

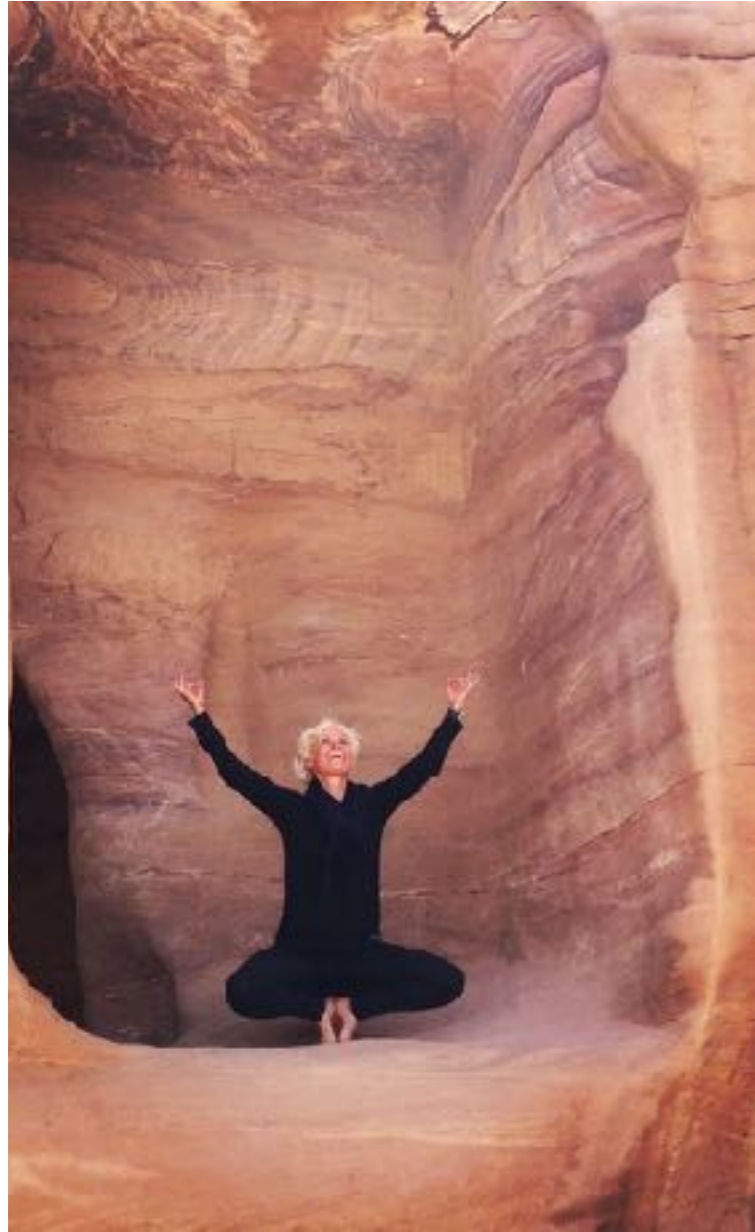
Elemental Wisdom Retreat

A SHAMANIC JOURNEY 8 - 15 OCT 2022



8 day Elemental Wisdom retreat

A JOURNEY INCLUDING 3 WORLD HERITAGE SITES: WADI RUM, PETRA AND DEAD SEA



Yoga in the Monastery, Petra

Ahlan wa Sahlan - Welcome

Join us on an immersive and magical journey through the desert of Jordan and through your own inner landscape. Tuning into and deepening your relationship to the Wisdom of the Elements for personal guidance and healing. Working with the elements in nature is a great way to help us listen to the authentic knowledge from within and to engage in a practice of self-revelation.

We will be creating sacred space to release limiting beliefs and emotional blocks, remember our true purpose and dreams and recharge ourselves with light, inspiration, joy and courage to continue manifestation of our wishes.

Through sacred ceremony we will connect actively to our self and our beautiful planet. We will take you for an unforgettable exploration into the desert of Jordan in search of raw beauty, stillness and intuitive wisdom whilst visiting 3 world Heritage sites Wadi Rum, Petra and the Dead Sea.

We will practice yoga, meditations, engage with horses, dance, share in sacred circle, offer blessings to the fire & stars and allow the essence of our soul to rise up and shine.

*Prepare for an unforgettable exploration into the dessert of Jordan in search of **raw beauty, stillness and intuitive wisdom.***

Ahlan wa Sahlan - Welcome - Sjoukje & Sandra

8 day Elemental Wisdom retreat

A SHAMANIC JOURNEY - WADI RUM, PETRA AND DEAD SEA



A beautiful heart sculpture in Wadi Rum

The desert is full of enchantment and beauty - this captivating place invites you to be nourished by its embrace.

