



Maya Sacred Path to 2012

Reconnecting to Source and Uniting
With the Heart of the Maya

November 30 - December 9, 2011



Sacred Journeys / Wellness Travel / Wisdom Teachings

Spring Equinox Greetings!

Ah spring! Our days are finally becoming sunnier and warmer and all is aflutter with buzzing and vibrant energy. New life is beginning and there is a warm, nurturing, and rejuvenating essence wafting through the air. Can you feel it? How wonderful it is to be alive and to be in the embrace of Mother Earth!

Spring is a perfect time for new beginnings and changes, and here at SEJ, we have many great new things happening.

To begin with, we'd like to announce a **NEW journey for 2011** set in the glorious French Polynesian islands of Tahiti. Join our leader and yoga teacher, **Michelle Labelle**, as you stretch and breathe your way to vitality and new life on our retreat, **Activating the Gateway on 11-11-11**. 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.

We've also given our **SEJ blog** a makeover and a fresh new look for spring, so if you haven't already done so, now is the perfect time to check it out [here](#). It's a much more vibrant page filled with inspirational and informative posts to help you lead a more balanced spiritual life. If you aren't already a "fan" of our [Facebook Page](#), be sure to "like" us so you can be among the first to hear about any news and announcements.

We are very excited 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**. Dr. Jelusich will discuss the 2012 phenomenon as a major waveform of consciousness, the Earthquake of the Mind. You can grasp the enormity of this inner transformation; then welcome it, in a deeply meaningful way. Working with the Ancient Wisdom of the Maya Masters, Miguel Angel will help you raise your vibration to activate your consciousness through Mayan teachings, ceremonies, meditations, and specific practices. Be a part of the rise in awakening consciousness: the Mayan Calendars and Prophecies have important messages and information to aide you on your journey, in this time of great inner transformation. 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. For more information, please [contact us](#) ASAP as seating is limited.

If you missed our announcement last newsletter, we'd like to remind you that we have recently uploaded our new **Maya Sacred Path to 2012** journey to our website. This year, our focus will be **Reconnecting to Source and Uniting With the Heart of the Maya**. Our journey will take us to the stunning countries of Guatemala and Honduras, 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. Our Maya Sacred Path journeys tend to fill up quite early, so do register as soon as you can.

We are just finishing up the itinerary for our NEW journey to **Thailand** with **Minke de Vos** and **Master Mantak Chia** for March of 2012 so keep an eye out as the details should be up on our website by the end of the month. And stay tuned for another fabulous journey with our cherished friend and tour leader, **Phil Cousineau** who will take us to the mystical land of **Greece** for another amazing pilgrimage and transformational experience in June of 2012.

Last Minute News

Our **\$200 Special Discount Offer** for our Peru journey, **Heart of the Pachamama**, will expire on March 31! Take advantage of the savings and register now!

We have very **limited spaces** on our spring Peru journey, **Planting Your Seeds for New Creation**, so don't miss out - register now!

Our **Retreat in Paradise** in Kauai this April is now **SOLD OUT!**

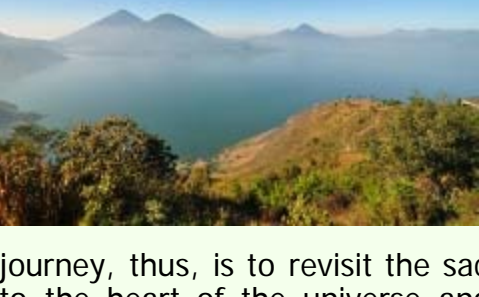
We hope the new season will welcome wonderful new gifts for you and we hope to see you on one of our journeys soon.

Spring Blessings,

Helen Tomei & Daniela Masaro

Sacred Journeys

LAST CHANCE TO REGISTER!
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, metaphorical, 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...](#)

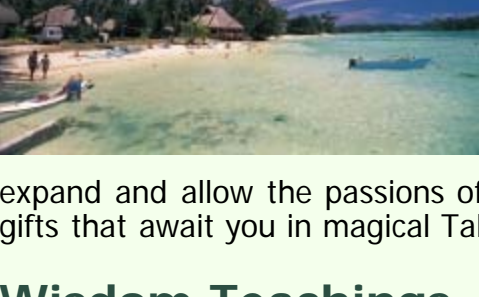
BOOK BY MAR 31 AND SAVE \$200!
Peru - Heart of the Pachamama - A Heart Opening Sacred Journey
September 17 - 25, 2011



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 the 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...](#)

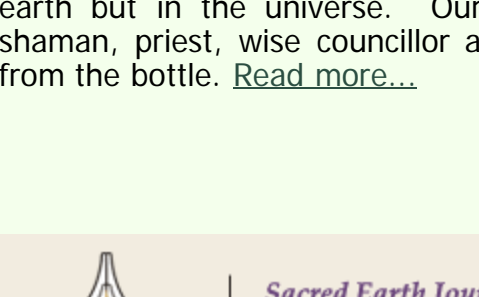
REGISTER EARLY!
Guatemala & Honduras - Maya Sacred Path to 2012
November 30 - December 9, 2011



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...](#)

NEW!
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...](#)

Wisdom Teachings

BECOME A CONSCIOUS DREAMER!
Centre of the Conscious Dream
April 16 - 30, 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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