



Journey through the 5 Elements in Veracruz

Feb 23-Mar 4, 2011

JOURNEYS NEWSLETTER - JUNE 2010

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

We have two new exciting journeys to tell you about in this newsletter! But before that I'd like to mention that our journey to **Ireland with Phil Cousineau - Land of Myth and Mystery: A Pilgrimage into the Heart of Sacred Ireland**, Sep 13-24, is now a guaranteed departure and registration is now if you would like to join us.

Message from Phil Cousineau:

Since the waning weeks of December, in 1974, I have been visiting Ireland, first as a post-college backpacker, then as a writer on sabbatical, a filmmaker in search of the ancient Celts, and then over the last twenty years a guide to the soul of this mysterious and mythic land. I've been blessed to teach alongside such legendary Irish figures as the Nobel Prize-winning poet Seamus Heaney, the mystic poet John O'Donohue, and the great musicologist P. J. Curtis, who will be our special guest on this journey! I feel fortunate to be returning again this September to lead a pilgrimage into the heart of Ireland, a tour which will be the sixth I've led or coled to the Emerald Isle. I hope you can join us for an unforgettable visit. This year our theme will be pilgrimage, and as I wrote in my worldwide bestseller, "The Art of Pilgrimage," each Pilgrimage is always an inward and transformational journey. Please join us! - Phil Cousineau

The booking deadlines for our **Ireland** and **Peru** journeys in **September** are approaching fast, so if you are thinking of joining us, please register soon.

The first new journey I would like to tell you about is our **Journey through the 5 Elements in Veracruz**, Feb 23-Mar 4, 2011. We have developed a journey that will not only allow people to connect deeply with the **5 Elements** and the beauty & abundant life force energy of **Veracruz**, Mexico, including learning a **5 Elements Chi Kung practice**, but will also introduce people to spiritual teacher and doctor of clinical psychology and holistic medicine, **Carlos de Leon**, as well as our journey leader and teacher, **Raúl Heredia**. Raúl has been studying with Carlos for many years and has been chosen to lead this journey because of his complete spectrum of qualifications. Raúl has also studied with many other master teachers in the traditions of Shaivism, Vipassana, Dzogchen, Mahamudra, Zen, Kabbalah, and Mahayoga Tantra. You can read more about Raúl [here](#).

We invite you to join us as we reconnect with the Great Mother in the tropical forests, vast green sunlit valleys, and breezy ocean shores of the Gulf of Mexico. We will strengthen our body, mind, and spirit through the daily practice of Chi Kung, and explore the 5 elements of water, earth, air, fire, and ether, integrating these elements into our daily physical and spiritual practices. Live a more sacred and balanced life, fully attuned to the rhythms of Mother Earth...learn more about how the 5 elements can aid in restoring balance within yourself as well as the natural world. To read all about this journey, and learn about the **early booking bonuses**, click [here](#).

Our next new journey is to **India - Golden Sands and Diamond Skies - A Classical Yoga and Meditation Journey from Desert to Himalayas with Padma**, Feb 20-Mar 6, 2011. This is a rare and wonderful opportunity to travel with renowned Yoga & Meditation teacher, **Padma**, as she shares her favorite locations from the **deserts of Rajasthan** to the **high western Himalayas**. We will also celebrate **Tibetan New Year** in Dharamsala! Through classical yoga, traditional meditation, enlightened spiritual discourses, and lots of time for questions, you will not only explore India's astonishing delights, but you will also be on an authentic journey within yourself as well. Read all the exciting details [here](#). **Read on below for more of our offerings!**

For me, I am hoping to get some R & R over the summer, spend time with the kids, sleep in (yeah, right!), do nothing, read, try to get some yoga in, spend time on our little boat, relax on Mayne Island, and of course continue working on more journeys :-)) I hope you all have an amazing summer!

Wishing you well on your Path,

Helen Tomei

Sacred Journeys

GUARANTEED DEPARTURE!