Expand and deepen your awareness in the beautiful desert of Jordan.

Connect to the wisdom of the fire, stars, wind, birds and horses.

Listen to the whispers of your soul, connect to the magic of your soul and be inspired to transform your reality. Enjoy yoga with magnificent views of world heritage sites Wadi Rum and Petra, float in the Dead Sea and allow the minerals of the water to nourish your body. Sleep under the stars, chant in the desert, reflect with horses and share in sacred circle.

Wander barefoot in the desert, reclaim the power of water, connect to the earth, send your wishes to the stars and reconnect to your courageous heart.

"I'm so grateful I chose to visit Jordan! The retreat exceeded all my expectations.

Through yoga and meditation, desert treks and mountain hikes, as well as the powerful coaching work with horses, Sandra created a supportive environment that allowed me to open my heart and mind to healing and transformation. For me, the trip started out as an adventure to discover a new country and became a pilgrimage to discover myself. I returned home feeling peaceful, strong and inspired, with new friends and new energy. I highly recommend Sandra and her retreats."

Christina M., Switzerland

DAY TO DAY ITINERARY

Day 1 Sun. Wadi Rum - HB Arrival at Wadi Rum visitors center at 2 pm. Short transfer to meet your camel who will carry you to your Bedouin Desert Camp in the protected area of Wadi Rum. Welcome and buffet dinner. Thereafter opening circle "Earth" and a heart opening meditation and chant with views of the milky way. Sleeping in a small Bedouin camp.

Day 2: Wadi Rum - Full Board

Vinyasa Flow yoga session in the valley of the moon. After breakfast we have a short transfer to the stable for Horse Soul Sessions. We engage with the horses in the paddock on the elements Earth & Water: what is sustaining you and what family & ancestral wisdom is part of you? What patterns are active in your life? Picnic Lunch at the stable. We end the session with a



World Heritage site: Wadi Rum Desert

sharing circle, before we transfer back to the camp. Bare foot omen walk. Buffet dinner with traditional Bedouin food. Seated at the fire and under a blanket of stars we share a guided journey honoring the Earth.

Day 3: Wadi Rum - Full Board

Morning yoga session before breakfast. Then a short transfer to

the stable for the second Horse Soul session: Fire & Air. What are your heart wishes and what is needed to step forward? Lunch at stable & finalizing the session with the horses. Transfer to our private camp where we have free roaming time.

At sunset we share a shamanic breath work journey. After a delicious traditional Bedouin dinner

DAY TO DAY ITINERARY

our fire ceremony. Sleeping under the stars.

Day 4: Wadi Rum - Full Board

Morning yoga with magnificent view into the valley of the Moon. After breakfast a soul remembering ceremony to the Cave of Treasures. After lunch we enjoy an Omen Walk and a sharing circle. In the afternoon you can opt for self-nurturing time, a Thai massage or a healing session. Another Bedouin meal being prepared while we sit around the fire and sip sweet tea. Closing circle Wadi Rum: What are the gifts we are taking from these days?

Day 5: Petra - Full Board

Morning yoga focused on balancing our heart chakra. Bedouin breakfast short transfer and camel ride to the stable for our closing Horse Soul Session: what wants to emerge from our soul and be born into our awareness and thus existence? After a picnic lunch at the stable, there is a



Reflecting with horses - Wadi Rum

transfer (1,5hrs) to little Petra. Visit Little Petra and buffet dinner at Ammarin camp.

Weaving workshop with a lady from LUMEYO - handicraft inspired by Bedouin tradition. Ceremony Weaving dreams into being.

Day 6: Petra - Full Board

Intention setting - allowing beauty

and magic in your life. Buffet Breakfast we take the little known backroad into Petra to the awe inspiring Monastery. From there each wanders the old Nabataean city in their own time and pace. We meet again at the camp for dinner and the Ceremony of Gifts: seeing each other in divine perfection.

DAY TO DAY ITINERARY

Day 7: Dead Sea - Half Board

Rebirth ceremony at sunrise at the Divine Feminine Cave. Breakfast and 9 am transfer to Dead Sea for Zen Float and lunch. Optional Water Ceremony to share our gifts with the spirit of Water. 4pm transfer back to Aqaba for stay at Bedouin Garden Village at the South Beach. Closing Ceremony Gratitude. Dinner at own leisure.

