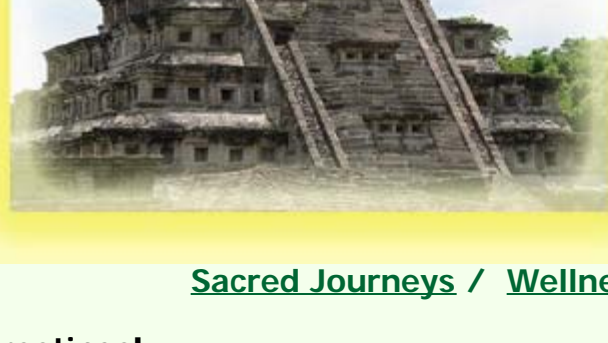




## Journey Through the 5 Elements in Veracruz



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

### Greetings!

Many philosophies and cultures believe that everything in the universe is made up of four basic elements: earth, air, water and fire, and sometimes a fifth element such as ether, spirit, akasha, or wood, depending on the school of thought. Each element also has a corresponding attribute such as a direction, an elemental guardian, an astrological sign, a season, etc., and everything is in relation to each other. One may work with the elements in several ways whether it be by trying to maintain elemental balance within his/her own being, or working with the elements in sacred ceremony.

*"The elements are considered to be sacred, the underlying forces of existence. Because they are sacred, all that arises from them-and that is everything- is also sacred. External nature is sacred and the body is sacred. The elements without and within arise together, from the same source. The warmth of the sun and the warmth of the heart are different in degree, not in kind. The water of the ocean is not different from the water of our bodies. Our flesh is formed from the elements of the earth and it will dissolve back in to the earth. The air in our lungs is the same air the hawk rides. The space in which the universe arises, the space our living room couch occupies, and the space in which our thoughts arise is the same space and is sacred. And all that is in space-substantial and insubstantial, matter and mind-is the elements."*

Tenzin Wangyal Rinpoche

On our sacred journey, [Journey Through the 5 Elements in Veracruz](#), we work with these elements to bring balance to our own lives, as well as promote balance on the earth.

With the guidance of our teacher and tour leader, **Raúl Heredia**, we will learn how to work with the elements and tap into their energy. Beginning our journey, we are introduced to the **5 elements of Chi-kung**, a practice which we will continue to learn about and observe each day throughout our journey. We will also explore individual elements in relation to the sacred sites visited along the way. Ending our journey, we participate in a final elemental chi kung practice which will incorporate all the elements we have worked with throughout the journey. This will allow us to fully integrate all we have learned and experienced and will act as a recapitulation of our entire time in Mexico. This is a special opportunity to work with an amazing teacher and we hope you will join us.

**Please note** we are fast approaching the registration deadline for our **Maya Sacred Path to 2012** journey, [Wisdom of the Ancient Maya Teachers](#). This series of journeys is our most popular and we still have a few places left on this year's trip. Come and explore the sacred land of the Maya with us and participate in a transformational experience.

We will also be adding more great journeys to our 2011 lineup so please stay tuned for more!

### Elemental Blessings,

**Daniela Masaro & Helen Tomei**

## Sacred Journeys

### LAST CHANCE TO REGISTER!

[Mexico - Maya Sacred Path to 2012 - Wisdom of the Ancient Maya Teachers](#)

December 2 - 11, 2010



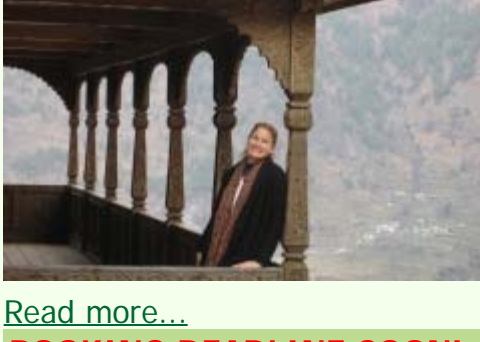
Journey with us and learn the **Wisdom of the Ancient Maya Teachers** on our 2010 **Maya Sacred Path to 2012** program. This is a tour series which began in 2005 and will be offered each year leading up to and past 2012, the end of the Mayan calendar. Each year we focus on different aspects of Mayan teachings and visit different Mayan sites as part of the journey. These journeys are for serious students who wish to evolve a deeper awareness of the true Mayan teachings and thus, evolve themselves through a spiritual awakening of cosmic consciousness. Throughout our journey we will connect with three ancient Maya

teachers: **Itzamná**, the first teacher who brought wisdom to the land of the Maya, **Kukulkán**, the feathered serpent and master of love and wisdom, and **Ix Cheel/Ix Mukane**, who represents the Sacred Feminine, Mother Nature, and the Heart of the Earth. [Read more...](#)

### GUARANTEED DEPARTURE - MORE THAN HALF FULL!

[India - Golden Sands and Diamond Skies](#)

February 20 - March 6, 2011



Join Tour Leader and renowned Yoga Teacher, **Padma**, on an inspiring journey of **North India** as she shares her favourite locations from the **deserts of Rajasthan** to the **high western Himalayas**. Begin each day with gentle yoga classes infused with Classical, Tibetan and Padma's own Himalayan practices, to calm, strengthen and refresh your body. Be guided in meditation to bring you each day closer and closer to the space of inner peace, delight, and clarity that your soul craves. Experience the healing aspects of breath exercises, hand mudras, and other yogic techniques in a unique program designed for this journey.

