short article](#).

This is also a small, intimate and lovely group and **the deadline to book is Feb 10th**. You will need a **valid passport**. No Tourist Visa is required and vaccinations are not mandatory.

If you are interested in either of these journeys, please call me to discuss. In the Vancouver area (604) 874-7922 and Toll Free 1-877-874-7922. My email is helen@sacredearthjourneys.ca. I would love to talk to you!

More of our 2012 journeys are listed below, and we are currently working on a few more trips which will be announced in our next newsletter.

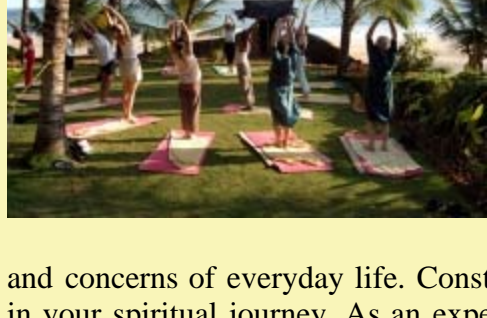
Blessings on your Path!
Helen Tomei (and Daniela Masaro on break!)

Sacred Journeys

GUARANTEED DEPARTURE. DEADLINE TO BOOK JAN 31!

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.

Throughout the journey, Padma will help you release the weight and concerns of everyday life. Constantly present as a host and teacher, she will lead you towards clarity in your spiritual journey. As an expert meditation master and an experienced spiritual counsellor, Padma will also inspire you to fully explore your soul's desire for freedom with a special offering of **private one-on-one meditation consultations**. [Read more...](#)

A SPECIAL JOURNEY 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...](#)

REGISTER EARLY!

Peru - Heart of the Pachamama

September 16 - 24, 2012



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...](#)

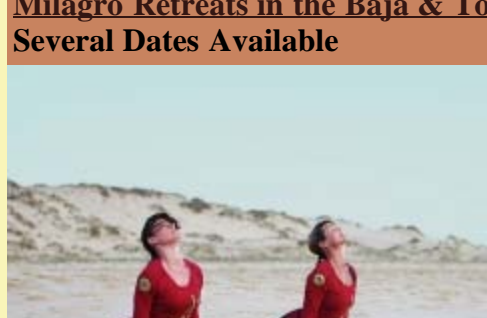
Our **Optional Extension on September 24 - 28, 2012 to Lake Titicaca** is an opportunity not to be missed. Explore the tranquil waters of Lake Titicaca and the **Uros Floating Islands**. These islands, made of Tortora reeds, are home to the Uros people who, according to legend, existed before the sun 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

NEW DATES POSTED! RELAX, RENEW & REJUEVENATE

Milagro Retreats in the Baja & Tofino

Several Dates Available



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...](#)

DEADLINE TO BOOK FEB 10!

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

March 27 - April 14, 2012



Join Spiritual Teachers, **Daniel Stone** and **Arbolita Pashak**. The intent for this event 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 in this time of change. 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, the earth and the universe are in transformation. The human is not longer isolated, he/she can see more clearly and can experience the relation with other energies no 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. Our intent is to help you to perceive the incredible possibilities of this time space - 2012. [Read more...](#)

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