

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

### Boo!

It's a frightful time of year with goblins and ghosts lurking around. Maybe there are monsters hiding in your closet or under the bed right now! Or perhaps there is something else scaring you and stopping you dead in your tracks. Have you ever thought about how powerless fear can make us? How it can rob us of all logic, reason, faith and hope. It's an unbelievable force if we allow it to be, but we don't have to. As Franklin D. Roosevelt once said, "there is nothing to fear but fear itself". How rightly so! For if we give in to fear, we lose the ability to let our greater self, our authentic self, shine through; we lose faith in ourselves and in others, we lose opportunities and chances, and so much more. Of course being wary or cautious and listening to that little pit in our stomach is necessary, after all, our instinct is there to help us out, but if we give in to fear altogether and just give up, we've lost the game before we've even begun and that is a sad, sad shame.

Is there something terrifying you at the moment that you wish you could let go of but don't know how? Are you struggling with choices or doubt or action? There are many ways to conquer fears and we invite you to find the path that's best for you. Whether it be allowing yourself to surrender to the universe with faith and trust, or finding an inner strength you never had before, or surrounding yourself with a kinship and support system who understands, aids and encourages you, there are countless ways to escape from the shadows of fear. Many people have found a way to face and overcome fear by travelling and journeying and I can certainly understand why. Travelling to a new place can often be scary, and travelling with a group of strangers even more so, but we have found that on our journeys our travellers become instant friends for they are already connected on a spiritual level and they have unknowingly chosen each other to take this journey together to learn and grow individually. Our groups become large extended families, sharing fears, doubts, and challenges and also having a great time together with an abundance of fun, frivolity and laughter. The spirit connection is so strong that many of our travellers have felt that their fellow companions were somehow familiar, that there was some kind of preexisting bond. It is this familiarity and these bonds that allow our travellers to unite against obstacles together and assist each person through his/her individual challenges and struggles. We all know there is strength in numbers, a component any group tour can offer, but strength through a deep spiritual connection and kinship, this is what makes our journeys so unique and rewarding.

We invite you to choose the journey that best serves you, whether it be learning from the ancient wisdom of the Maya on our Maya Sacred Path Journey - [Wisdom of the Ancient Maya Teachers](#), finding balance and clarity through yoga and meditation on our journey through North India - [Golden Sands to Diamond Skies](#), connecting with the energy of Mother Earth on our [Journey Through the 5 Elements in Veracruz](#) or maybe by challenging yourself and pushing your boundaries on our eco adventure and yoga retreat in Costa Rica - [El Espiritu del Mar](#). Whatever journey you choose, have faith in the knowledge that you have chosen the perfect one for yourself. We're sure it will offer you an opportunity to grow physically, mentally and spiritually and will allow you to discover an inner strength you may never have known existed.

And now my dear friends, I shall leave you with another inspiring quote to help you on your way: "courage is not the absence of fear, but the mastery of it". May you all find the courage to tread your paths unafraid and with certainty.

### Special Tribute

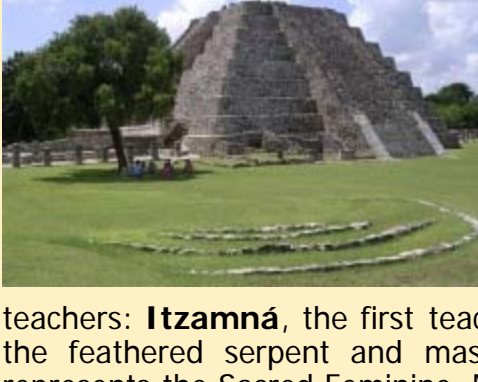
We are sorry to announce that our dear friend and local guide for our Maya Sacred Path to 2012 journeys, Erik Solis Puga, passed away recently. He was not only an integral part of the SEJ team, but he was a dear friend who was deeply loved and will be sorely missed. Erik touched the heart and soul of many, including several of our travellers, and we know that his spirit will live on. We thank him for all the wisdom, love, compassion, and joy he brought to this earth and into our lives, and feel blessed to have known him. Farewell dear Erik; until we meet again...

### Bountiful Blessings,

Daniela & Helen

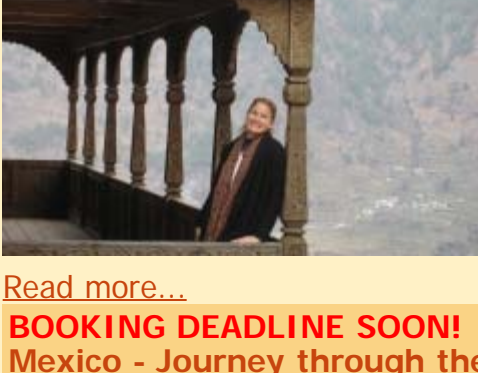
## Sacred Journeys

**GUARANTEED DEPARTURE - FEW SPACES LEFT!**  
[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 Mukab**, 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 we 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

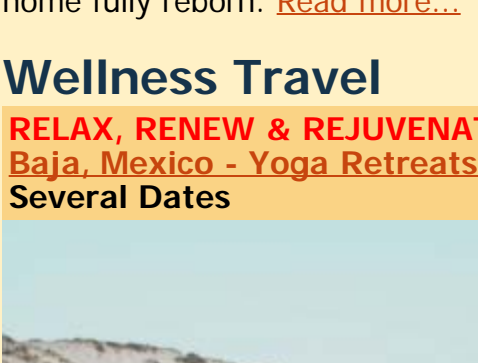


Join us in a heart-opening journey to celebrate the **Spring Equinox** at **Machu Picchu** with Andean Medicine Man, Healer and Wisdom Keeper, **Puma Quispe Singona**. Explore the mysteries of the majestic Andes and find enlightenment and inspiration in this warm and harmonic land. Stroll around the 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 spirit. [Read more...](#)

**NEW - AN ADVENTURE FOR THE SENSES!**  
[Costa Rica - El Espiritu del Mar](#)  
January 7 - 15, 2011



Join **Bruce Smith** and **Laurice Nemetz** on an exciting Yoga and Kayak Adventure in Costa Rica. Imagine paddling in crystal clear water, snorkelling just off a white-sand 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, ceremonies, 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...](#)



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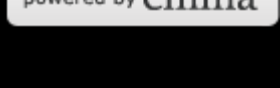
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