

Golden Sands & Diamond Skies

A Classical Yoga and Meditation Journey from Desert to Himalayas with Padma
Feb 20-Mar 6, 2011

JOURNEYS NEWSLETTER - JULY, 2010

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

We are thrilled to be offering an amazing journey to India with renowned yoga & meditation teacher, [Padma](#), February 20-March 6, 2011. On our [Golden Sands and Diamond Skies](#) journey to India, we will explore some of the areas where Padma spent 9 years studying, meditating and learning with her Himalayan teacher. From the **deserts of Rajasthan** to the **high western Himalayas**, this journey is about reconnecting with your divine nature and authentic self through classical yoga, traditional meditation, spiritual discourses, and of course lots of time for Q & A and personal reflection. We will also be celebrating **Tibetan New Year** in Dharamsala! For the detailed tour description and itinerary, click [here](#).

I'm thrilled to be taking this exciting trip to India and able to invite you to join me. For twenty years I have intimately experienced India, living there for 9 years at one stretch, and many times I have been asked by my students to take them. Next spring will be a fulfillment of this wonderful dream, with the professionals at Sacred Earth Journeys, to go to my favorite locations in northern India. The beauty of the Thar desert will be breathtaking, and then for us to fly in a small plane up into the exotic and historical lands of the Himalayas, will be a once in a lifetime journey for everyone. India has been a source of deep spiritual inspiration and awakening for me, and I am glad now to share this with you.

~ Padma

Below I have listed our current **Sacred Journeys** from September through March ~ we have some incredible programs planned, please check them out! On our website you can also find our line-up of [Wellness Travel](#) offerings, including **Teen Journey**, an incomparable program for teens (I am sending my daughter!), two amazing **Yoga Retreats in Tofino** in September, and a lovely **retreat in the Baja** in November. Our **Wisdom Teachings** programs include a [Maya Shamanism](#) course in late November (can precede our Maya Sacred Path to 2012 journey), and a [Practical Intuitive Shamanic Training](#) in Mexico in Oct/Nov.

A reminder that we have some special **Early Booking Bonus's** if you register by **Sept 15th** for either our [Golden Sands & Diamond Skies](#) journey to India, or our [Journey through the 5 Elements](#) program to Mexico, both in February/March, 2011.

Enjoy this beautiful Full Moon!,
~ Helen Tomei

Sacred Journeys

GUARANTEED DEPARTURE!

Ireland - Land of Myth and Mystery - September 13-24, 2010

A Pilgrimage into the Heart of Sacred Ireland



Join author **Phil Cousineau** as he leads you on a pilgrimage through the enchanted "Isle of Eire" where the age of myth, mystery and magic live on. Captivating Ireland is still a land where mysteries are etched as runes within ruins. Treading the Irish mythic past today, we encounter a rich culture that embodies the preservation of its magnificent oral tradition, ancient rituals, romantic poetry and literature, and vibrant folklore and music. Meander along scenic roads that hug the rugged Irish western shore, roam about the undulating countryside and rocky plains,

ferry to the alluring Aran Islands, and journey deep into the very heart of Ireland. [Read more...](#)

LAST CHANCE TO BOOK!

Peru - Heart of the Pachamama - September 17-25, 2010

A Heart Opening Sacred Journey during the Spring Equinox



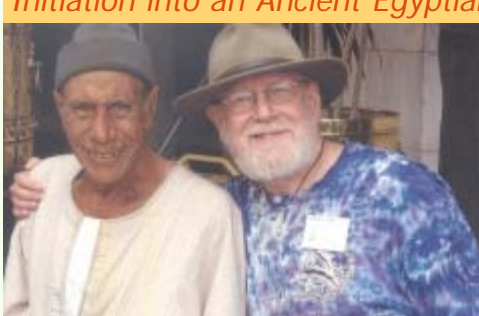
Join us in a heart-opening journey to celebrate the **Spring Equinox at Machu Picchu** with Andean Medicine Man, Healer and Wisdom Keeper, **Puma Quispe Singona**. Explore the mysteries of the majestic Andes and find enlightenment and inspiration in this warm and harmonic land. Stroll around the colourful 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**. As we seek out various temples and sacred sites, and experience and participate in **Sacred Ceremonies** and **Traditional Rituals** led by Medicine Men and Wisdom keepers, we will be deeply immersed in the enigmatic culture of the Incas. [Read more...](#)

[Read more...](#)

GUARANTEED DEPARTURE!

Egypt - Journey to the Land of Ancient Wisdom - October 17-29, 2010

Initiation into an Ancient Egyptian Mystery School



Journey to Egypt, the Sacred Land of Khem (Khemit), with author, independent Egyptologist and Indigenous Wisdom Teacher, **Stephen Mehler**, and Egyptologist, **Vivian Zaki, PhD**. Elevate your consciousness and expand your awareness in preparation for the dawn of a new era on Earth known to the Ancients as the "Golden Age". As you **Journey to the Land of Ancient Wisdom** and wander through this majestic and mysterious land, a land of high wisdom and knowledge, you will move closer to the ultimate goal of higher wisdom and the power of the eternal now.

The ancient dwellers of Egypt had wisdom and knowledge that we are only beginning to rediscover and understand today. They incorporated Cosmic cycles, and universal laws and principles into the dimensions of their sacred stone structures. [Read more...](#)

ALMOST GUARANTEED DEPARTURE

Mexico - Maya Sacred Path to 2012 - December 2-11, 2010

Wisdom of the Ancient Maya Teachers



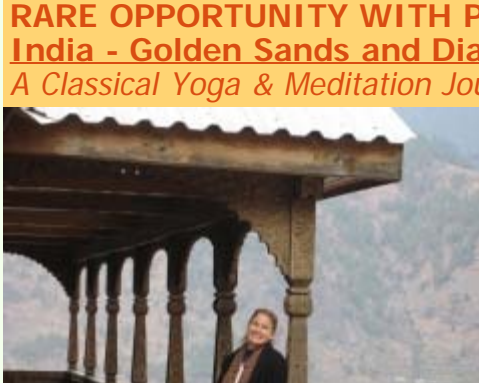
Journey with us and learn the **Wisdom of the Ancient Maya Teachers** on our 2010 **Maya Sacred Path to 2012** program. This is a tour series which began in 2005 and will be offered each year leading up to and past 2012, the end of the Mayan calendar. Each year we focus on different aspects of Mayan teachings and visit different Mayan sites as part of our 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 **Ixcheel/Ix Mukane**, who represents the Sacred Feminine, Mother Nature, and the Heart of the Earth. [Read more...](#)

RARE OPPORTUNITY WITH PADMA!

India - Golden Sands and Diamond Skies - February 20-March 6, 2011

A Classical Yoga & Meditation Journey from Desert to Himalayas with Padma



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 carefully designed for this

journey. [Read more...](#)

SPECIAL OPPORTUNITY WITH RAUL HEREDIA

Mexico - Journey through the 5 Elements in Veracruz - February 23-March 4, 2011

Reconnecting with the Great Mother through Chi Kung, Sacred Ceremony & Meditation



Come and experience a **Journey through the 5 Elements** with spiritual teacher, **Raúl 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 León**, who will honour us as a guest teacher at the onset of our journey. Through 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...](#)

[Read more...](#)



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