



A MAGICAL SHAMANIC ADVENTURE TO THE SEA OF CORTEZ

8 Day Expedition - May 13 - 20, 2012
La Paz, BCS, Mexico



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This transformational spiritual journey invites you to experience an adventure filled with profound connections to the magical elements of land, sea and the stars; while being immersed in the company of whales (to include some of the largest in the world), hundreds of dolphins, jumping manta rays, rare marine life and so much more.

On this **Shamanic Teaching Journey** in the bountiful Sea of Cortez we will explore how the world around us is doorway to magic. Shamanic teachings and practices will be shared to deepen your connection to energetic realms, physical awareness, and the ancient knowledge of the natural world of the Sea Of Cortez. A truly amazing opportunity to begin your personal journey of discovery, or deepen your existing path of spiritual development filled with awe, wonderment, and a profound connection to the mysteries of the this world and beyond.

This personal journey will invite you to:

- Receive teachings on how to recognize the different types of energy and beings found in the natural world
- Expand your understanding of energy management, healing, magic and your True Nature through practices of awareness and consciousness
- Engage in a personal process of discovering you, and where you are on your spiritual path of development and expanding your heart of compassion
- Learn Shamanic techniques of cleansing, purification and practices to assist in connecting to the magical realms of this region
- Take home practices and knowledge that can accelerate your personal growth, development, increase your spiritual awareness and expand joy in your daily life
- Bring yourself home, to self and open the door to the magic of the natural world and beyond!

FACILITATORS of the JOURNEY



Gretchen Andersen has been teaching in Mexico and other parts of the world for over 35 years. In the field of Shamanism, she has studied with prominent teachers such as Carlos Castenada and Dr. Carlos de Leon where she has trained in meditation techniques from the Tibetan schools of Dzogchen, Mahamudra, Tantric Shaivism, Kabbalah and High Magic. During this time she has researched, studied and practiced multidisciplinary paths of healing a spiritual development for growth in consciousness and energy management.

She is passionate about the discovery and exploration of the many sacred sites around the world. In most recent years she has traveled extensively to Israel, France, England, Ireland and Scotland. These profound magical experiences has brought

Gretchen to a deeper understanding of the powerful work to be done in these places of sacred connection, to assist the healing of ourselves and our planet.



Renate Geier is a mentor, facilitator, and producer of sacred events, retreats and gatherings for conferences and special events across Canada, USA and Mexico. Having been a pioneer entrepreneur in the spa, beauty, and health and wellness industry for the past 35 years, Renate played an instrumental role in leading the way of bringing transformational healing experiences and ancient wisdom teachings into the Canadian spa industry.

For the last ten years Renate has sponsored several teachers to bring their wisdom teachings and practices to British Columbia, and in particular fostered a very special relationship with Gretchen Andersen. During this time she organized many training programs and events on the subjects of Healing, Shamanism and Magic, facilitated by this gifted teacher. Renate is very excited to take the next

steps in collaboration, to bring this work to magical sacred places around the world.

Renate is CEO of SACRED EVENTS & RETREATS, a Vancouver-based organization committed to creating a global network of healing communities to share sacred ancient teachings, models of visionary practice and transformational experiences for personal and spiritual growth.

TRIP INFORMATION

Itinerary:

Day 1: Sun. May 13, 2012 Your Arrival

Group will be met at La Paz/Cabo airport and transferred to the Hotel Marina for your first night stay.

Day 2: Group Gathering & Introduction to the Teachings

Today we begin our journey with introductions, setting intentions for the journey and introduction to the path of compassionate Shamanism. As this will take most of the day, participants are asked to pack their belongings, prior to leaving, and it will be transferred to the ship, the "Adventure". Upon completion of the day's activities the group will then board the ship and depart the Bay of La Paz for the islands.

Day 3 - 6: Magical Adventures at Sea

One day three we will begin our adventure at sea. Some of the islands to be explored include Isla Espiritu Santos, Isla San Francisco, Isla San Jose and Isla Partida. During our time out at sea, each day will begin with morning practice, teachings and days filled with adventure discovering magical connections to elements of the land, sea and stars.

Day 6: Enjoying La Paz

We will arrive back at the marina in LA Paz in the late afternoon on the 6th day and transfer to the Marina Hotel for a 2 night stay. In the evening we will gather for an integration session for the journey and preparation for the Temazcal Ceremony for the next day.

Day 7: Temazcal Ceremony - Cleansing and Rebirth

The intention of this is to balance the mind, body and spirit, which they say promotes spiritual rebirth. In ancient Meso-america it was used as part of a curative ceremony as a part of healing. The Ceremony will be followed by an evening of celebration to complete the integration of the week long magical journey.

Day 8: Conclusion of Journey

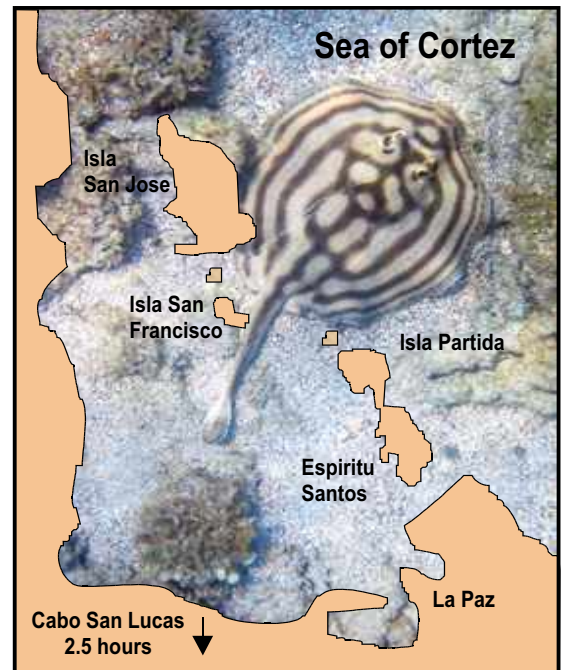
Check out of the hotel and this now concludes our expedition. Group airport transfers will be provided.

