



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

Greetings!

Autumn is fully upon us now and we've been busy filling our bellies with holiday dinners as well as filling our journeys. All has left us feeling replete, grateful, and very blessed. We hope you too are feeling grateful during this time and are able to recognize even the most simple of gifts.

To inspire you to feel a little more gratitude in your life and to learn about how some indigenous cultures express gratitude, we welcome you to read our new blog, [Gratitude](#). Perhaps this short piece will teach you some new and special ways to share thanks with others as well as reminding you of the importance of demonstrating gratitude, while also aiding in the manifestation of many new blessings and gifts.

To thank you for travelling with us, we have a special gift for our wonderful journey to Greece with our cherished friend, author, filmmaker, teacher, and tour leader **Phil Cousineau**. For all those who **register by Jan 1st** for our **Sacred Odyssey into the Heart of Ancient Greece, June 12 - 22, 2012**, you will receive a **FREE COPY** of Phil's new publication, **The Art of Travel Journal**, the long awaited companion to his award-winning book, **The Art of Pilgrimage**. The journal follows the seven stages of travel from the "The Call" to "The Return" and features many of Cousineau's own photographs and writing exercises. A perfect gift for any pilgrim or traveller. June is a wonderful time to travel to this historically rich and mystical land. With a gloriously warm sun reflecting off the brilliant, crystal waters, you will experience an opportunity for clarity, soulful insights, and an abundance of grace. Join us on this transformational odyssey and be welcomed by the warm and lively hearts of the generous Greek people who have welcomed seekers and travellers from all corners of the globe for thousands of years. We already have a wonderful group forming and are just a few registrations away from guaranteeing this departure. We'd love for you to join us.

We are also grateful to be offering a very unique journey to Thailand, **Journey to the Heart of Tao, March 6 - 18, 2012** with Senior Universal Tao Instructor, **Minke de Vos** and more renowned Taoist Master, **Grand Master Mantak Chia**. This very special journey will help you to open your heart and awaken your inner and outer smile. You will learn to integrate awareness and breathing through meditation, yoga and qi gong, and build the foundation for awakening to this powerful healing energy. We invite you to read our blog, [Open and Heal Your Heart with Qi Gong](#), to learn more of Minke's own personal journey to a new and healthy heart and to learn how you too can awaken your spiritual and human potential and heal your body, mind, and spirit through this transformational practice. And as a special bonus, for those who **register by Dec 15th**, you will receive a **FREE DVD or BOOK** by **Mantak Chia** or **Minke de Vos**, plus a **Medical Qigong Remote Healing Session** with **Minke de Vos**. See the journey link above for full details.

As the weather gets colder, let us reach out to each other for warmth. Let us open our hearts, give thanks, and embrace each other to light the fires within and help keep them burning across this sacred earth.

NEWS & UPDATES!

We have had **ONE SPACE** open up on our [Maya Sacred Path to 2012](#) journey to **Guatemala on November 30 - December 9, 2011**. This space won't last long so if you were hoping to join us on this transformational journey, don't delay - register now!

We still have **only 4 spaces left** on our journey [Activating the Gateway to 11-11-11](#) in **Tahiti**. Don't miss out on your chance to experience yoga in paradise.

There was a nice little article in our local paper today about SEJ and founder, Helen Tomei. See [this link](#) if you would like to read it.

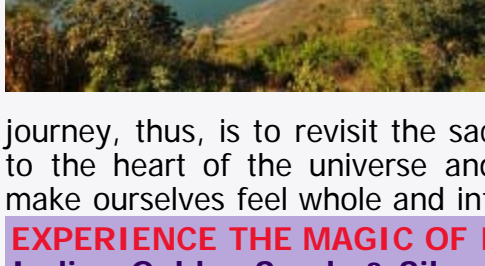
To see all our other journeys and retreats, scroll down to our listings below.

