

Sacred Journeys / Wellness Travel / Wisdom Teachings

Solstice Greetings!

While it's getting dark and cold outside, I'm staying bright and cheery while heating up indoors with my regular yoga practice. Yoga is definitely helping me get through these stressful and busy holiday times. Not only is it keeping my body fit and healthy, but it is helping me keep my mind calm and peaceful as well. In this December Newsletter, we thought we'd focus on our fabulous yoga journeys and retreats in hopes that they will help you find peace and tranquillity while improving your health as well.

To begin with, we are pleased to announce our **NEW Blissology Goa YEAH Retreat** with retreat leaders, **Eoin Finn** and **Insiya Rasiwala-Finn**. Experience a flowing vinyasa practice daily grounded in *Blissology* Yoga alignment principles, which incorporate a Yoga philosophy with modern sensibilities as well as an eco consciousness. More than a retreat, the YEAH retreat is an embrace of life and will be one of the most powerful and transformative weeks of your life. We hope you can join us!

We are also pleased to report that our **Golden Sands & Silvery Backwaters of South India** journey is now a **guaranteed departure!** This is really a unique opportunity to be with such an intimate group ~ to be able to go deeply into yoga & meditation practice with plenty of one-on-one time and personal sessions with **Padma** ~ while visiting some of the most beautiful sites of South India, not to mention the fabulous beaches! If you are thinking of joining us for this amazing journey, please **register soon** so you can secure the best airmiles. Check out Padma's website [here](#).

Best of all, these two India trips pair together perfectly! Extend your stay in South India by joining us for both programs! Begin with our Golden Sands & Silver Backwaters journey, February 26 - March 11, 2012 and then continue on with our Blissology Goa YEAH Retreat from March 11 - 17, 2012.

Our year round retreats in Baja, Mexico and Tofino, British Columbia with **Milagro Retreats** continue to be some of our most popular retreats. We have recently added many new dates for 2012 so be sure to check out the several different retreats we offer and **sign up early**. I must report that in the past 3 weeks, we've had at least a dozen last minute inquiries for the New Year's retreat in the Baja, Dec 27-Jan 3, however people have waited too long and now are having a very hard time getting flights! Please don't be disappointed for *any* of our tours and retreats and book early!

If you'd like to try something new to complement your current yoga practice, we highly recommend our **Journey to the Heart of Tao** in Thailand. Join Taoist Master, **Grand Master Mantak Chia** and Senior Universal Tao Instructor, **Minke de Vos** as they lead you through yoga and qi gong practices that will help you find your "Inner Smile" and teach you how to build the foundation for awakening to this powerful healing energy. Thailand is amazingly beautiful, has incredible healing energy, friendly people, and is waiting to welcome you!

We hope you are all finding a way to stay warm and toasty, as well as healthy and at peace during this time and wish you all the best for the holiday season!

NEWS & UPDATES!

I am back from our **Maya Sacred Path to 2012** journey to **Guatemala!** We had a wonderful group of 30 like-minded souls plus our fabulous teachers & guides. Copan, Quirigua, Lake Atitlan, all amazing and beautiful ~ here are a **few photos** posted on our Facebook page ~ more to come! We are already planning our journey for next year which will be up on our website soon!

We only need **3 more registrations** to **guarantee** our **Sacred Odyssey into the Heart of Ancient Greece**. If you have been waiting to register for this journey, now is the best time to do so, so that we can make this trip a go early on and you can begin making your travel arrangements in advance.

EARLY BOOKING BONUSES!

Don't forget that you can still be eligible for some great early booking bonuses. **Register by January 1** for our **Sacred Odyssey into the Heart of Ancient Greece** and receive a **FREE copy of the "Art of Travel Journal"** by Phil Cousineau. We have extended the early booking bonus registration deadline to **January 9** for our **Journey to the Heart of Tao** in Thailand ~ receive a **FREE DVD or BOOK plus a Medical Qigong Remote Healing Session with Minke de Vos**. Also, **register by January 31** for our **Blissology Goa YEAH Retreat** and receive **\$100 off!**

UPDATE! BHUTAN EARTHQUAKE RELIEF - A Photography Fundraiser

On September 18, 2011, the tiny Himalayan Kingdom of Bhutan was struck by an earthquake, which left over 1000 people homeless, destroying homes and centuries-old monasteries. Twelve of Sacred Earth Journey's participants from the 2008 photography tour, **Bhutan: Land of the Thunder Dragon**, with **Jaime Kowal**, have decided to sell images from their trip in order to raise funds to rehouse the young monks of the Chitokha Monastery before winter who are currently living in makeshift tents. **To date there has been over \$2000 in photography sales and \$500 in cash donations towards the relief!** Browse the photographs from their journey [here](#), and if you feel compelled, please purchase or donate. These stunning photographs would make a perfect and heartfelt holiday gift while adding colour, vibrancy and warmth to any home or office. Thank you Chris Hoyer for spearheading the project, Jaime Kowal for your organization and amazing photos, Ryan Tomkinson for doing the website, and all the Bhutan group participants for your wonderful photos. Tashi Delek!