Planned Activities:

Outside of the teachings participants can anticipate the following activities:

Snorkeling - snorkel in shallow, crystal clear waters and observe the amazing diversity of life beneath the sea.

Kayaking - Kayak along the pictureques coastline and in quiet bays. The kayaks are amateur "sit-on" type boats that are made of high impact plastic, requiring no previous experience.



Late afternoon snorkel and kayak.



The untouched, raw beauty of the islands.



Laughter is the best medicine.

Desert Island Nature Hikes - Explore and venture through many different environments. Meander through cactus forests observing native plants and animals and their amazing adaptations to the harsh environment. Visit an actively mined salt pans where the local fishermen produce salt to preserve the day's catch. Beachcomb along miles of white sandy beaches collecting crystal agates.

Marine Life Encounters - Anticipate encounters with one or more of the several different species of whales found in the Sea of Cortez. Marvel at the antics of hundreds of dolphins as they escort us on our journey swimming alongside the ship. Explore a sea lion habitat where males jostle for dominance, females nurture their young and juveniles come out to play. Encounter manta rays as they swim by the ship or do back flips on the distant horizon. Discover a large variety of seabirds nesting in cliffs and cactus and hiding in the low-lying brush on the shoreline.

Evening Activities - As the sun sets and the night falls upon us one of the most beautiful things you can do is stargaze. Our resident astronomer, will introduce you to the night sky to include an astrological tour of the constellations.

Climate:

During the month of May the average temperature in the Sea of Cortez ranges from 24-28° Celsius (75-82° f). In the Baja the days are hot and beautiful, the evenings comfortably cool, often requiring light pants and sleeved shirt. The water temperature ranges from 18-22° C (65-72° f) and invitingly warm, however it is not the tropical water temperatures one would expect.

Menu:

Our meals consists of a variety of healthy and nutritious foods including fresh fruits, vegetables and meats. The ships cuisine reflects the Mexican culture and most dietary needs can be accommodated with advanced notice. Fresh blended alcohol and non-alcohol beverages will also be served.

Customs and Immigration:

A valid passport is required for pre-immigration clearance prior to leaving the docks in La Paz.

Ship Crew:

The ship's naturalists bring to the expedition an educational component with 30 years of combined experience in teaching marine sciences, natural history and astronomy in the Baja. Our goal is to blend adventure travel with environmental and conscious awareness, providing participants with an unforgettable cultural and educational experience. The Captain, engineer and crew are onboard to insure the safety and well being of the group. They bring many years of mariner experience in the Sea of Cortez and exemplify the warmth and kindness that reflects the beauty and hospitality of the people of Baja, Mexico.



Blue whales feeding in the area.



A late afternoon hike ends as the sun sets.



Amazing bird life - Blue-footed Boobie birds.



The MV Adventure (110') at anchor.

Ship Info:

The "MV Adventure" is a newly built 110' aluminum hull ship. As a certified passenger vessel, all crew, vessel paperwork, safety and navigation equipment meet the legal requirements under the "Nacional de Seguridad Maritima" laws. The multiple level decks are ideal for wildlife viewing and accommodations are private staterooms with single berths, double/triple occupancy. Each stateroom comes complete with air conditioning, cupboards and draws to unpack in, sink/vanity and comfortable spacious bunks. Shared restrooms and showers are separate to the staterooms.

Journey Includes:

Airport transfers (on the designated days of travel), 3 nights at the Hotel Marina in La Paz, 4 nights onboard the ship (including all meals, accommodations, snorkel gear, kayaks and ships library), Temazcal cleansing ceremony, nature walks, spiritual teachings, ceremonies and sharing circles with Gretchen and Renate, tourism fees and pre-immigration clearance. Look for their email.

Journey DOES NOT Include:

Airfare to San Jose del Cabo (SJD), Travel Insurance (ask us for a quote), meals during hotel stay, crew gratuities, spending money and items of a personal nature.

PLEASE NOTE: We highly recommend that participants purchase trip cancellation insurance, in the event of an unexpected cancellation. We also recommend that you have adequate medical insurance to cover any unforeseen situations that may arise.

Journey Cost:

- **USD \$2295.00** per person - trip is open to 14 participants, based on dbl/trip occ.

Reservations and Payments:

Registration is through Sacred Earth Journeys at www.sacredearthjourneys.ca. A deposit of USD \$500.00 will confirm your reservation until 70 days prior to trip departure, at which time the final balance is due. Payment can be made by cheque (in US dollars) or bank draft, made out to Sacred Earth Journeys. Payment can also be made by VISA (plus a 3% administrative fee). Please see the Sacred Earth Journeys website for Terms & Conditions, www.sacredearthjourneys.ca.

"As human beings we all want to be happy and free from misery... we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger, attachment, fear and suspicion, while love and compassion and a sense of universal responsibility are the sources of peace and happiness." Dalai Lama

For more information about this journey, please contact:

Sacred Earth Journeys ~ Helen Tomei ~ Tel: (604) 874-7922 ~ Toll Free: 1-877-874-7922
Email: helen@sacredearthjourneys.ca ~ Website: www.sacredearthjourneys.ca

OR

Sacred Platform Events & Retreats ~ Renate Geier ~ Cell: (604) 813-2848
Email: rgeier@telus.net Website: www.sacredplatform.ca

To reserve your space on this journey, please contact:

Sacred Earth Journeys ~ Helen Tomei



A visit to a local fishing village on one of the islands.



Mined salt pans used by the local fishermen.

