



Pink Spirit Yoga
Wellness Retreats

Elemental Wisdom Retreat

A sacred journey, OCT 8 - 15, 2022





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Elemental Wisdom retreat

A pilgrimage visiting 3 World Heritage Sites

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.***



Fire Ceremony Wadi Rum

Do you see the heart shape?



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Wadi Rum - Valley of the Moon

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.



REVIEW by Christine

"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."

Day to day program

All mentioned stay, food and activities included!

Day 1: Wadi Rum - Half Board

Arrival at Wadi Rum's visitors centre 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 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 honouring 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 & finalising 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 our fire ceremony. Sleeping under the stars.

Day to day program

All mentioned stay, food and activities included!

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?

Optional: Thai massage, Shamanic healing, Reiki or Psych - K balance

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 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.



Image: systemic coaching with a herd of 5 Arab horses

Day 6: Petra - FB

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 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

Day to day program

All mentioned stay, food and activities included!

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.

REVIEW by Nadine

"Sandra's yoga and meditation retreat is one of a kind: a unique concept where one can truly find union with oneself in the calmness of the desert. The quiet nights, the powerful meditations, the deliciously nutritious food and the gracious hospitality from our Beduin hosts was unmatched. My experience during this retreat was absolutely magical and I cannot recommend it enough: a journey of a lifetime, and something that I will never forget."



Image: Nourishing your body at the lowest point of the earth

REVIEW by Natasha

"I really enjoyed my retreat in Wadi Rum with Sandra. We did yoga, energy healing, Thai massage and therapy with horses. The whole retreat was comfortable, my needs were met and I experienced a deep connection to myself, the beautiful place I was in, and to Sandra. She made the retreat super special and meaningful, she is a wonderful authentic lady who truly cares. I highly recommend retreats with her"



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The investment for this desert journey:

1.495 JOD p.p. or 2.093 USD

(exchange rate on day of booking applies)

Early bird rate: 1.940 USD if booked before July 31st

Including:

All transfers described in the program.

- Overnight in 3* hotels, Bedouin Camps and private camp
 - 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.
 - Guided walk via the 'backdoor' into Petra.
 - Dead Sea lunch & float at the Dead Sea Spa.
- Guidance by Sjoukje Gummels & Sandra Jelly from day 1-7
 - Full board basis, except for dinner day 7





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Excluding

Flights and Visa for Jordan (see jordanpass.jo)

Personal expenses, drinks & travel insurance

Single Supplement: 150 USD

Optional activities

Camel ride, Thai Massage, Shamanic Healing, Reiki or Sound Massage

Why join us in 2022?

- 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 magical wisdom of the elements
 - 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 fire and the animals
 - Explore the power of your breath





About your hosts

Elemental Wisdom Retreat Jordan

Sjoukje Gummels

Sjoukje 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





About your hosts

Elemental Wisdom Retreat Jordan

Sandra Jelly

Sandra 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 trainings on Shamanic Healing with Sandra Ingerman (Nature Wisdom) and Evelyn Rysdyk (Norsk Shamanism).

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



www.pinkspirityoga.com