Blessings,

Helen Tomei & Daniela Masaro

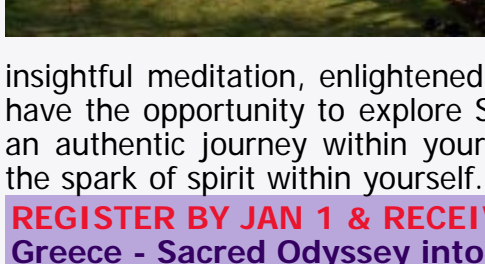
Sacred Journeys

ONLY ONE SPACE LEFT!
[Guatemala - Maya Sacred Path to 2012](#)
November 30 - December 9, 2011



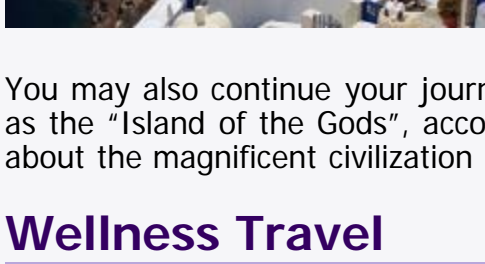
Journey with us to the vibrant and beautiful countries of **Guatemala** and **Honduras** to **reconnect to source and unite with the heart of the Maya** on our **2011 Maya Sacred Path to 2012** program. As the Mayan Calendar draws to a close, it is important for us to reconnect and return to source, 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...](#)

EXPERIENCE THE MAGIC OF INDIA!
[India - Golden Sands & Silvery Backwaters of South India](#)
February 26 - March 11, 2012



Join internationally renowned yoga and meditation teacher and television host, **Padma**, on our captivating Golden Sands and Silvery Backwaters journey through South India. Practice unique, world-class yoga and dive into sublime meditations in tropical and radiant environments and settings. As you experience the healing wonders of hatha yoga, breath exercises, Sanskrit chanting, meditation, philosophy, and other yogic techniques in a unique program carefully designed by Padma, you will be carried closer to a space of inner peace and delight. Through classical yoga, insightful meditation, enlightened spiritual discourses, and time for questions, you will not only have the opportunity to explore South India's astonishing delights, but you will also embark on an authentic journey within yourself as well. Experience a true and honest reconnection with the spark of spirit within yourself. [Read more...](#)

REGISTER BY JAN 1 & RECEIVE A FREE COPY OF "THE ART OF TRAVEL JOURNAL"
[Greece - Sacred Odyssey into the Heart of Ancient Greece](#)
June 12 - 22, 2012

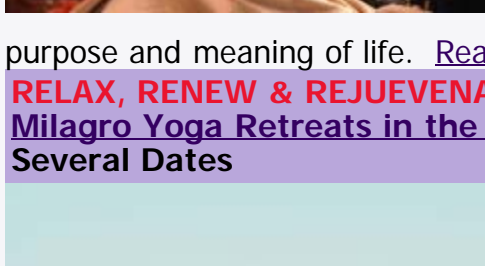


Join **Phil Cousineau** for an unforgettable sacred odyssey into the heart of ancient Greece. Journey through a land of myth and mysteries, discovering the legends of ancient gods and goddesses, heroes and heroines. Visit sacred ancient sites in honour of the Greek gods and goddesses, and take a step back in time to relive the ancient stories. Blessed with the bountiful gifts of the captivating islands, enjoy the spectacular natural surroundings, the warm waters of the Mediterranean Sea, the delicious traditional cuisine, the lively and vibrant culture and the welcoming Greek people.