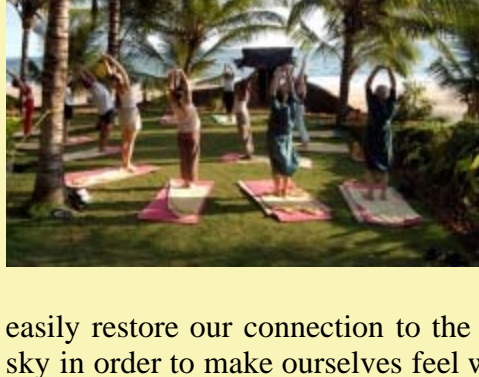
To see all our other journeys and retreats, scroll down to our listings below.

Holiday Blessings,

Helen Tomei & Daniela Masaro

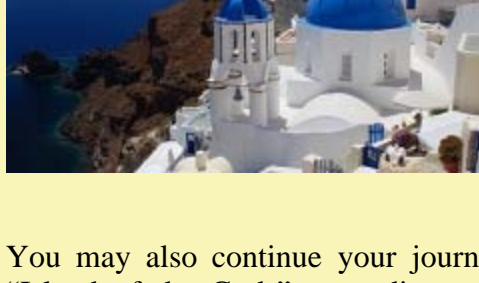
Sacred Journeys

GUARANTEED DEPARTURE! BOOK NOW!
India - Golden Sands & Silvery Backwaters of South India
February 26 - March 11, 2012



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...](#)

REGISTER BY JAN 1 & RECEIVE A FREE COPY OF "THE ART OF TRAVEL JOURNAL"
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 mind and spirit. [Read more...](#)

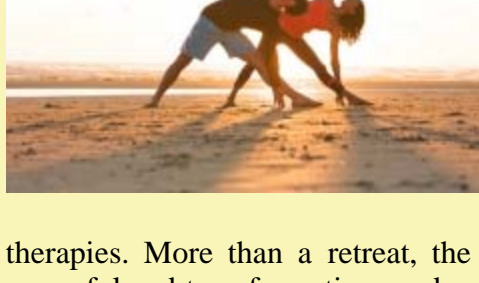
REGISTER BY JAN 9 & RECEIVE A DVD OR BOOK & REMOTE HEALING SESSION!
Thailand - Journey to the Heart of Tao
March 6 - 18, 2012



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...](#)

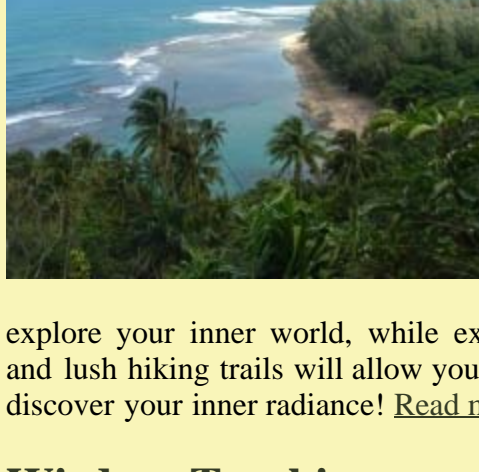
NEW! REGISTER BY JAN 31 & GET \$100 OFF!
India - Blissology Goa YEAH Retreat
March 11 - 17, 2012



Join acclaimed yoga teachers, **Eoin Finn** and **Insiya Rasiwala-Finn** on their first ever retreat in Goa, India. Their teaching is based on the philosophy of *Blissology*, a movement which merges Yoga philosophy with modern sensibilities and an eco consciousness. Experience a flowing vinyasa practice daily with Eoin and Insiya, grounded in Blissology Yoga alignment principles, as well as more restorative and partner work. Expect to go deeper with your Yoga practice, relish time with a community of like-minded individuals, as well as savour time alone to journal, relax in a hammock and experience traditional Indian Ayurvedic

therapies. More than a retreat, the YEAH retreat is an embrace of life and will be one of the most powerful and transformative weeks of your life. [Read more...](#)

REGISTER EARLY!
Kaua'i - Retreat in Paradise
April 6 - 15, 2012

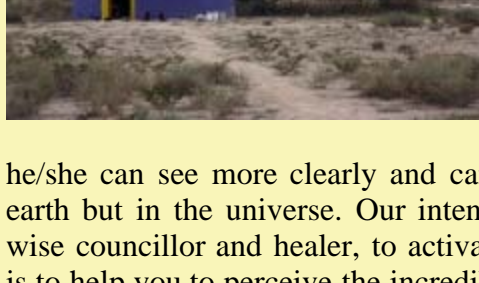


Join **Dr. Alexina Mehta** and **Tiberiu Gozner** for an amazing and transformational retreat on the breathtaking, sacred island of Kaua'i, Hawaii. Kaua'i, rich in outer beauty, is engrossed in powerful healing energy that makes the island notably sacred and welcomes thousands of people to visit every 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 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 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 no longer isolated,

he/she can and see 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. Our intent is to help you to perceive the incredible possibilities of this time space - 2012. [Read more...](#)

7348 Ridge Drive, Burnaby, B.C. V5A 1B5 Canada

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