



Sacred Journeys / Wellness Travel / Wisdom Teachings

Greetings!

The rains of the season are pouring down on us, nourishing our Earth, and creation is blooming in an array of vibrant colours. Changes and new beginnings are taking place all across the world and Mother Earth is making herself heard in an abundance of ways. Are you listening? If you are looking to make some new changes in your life as well, there is no better time than the present. Harness the creative energies of the season and begin to shift in your own life. We have all come here for a reason. If you haven't already done so, now is the time to realize your life path and live out your destiny!

If you would like to better understand the changes that are taking place across the earth and in your own evolution as well, we have some wonderful, knowledgeable, and inspiring teachers on our journeys who can help you to make sense of what is happening in your own life and in the world as a whole.

On our feature journey, **Activating the Gateway on 11-11-11**, set in the glorious French Polynesian islands of **Tahiti**, our leader and yoga teacher, **Michelle Labelle**, will help you stretch and breathe your way to vitality and new life. Based at the stunning Tipaniers Resort on the magical island of **Moorea**, we will celebrate a momentous occasion in time - November 11, 2011 (11-11-11). Learn 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. This remarkable and unique retreat is sure to sell out quickly so register early and confirm your space.

On our **Maya Sacred Path to 2012** journey, you can learn about the shifts happening now and leading up to 2012 as predicted by the Maya through the teachings of Maya Master Teacher, **Miguel Angel Vergara Calleros** and Spiritual Teacher, **Dr. Richard Jelusich**. This year, our focus will be **Reconnecting to Source and Uniting With the Heart of the Maya**. 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. On our journey we will travel through **Guatemala** and **Honduras**, places steeped in a rich Mayan culture, where the ancient traditions are still alive. Together we will revisit the sacred places where we can more easily restore our connection to the heart of the universe and connect with the wisdom and energy of the ancients.

Announcements

If you have already registered for our **Heart of the Pachamama - A Heart Opening Sacred Journey** in **Peru**, we are pleased to announce our journey is now a **GUARANTEED DEPARTURE!** For those of you have been waiting to sign on, now is the perfect time to register before our tour fills out. Don't delay.

We have finally uploaded our **NEW** retreat in **Thailand** to our website. This inspiring and transformative **Journey to the Heart of Tao**, with Taoist Master, **Grand Master Mantak Chia** and Senior Universal Tao Instructor, **Minke de Vos**, will help you to rejuvenate your health, deepen intimacy, and awaken spiritual presence through Taoist energy cultivation. You will learn practical tools to enrich your life and learn how to uplift and transform energy into creativity, compassion, and love. You will also learn to integrate awareness and breathing through meditation, yoga and qigong, and build the foundation for awakening to this powerful healing energy. We welcome you to join us!

We have also added **NEW Yoga Retreats** in Tofino, BC and Baja, Mexico with our partner **Milagro Retreats** for spring, summer and winter. If you believe in the healing power of food, touch, breath and movement, then these amazing retreats are for you. A combination of these approaches are used during the retreats to provide you with an experience of rejuvenation and peace.

A **NEW** course at the **Maya Cosmic Institute** in Merida, Mexico, is also now on offer. This course will be an intensive program with **Miguel Angel** to connect deeply with the energies of the **Summer Solstice at Chichen Itza** and activate our consciousness. Each day will be filled with teachings, visits to the site, meditations, ceremonies, practices, and more.

If you missed out on joining our retreat to **Kauai, Retreat in Paradise**, you can still follow our tour leader **Alexina Mehta** and the rest of the group on Alexina's blog. To learn about all the remarkable experiences the group shared, click [here](#).

Reminder

Just a reminder that our dear friends and **Maya Sacred Path to 2012** journey leaders, **Dr. Richard Jelusich** and **Miguel Angel Vergara Calleros**, will be in Canada late this spring. They will be presenting their **Mayan Teachings of Inner Transformation** conferences in **Vancouver on May 27, 28, & 29**, and in **Calgary on June 3, 4 & 5**. This is an amazing opportunity for you to become more familiar with Richard's and Miguel Angel's teachings before the journey, or for those who aren't able to join us on our journey in November. Please watch a **short invitation video** from Miguel Angel taken by Richard on our **Maya Sacred Path to 2012** journey last December. For the full conference schedule and to register for this amazing event please **contact us** ASAP as seating is limited.

Begin your outer journey with an inner journey. Discover what you need to live an authentic life which is in line with your life path and destiny and join us on a transformational journey to help set your intentions in motion.