[Read more...](#)

### BOOKING DEADLINE SOON!

[Mexico - Journey through the 5 Elements in Veracruz](#)

February 23 - March 4, 2011



Come and experience a **Journey through the 5 Elements** with spiritual teacher, **Raul Heredia**, and reconnect with the Great Mother in the tropical forests, vast green sunlit valleys, and breezy ocean shores of the Gulf of Mexico. This is **Veracruz**, a land that rises from a tropical coastal plain into the temperate valleys and highlands of the Sierra Madre Oriental... a land of extreme fertility and abundant life force energy. Strengthen your body, mind and spirit through the daily practice of morning **Chi Kung**, and allow the vital chi energy to stream through your entire being. Our journey is based on the model and teachings of

spiritual teacher and doctor of Clinical Psychology and Holistic Medicine, **Carlos de Leon**, who will honour us as a guest teacher at the onset of our journey. Throughout the journey you will explore the 5 elements of water, earth, air, fire, and ether, integrating these elements into your daily physical and spiritual practices. [Read more...](#)

### EXPERIENCE THE MAGIC OF PERU!

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

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...](#)

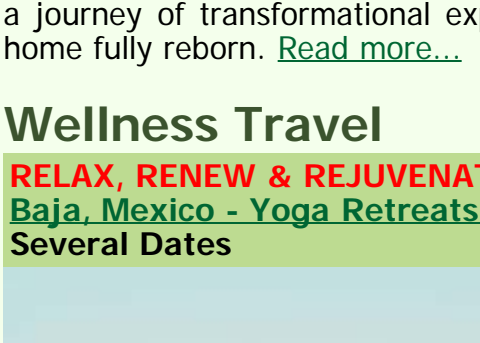
Our **Optional Excursion** on **September 25 - 28, 2011** to the **Amazon** is an opportunity not to be missed. Enveloped by the entrancing sights and sounds of the jungle, experience a reawakening. Enjoy invigorating treks through the dense jungle, relax as you drift along the river in traditional Amazonian boats, encounter a medley of flora and fauna, and simply relish the rejuvenating effects of the Amazon. This revitalizing extension is the perfect way to end off a journey of transformational experiences and profound self discovery, allowing you to return home fully reborn. [Read more...](#)

## Wellness Travel

### RELAX, RENEW & REJUVENATE!

[Baja, Mexico - Yoga Retreats in Beautiful Baja](#)

Several Dates



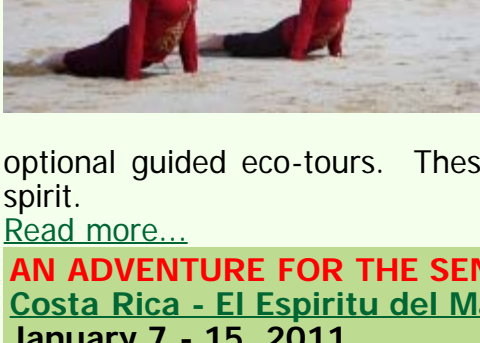
Join **Milagro Retreats** as you escape for a week long getaway to the luxurious Eco Retreat Center, **Prana del Mar**, outside Todos Santos. Milagro Retreats believes in the healing power of food, touch, breath and movement. A combination of these approaches is used throughout the retreat to provide 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 rejuvenating retreats will surely feed your body, mind and

optional guided eco-tours. These retreats will surely feed your body, mind and spirit. [Read more...](#)

### AN ADVENTURE FOR THE SENSES!

[Costa Rica - El Espiritu del Mar](#)

January 7 - 15, 2011



Join **Bruce Smith** and **Laurice Nemetz** on an exciting Bungee and Kayak Adventure in Costa Rica. Imagine paddling in crystal clear water, snorkelling just off a whitesand beach, and catching a glimpse of sea turtles, laughing at playful monkeys and gliding right by huge pelicans, manta rays, dolphins, and egrets who will accompany you on this warm-water adventure. Kayaking in the clear waters of the Pacific Ocean promotes a sense of peace and well-being, both physical and spiritual, while the practice of yoga offers many benefits, from increased flexibility and strength to a deeper sense of connection with the world around us. It is

therefore, a natural fit to combine sea kayaking with yoga. [Read more...](#)

## Wisdom Teachings

### DEEPEN YOUR CONNECTIONS WITH MOTHER EARTH!

[Mexico - Maya Cosmic Institute - Maya Shamanism ~ Mother Earth's Initiation](#)

November 27 - December 2, 2010



Join Miguel Angel Vergara at the **Maya Cosmic Institute** for 5 days of classroom work, ceremonies, meditations, practices, visits to sacred sites, cenotes, and a special journey into the heart of Mother Earth. Work with a Mayan shaman in the otherworldly caves of the Yucatán and learn to connect with Mother Earth in a profound and powerful way. Our purpose is to create a deep and powerful connection with Mother Earth. Space is limited. Please register early. This course precedes our 2012 - Wisdom of

the Ancient Maya Teachers journey. Join us for both! [Read more...](#)

### NEW - BECOME A CONSCIOUS DREAMER!

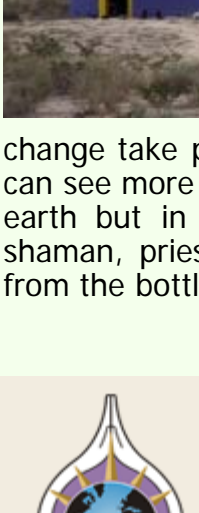
[Centre of the Conscious Dream](#)

April 16 - 30, 2011, 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 course 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. 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 councillor and healer, to activate your own genie waiting to be released from the bottle. [Read more...](#)



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