[Ireland - Land of Myth and Mystery - A Pilgrimage into the Heart of Sacred Ireland](#)

September 13-24, 2010

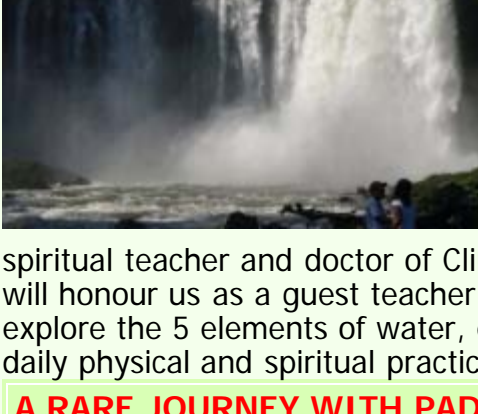


Join author **Phil Cousineau** as he leads you on a pilgrimage through the enchanted "Isle of Eire" where the age of myth, mystery and magic live on. Captivating Ireland is still a land where mysteries are etched as runes within ruins. Treading the Irish mythic past today, we encounter a rich culture 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. Also enjoy special guest appearances along the way with one of Ireland's leading authorities on Irish music, **P.J. Curtis** as well as leading expert on Celtic Mysticism, **Dara Molloy**, and have the opportunity to meet other wonderfully entertaining and knowledgeable locals.

MACHU PICCHU REOPENS! BOOKING DEADLINE SOON

[Peru - Heart of the Pachamama - A Heart Opening Sacred Journey during the Spring Equinox with Andean Medicine Man, Healer and Wisdom Keeper, Puma Quispe Singona](#)

September 17-25, 2010



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. We are also offering an **Optional Excursion** on **September 25 - 28, 2010** to the **Amazon** - an opportunity not to be missed.

STARTING TO FILL - PLEASE JOIN US!

[Egypt - Journey to the Land of Ancient Wisdom - Initiation into an Ancient Egyptian Mystery School](#)

October 17-29, 2010



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.

LAST YEAR'S JOURNEY SOLD OUT - BOOK EARLY!

[Mexico - Maya Sacred Path to 2012 - Wisdom of the Ancient Maya Teachers](#)

December 2-11, 2010

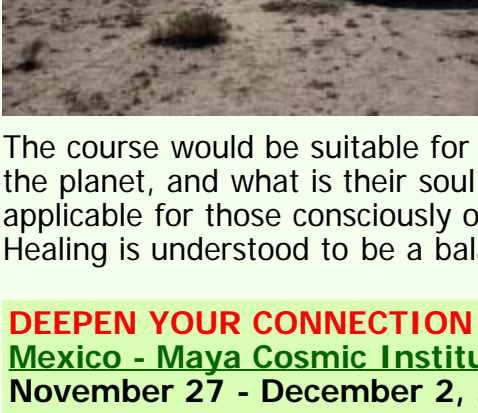


Journey with us and learn the **Wisdom of the Ancient Maya Teachers** on our 2010 **Maya Sacred Path to 2012** program. Throughout our journey we will connect with three ancient Maya teachers: Itzamná, the first teacher who brought wisdom to the land of the Maya, Kukulkán, the feathered serpent and master of love and wisdom, and IxChel/Ix Mukane, who represents the Sacred Feminine, Mother Nature, and the Heart of the Earth. It is they who will help us to be reborn in the mystical land of the Maya. Combining our visits to the sacred sites with traditional Mayan ceremonies, we will be led by **Miguel Angel Vergara Calleros** who will share his informative teachings of the Maya Wisdom and Cosmology. We will also have three lectures with **Dr. Richard Jelusich**

EXPLORE & INTEGRATE THE 5 ELEMENTS

[Mexico - Journey through the 5 Elements in Veracruz - Reconnecting with the Great Mother through Chi Kung, Sacred Ceremony and Meditation](#)

February 23-March 4, 2011

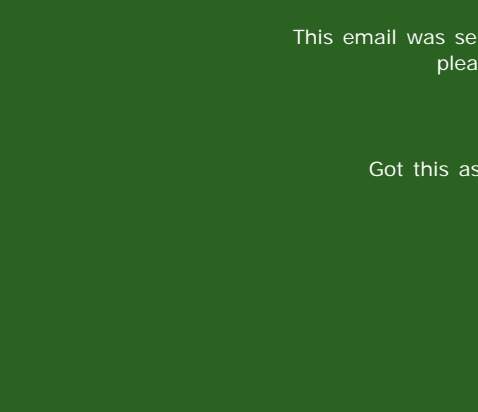


Come and experience a **Journey through the 5 Elements** with spiritual teacher, **Raúl Heredia**, and reconnect with the Great Mother in the tropical forests, vast green sunlit valleys, and breezy ocean shores of the Gulf of Mexico. This is **Veracruz**, a land that rises from a tropical coastal plain 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. Throughout 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.