Blessings,

Helen Tomei & Daniela Masaro

Sacred Journeys

SOLD OUT!
Peru - Planting Your Seeds For New Creation
April 21 - 29, 2011



Join "The Practical Shaman", **Renee Baribeau**, and transformational writing expert, **Stephanie Gunning** for a magical journey and writer's quest in Peru where we will experience personal healing and collectively seek a vision for a new world order. This will be an experiential healing and transformational journey utilizing four levels of spiritual engagement, symbolic, metaphoric, physical, and energetic, to enter non-ordinary reality, and will evoke remembrance of our connection to the earth in a sacred landscape where we can source a new vision and feel our power as members of the human tribe. During this journey we intend to uproot our investment in words and beliefs that no longer serve our collective transformation. We will write to tap into inner guidance and facilitate awakening, as we open up to our potential as homo luminous. [Read more...](#)

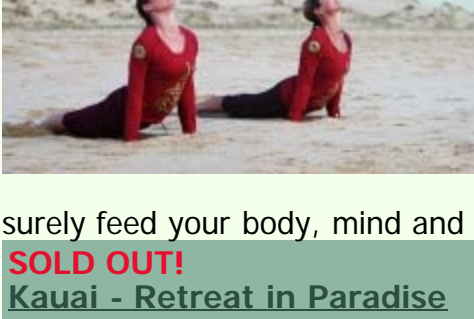
GUARANTEED DEPARTURE!
Peru - Heart of the Pachamama - A Heart Opening Sacred Journey
September 17 - 25, 2011



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 **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 - 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...](#)

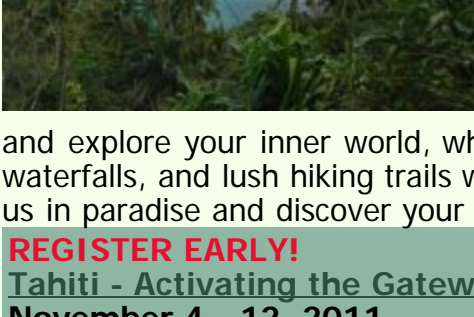
REGISTER EARLY!
Guatemala & Honduras - Maya Sacred Path to 2012
November 30 - December 9, 2011



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...](#)

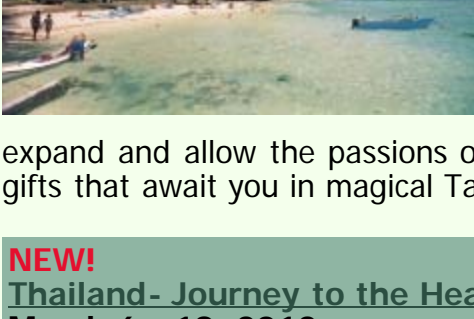
Wellness Travel

RELAX, RENEW & REJUVENATE!
Milagro Yoga Retreats in Tofino, B.C.
Several Dates



Join **Milagro Retreats** for an amazing and restorative yoga retreat in Tofino, British Columbia. 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...](#)

SOLD OUT!
Kauai - Retreat in Paradise
April 8 - 17, 2011



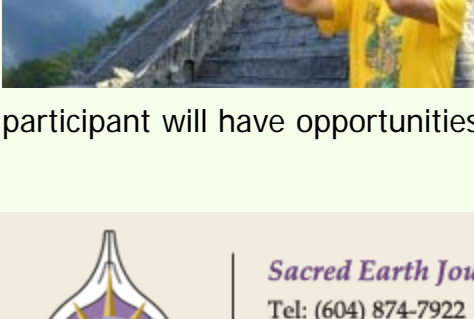
Are you longing to immerse yourself in paradise and cultivate greater awareness and personal power through yoga and movement, meditation, and sacred ceremony? Do you desire a break from your everyday routine to travel to one of the most gorgeous islands on the planet? Then, join **Dr. Alexina Mehta** and **Tiberiu Gozner** for an amazing and transformational retreat on the breathtaking, sacred island of Kauai, Hawaii. 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...](#)

REGISTER EARLY!
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...](#)

NEW!
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...](#)

Wisdom Teachings

NEW!
Maya Cosmic Institute - Maya Summer Solstice Intensive
June 16 - 22, 2011



This is an intensive program with **Miguel Angel** to connect deeply with the energies of the **Solstice at Chichen Itza** and activate our consciousness. There will be a limited number of participants all focusing on receiving the energy of the Sun, grounding it in the Earth, and learning how to live in harmony with our Mother Earth. Each day will be filled with teachings, visits to the site, meditations, ceremonies, practices, and more. Sharing the wisdom with each other is an important part of this experience and each participant will have opportunities to do this. [Read more...](#)

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