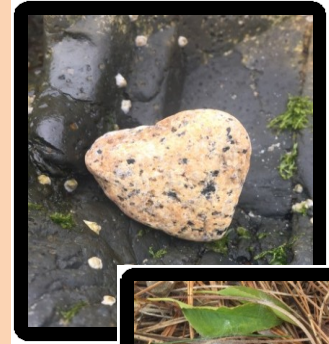




"Heart Opening" Shamanism & Yoga Retreat in the Beautiful Jungles of Belize March 18-25, 2017



with

Shamanic Practitioner, Joyce St. Germaine, M.Ed., CH.t

and Yoga Teacher, Anneliese Hurlock, RYT-200

Come Celebrate the Vernal Equinox with Us!

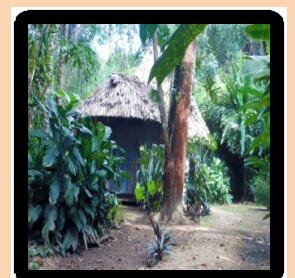
Explore the perfect fusion of Yoga and Shamanism! Join us for an extraordinary retreat to celebrate the energy of the jungle. Shamanism and Yoga have much in common and this kinship is just waiting to be explored, especially during this perfect time of seasonal balance. Shamanism is based on the simple premise that the same energy flows through and connects all things in the universe. Yoga is an ancient practice which provides a framework for personal, and spiritual growth. Both practices draw inspiration from nature and help bring one closer to the energies of the universe. This unique and lovingly developed retreat is designed to explore the "kindredness" of these two disciplines. Together they invite you to rediscover who you truly are in Body, Mind, and Spirit. Shamanism and Yoga will be fused into daily ceremonies, activities, and workshops specifically designed to assist you in releasing whatever prevents you from truly and totally, loving and being loved. Only then can you welcome a restorative, healing essence to embrace love on all levels. All activities will be appropriately modified for each person's level of experience and fitness. Instructors Joyce and Anneliese are highly experienced in working with adults and children of all ages.



Explore, discover, celebrate, reclaim, restore!

Individuals, couples, and families...everyone wishing to open their hearts and deepen their loving connections to nature, to themselves and to others is invited. Any level of shamanic and yogic experience is welcome.

Macaw Bank Jungle Lodge is a family friendly, **green-conscious**, authentic rainforest destination, producing their own electricity and water. Situated on a 50 acre Nature Reserve, this riverfront property has 450 different bird species. Swim, tube, hike. **Embrace a 1,000 year old Ceiba Tree**, extremely sacred in Mayan Shamanism. With accommodations of six nicely appointed rustic style cabanas, the lodge can accommodate 14-20 people.





Joyce St. Germaine, M.Ed., CH.t., is an award winning Teacher, Artist, Certified Shamanic Practitioner, Certified Shapeshifting Practitioner, Spiritual Counselor, Certified Hypnotherapist, and TV Show Host/Producer. Joyce has taught shamanism and spiritual studies throughout the US, in Canada, Mexico, Belize, Costa Rica, and Italy. Trained in Cross Cultural Shamanism, she blends the teachings of the Americas, Tibet, Australia, and Egypt. She deepens her practice in the jungles and villages of Central America. Owner/Director of The Sacred Journey Center for Spiritual Studies, she resides in CT, USA. You may contact her at: www.thesacredjourney.biz or jsgermaine@aol.com or (860) 675-9706.

Anneliese Hurlock, RYT 200, is Certified Svasta Yoga Instructor (Bali, Indonesia) and is Certified in Yoga Therapy (5&6 Svasta Yoga) and as a Kid's Yoga Teacher (MYNT). She has trained around the world, studying yoga therapy and real life applications of stress management and healthy, heart-centered living. Anneliese strives to help students to be playful and loving to themselves and others through the ancient wisdom of yoga and meditation. As a volunteer Clinician at Camp Erin, she mentored grieving children and taught Trauma Sensitive Yoga. She resides in CT, USA and can be reached at (860) 748-7792 or lunayoga313@gmail.com.

\$1750 Heart-Opening Retreat Belize Includes: (Children under 12 are \$1500)

- 6 Nights & 7 Days in a beautiful Jungle Resort
- Ground Transportation from/to Airport and on all local group excursions
- Daily Shamanism & Yoga Fusion Activities, Workshops, and Ceremonies with Joyce and Anneliese
- Mostly Organic Gourmet Meals, 3 Meals Daily, Served Home style, Special Dietary Requests Honored
- River Tubing and Swimming, 5 miles of Hiking Trails
- Day Trip to an ancient Mayan Pyramid and Temple Site
- Visit to Local Marketplace in San Ignacio
- **Airfare, Optional Activities, and Gratuities NOT Included**



Optional Activities:

- Guided Bird Tours
- Botanical Gardens
- Butterfly Farm
- Guided Cave Exploration

- Non-Refundable Deposit of \$600 due ASAP to hold your space.
- Payment of \$600 due November 30, 2016
- Balance of \$550 due January 31, 2017
- Canceling within 60 days of retreat will result in 50% forfeiture.
- Canceling within 30 days will result in full forfeiture
- Travel Insurance is recommended.



Limited Spots Available; Reserve Your Space Now!!!!

- Please make checks payable to: Joyce St. Germaine
- Mail to: Joyce St. Germaine, 29 Davis Road, Burlington, CT 06013
- Write "Belize 2017" in the memo line of your check.
- Include your full name, address, phone number, and email address with your deposit.

You are invited to an informational meeting on Wednesday, August 31 at 6:30 PM at The Sacred Journey, 29 Davis Road, Burlington, CT.

**To Register: jsgermaine@aol.com or (860) 675-9706
Anneliese: lunayoga313@gmail.com or (860) 748-7792**