A RARE JOURNEY WITH PADMA

[India - Golden Sands & Diamond Skies - A Classical Yoga and Meditation Journey from Desert to Himalayas with Padma](#)

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 carefully designed for this journey.

Wellness Travel & Yoga Retreats

EXTRAORDINARY TEEN EXPERIENCE!

[North Vancouver, British Columbia - Teen Journey](#)

August 30-September 5, 2010



Teen Journey is a powerful and fun-filled experiential camp, led by renowned international leaders and designed specifically for teenagers aged 13-18, which goes far beyond an ordinary teen camp experience. While incorporating many fun activities that we have long come to associate with summer camp, including the opportunity to create deep, long-lasting friendships, there is also an invitation into the awareness of the depth and sacredness of the task of being a person of integrity and honour. A person who is true to themselves and a valuable member of a community. We will introduce young people to tools and multi-disciplined perspectives that will support them with their most important task in life...discovering and expressing who they really are in order to contribute to the whole.

WOMEN'S RETREAT!

[Tofino, British Columbia - Shakti Women's Yoga Retreat](#)

September 24-27, 2010

Come and celebrate the fullness of the feminine spirit in alignment with the **Autumn Equinox** at our 4 day Yoga Retreat in Tofino's Botanical Gardens. Enjoy daily yoga and meditation classes designed specifically to support and empower women's health and spirit provided by **Natalie Rousseau**. Savor abundant **Vegetarian Feasts** inspired by our Garden Harvest, created by **Milagro Retreats'** kitchen goddesses. Enjoy the evenings in community learning Ayurvedic healing techniques with Wise Earth practitioner **Kimberly Loeb**. Our final day of this fantastic retreat will include a trip to Meares Island with **Tla-ook Adventures** in one of their traditional First Nations dugout canoes. We will finish off the whole weekend with an evening of celebratory henna painting.

KICK BACK THIS WINTER IN BAJA!

[Baja - Full Moon Eco Yoga Retreat](#)

November 20-27, 2010

Join yoga teacher **Dorothy Price** and **Milagro Retreats** as we commune under the Full Moon on our week long get-away to the Luxurious Eco Retreat Center, Prana del Mar, outside Todos Santos. Deepen your yoga practice, whether you are newly on the yoga path or an experienced yogi. Explore alignment within your pose as well as fluid movement from one pose to the next in **Hatha Flow Yoga**. In the mornings explore the energetically balanced fluidity of Hatha Flow Yoga and in the warm afternoons enjoy a slower, deeply inward turning yoga experience. We will learn simple, yet effective tools, to calm the mind and lead a healthier lifestyle through Asana, Pranayam and Meditation. Giving one to one attention and helping you develop a home practice are important aspects of the retreat. Choose from an array of activities or simply relax, read a book and listen to the sounds of Mother Ocean as you are lulled into a state of restoration

Wisdom Teachings

BECOME A CONSCIOUS DREAMER!

[Mexico - Centre of the Conscious Dream - Practical Intuitive Shamanic Training Course](#)

October 29 - November 26, 2010

Join Spiritual Teachers **Daniel Stone** and **Arbolita Pashak**, along with other special guest teachers, on a shamanic journey in central Mexico. This course is designed to help the participant open to their intuitive wisdom, and, if it is wanted, to their healing ability. The premise of the course is that each individual has everything they need to know in their own body, their own cellular library, and the work is to learn how to enter the library and how to read the material. The wisdom that we will be accessing will not only arise in the form of words, but also as images, emotions, sensations and other types of sensory activity.

The course would be suitable for anyone who wants to know who they are, why they are on the planet, and what is their soul purpose and journey through time and space. It is also applicable for those consciously on a healing path either for themselves or for healing others. Healing is understood to be a balanced understanding of mind, body, spirit, and emotion.

DEEPEN YOUR CONNECTION 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 five days of classroom work, ceremonies, meditations, practices, visits to sacred sites, cenotes, and a special journey into the heart of Mother Earth. Work with a Maya 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 **Maya Sacred Path to 2012 - Wisdom of the Ancient Maya Teachers** journey. Join us for both!

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