Day 8: Return - BB

Transfer to either Aqaba or Amman airport to be arranged

Note:

If you are arriving at Amman airport, we can assist you with advise on accommodations, optional cultural visits to Jerash or Irak al Amir and transfer to Wadi Rum. These will be at an additional cost. The transfer from Dead Sea back to Amman however is included.



Float 430 meters below sea level and take in the minerals of the water and the dense oxygen air.

The INVESTMENT for this desert journey including all mentioned activities:

1.192 JOD or 1.254 GBP p.p. till July 31st,
there-after 1.286 JOD or 1.354 GBP p.p.

Buddy rate: 1.254 GBP

DAY TO DAY ITINERARY



Monastery - Petra

Including

- All transfers described in the program.
- Overnight in 3* hotels, Bedouin Camps and under the stars.
 - Camel ride in Wadi Rum
 - Bedouin guides in Wadi Rum and Petra.
- 4 Vinyasa Flow yoga sessions on impressive locations.
- 3 Horse Soul Sessions (www.pinkspiritjordan.com).
- Several meditations, omen walks and sacred ceremonies as mentioned.
 - Guided walk via the 'backdoor' into Petra.
 - Dead Sea lunch & float at the Dead Sea Spa.
- Guidance by Sjoukje Gummels & Sandra Jelly from day 1 till day 7 .
- Full board basis from dinner day 1 to breakfast day 8, except for dinner day 7

Excluding

- Flights
 - Private or group transfer to airport (will be arranged)
- Visa and entry tickets (2 day Petra Jordan Pass needed)
 - Necessary PCR tests
- Personal expenses, soft drinks and travel insurance (including COVID)



Camel in Wadi Rum

WHY JOIN US FOR THIS SHAMANIC DESERT JOURNEY?

- Visit 3 unforgettable World Heritage Sites
- Dissolve old pattern and limiting beliefs that keep you stuck
 - Come to rest in the vastness and stillness of the desert
- Find the magic of the elements and tune in to their messages
 - Heal and recharge your Body, Mind, Soul and Spirit
 - Connect to and holding space with likeminded travelers
 - Rebalance your chakra's and increase your level of energy
- Reflect in nature with yourself, the stars, the fire and the animals
 - Explore the power of your breath

About your hosts

A SHAMANIC JOURNEY- WADI RUM, PETRA AND DEAD SEA



Sandra and her leading Mare - Gamar

Sandra Jelly is an artist, social entrepreneur, certified yoga teacher and systemic coach with horses. She started exploring yoga in 2001 in Amsterdam. In 2009 - following her inner wish of living her passions for the arts and horses- she packed her brushes and yoga mat, put on her horse boots and came for a sabbatical to Petra, Jordan. When her horse got pregnant she decided to stay and let the horses lead her way. It was the beginning of her adventure of discovering and expressing herself in the most authentic way.

Sandra works with her herd of Arab horses in Wadi Rum. Horses invite us to become fully present in the now, to face and accept our past, to show us where the life energy wants to take us, to let go of limiting beliefs and to encourage us to stand in our truths. They take us on a loving soul journey for us to become whole. In this work Sandra combines constellation work, visualization, body work, her horse connection and systemic coaching to guide you on your journey.

Sandra is a certified PSCYH-K facilitator, a certified equine assisted systemic coach (Netherlands), Reiki master, Peter Hess Sound Massage practitioner and 200 HR certified yoga teacher Vinyasa Flow and Yoga Nidra (India). Next to that she has followed three trainings on Shamanic Healing with Sandra Ingerman (Shift Network).

Her work has featured in the National Geographic, Lonely Planet, UK independent, Vogue Arabia, Mojeh and Fodor's magazine.

About your hosts

A SHAMANIC JOURNEY- WADI RUM, PETRA AND DEAD SEA



Sjoukje and her drum

Sjoukje Gummels is a Shamanic Practitioner and a mother of two who travelled extensively in the fashion industry before moving to the UK in 2000. She works with energy healing disciplines such as Reiki, Regression Therapy and Shamanic Healing. Sjoukje has trained with world renowned teachers in Shamanism in the West: Sandra Ingerman, Imelda Almqvist and trained in Andean Mysticism with Joan Parisi Wilcox. Sjoukje facilitates courses, guided journeys and offers one to one healing sessions.

Sjoukje Quotes:

"My personal journey of Shamanic healing has allowed me to deal with and heal deep seated challenges held around rejection, trust and my sense of belonging. I now experience a deeper understanding and knowing of myself and my place in the web of life. In this process I have become truly grateful for the guidance from Spirit, the support from my teachers and my family and wish to share this life changing work with those who feel called."

www.threadsofhealing.co.uk