You may also continue your journey and join us on an **Optional Extension to Crete**, known as the "Island of the Gods", according to Homer. Here we will visit Bronze Age sites and learn about the magnificent civilization that once inhabited this enchanting place. [Read more...](#)

Wellness Travel

APRIL, 2012 DATE COMING SOON!
[Peru - Sacred Ayahuasca Retreat](#)
April, 2012



This Sacred Ayahuasca Retreat with **Diego Palma** is for those people who are seeking a responsible way of spiritually opening to their self awareness and higher consciousness. The retreat offers the key to ancestral shamanic practices which will lead to amplified states of consciousness. The opportunity for deep personal growth, reflection and holistic cleansing is invaluable. The ceremonial initiation with Ayahuasca will open a lifelong relationship with spirituality. The new inner order that emerges is obtained from a transcendental dimension which reveals the purpose and meaning of life. [Read more...](#)

RELAX, RENEW & REJUEVENATE!
[Milagro Yoga Retreats in the Baja & Tofino](#)
Several Dates



Join **Milagro Retreats** for amazing and restorative yoga retreats in **Tofino, British Columbia** and **Baja, Mexico**. 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...](#)

ONLY 4 SPACES LEFT!
[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...](#)

REGISTER BY DEC 15 & RECEIVE A DVD OR BOOK AND REMOTE HEALING SESSION!
[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 love 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...](#)

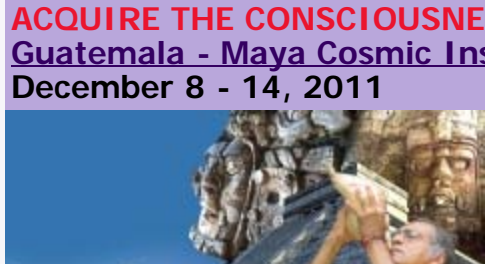
REGISTER EARLY!
[Kaua'i - Retreat in Paradise](#)
April 6 - 15, 2012



Join **Dr. Alexina Mehta** and **Tiberiu Gozner** for an amazing and transformational retreat on the breathtaking, sacred island of Kaua'i, Hawaii. Kaua'i, rich in outer beauty, is engrossed in powerful spiritual energy that makes the island notably sacred and welcomes thousands of people to visit every year to connect to these sacred energies. Here in stillness, we shall listen to the messages that the ancient ones of the island have for us and awaken a spiritual transformation within ourselves. Enjoy deep healing from Mother Earth as she embraces us with her restorative energy, known as **Mana** by the Hawaiians. Through daily yoga, excursions 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!

Wisdom Teachings

LAST CHANCE TO REGISTER!
[Mexico - Centre of the Conscious Dream](#)
October 29 - November 26, 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 event is to create spaces through practices 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. 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 counsellor and healer, to activate your own genie waiting to be released from the bottle. Our intent also is to prepare conscious dreamers to function in subsequent circles, to help the conscious dreamer develop their ability to hold their own power and to contribute to the circle from the place of their deep authentic wisdom. [Read more...](#)

ACQUIRE THE CONSCIOUSNESS OF THE WIND SPIRIT. ONLY ONE SPOT LEFT!
[Guatemala - Maya Cosmism Institute - Shamanic Initiation of the Air Element](#)
December 8 - 14, 2011



Join us this year in **Panajachel, Guatemala** for the **Maya Cosmism Institute** shamanic workshop. In this year's shamanic workshop, **Miguel Angel Vergara** guides us to receive the consciousness of "Ik", the Wind Spirit. The spiritual purpose of the workshop is to receive the **shamanic initiation of the Air element**, the Wind Spirit "Ik", and awaken within you: the verb, the breath, the sacred word, the Maya message, and the conscious communication. In this program the Maya Teachers of the Great Teacher us as we work with the "Four Wind Spirits" of the Universe. Also, KuKuulKaan, the great teacher of the Maya Wisdom, the "Precious Serpent", will rise on the wind to help us discover the deepest secrets of Nature. Each day will be filled with lessons, practices, lectures, meditations, chanting, ceremonies, and adventures. There will be time to share experiences, ask questions, and settle deep into the Maya Sacred Wisdom. [Read more...](#)



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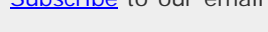
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