

MARCH 13 – 21, 2020

Desert Spirit Retreat

WADI RUM ~ PETRA ~ THE DEAD SEA



A CELEBRATION OF LIFE

With Sandra Wallin and Sandra Jelly

9 Day Desert Spirit Retreat

Though it is often said we're afraid of death, **our greatest fear** can be living a bold and colourful life - free of judgment, regret and beige.

Break free from limitations of the past and step into a bright new future with Sandra and Sandra during 9 days of **re-imagining, transforming** and **sacred ceremony** as you **travel through the Jordanian desert** to **emerge anew from the waters of the Dead Sea**.



ARE YOU...

- longing to **set your heart free** from the bindings of a conditioned life?
- ready to live **boldly and colourfully** – free of regret, resentment and fear?
- sensing a persistent presence calling out from the edge of your awareness, beckoning you to **say YES to the wild and untamed you**?
- called to **explore the spiritual treasures of an ancient land**?
- excited to step beyond the status quo and do something you'll **remember for a lifetime**?

... It is the quiet hour, just before the waking of the dawn. The sky turns from black to deep blue then the first rays of light reach toward you across red desert sands. Mesmerized by the beauty of the shadows rising against sandstone mountains – you find yourself meandering back and yet forward along an ancient trading road, leading to the Rose City of Petra.

Entering the enchanting ambience of this ancient site, a surprisingly cool breeze whispers then transports you to a forgotten place buried within the depths of your heart.

Back at camp, you gather round a Bedouin fire, smiling as you recall your day attuning to the power of the mysterious city, listening to the wind whispering its sacred secrets and awakening the light in your own heart as you drink deeply of the desert mysteries that suffuse this landscape. Like the swirling smoke of the fire, spiritual energies emanate from the sacred sites you've encountered, smudging you before your journey to the Dead Sea. Immersed in its healing salinity, you notice any final limitations being washed away, then emerge from the waters, ANEW...

The desert is full of enchantment and beauty.

This captivating place invites you to be nourished by its embrace for 9 incredible days (8 nights).





Wadi Rum Desert Jordan - Valley of the Moon. Image courtesy of Marco Mignano

Itinerary

Day 1, Friday: Madaba - BB

Depending on your time of arrival you can choose from the following optional activities: visit a women's cooperative in Iraq al Amir or the impressive ruins of Jerash and/or visit Madaba's well kept mosaics. Overnight in 3* hotel in Madaba

Day 2, Saturday: Dana & Wadi Rum - FB

After breakfast you will travel South for our *Desert Escape* in Wadi Rum. On the way you will enjoy a walk in Dana with great views into Wadi Araba. After lunch you continue to your camp in Wadi Rum where your Bedouin guide awaits you with sweet tea. Settle in and prepare for sunset yoga. Refresh and enjoy dinner.

Gather for a chant on the rocks to invoke the wisdom of your heart to guide you during this journey. Sleeping in Bedouin Camp – shared facilities.

Day 3, Sunday: Wadi Rum - FB

Start the day with yoga to wake up the spine, quiet the mind and centre awareness in the heart. After breakfast we have a small transfer to the stable for a horse soul session. We have the morning to engage with the horses to find out what they mirror back to us, connect with our authentic selves and find inspiration and courage to take action aligned with your heart and mind.

We enjoy a buffet lunch at Sun City then we will experience the desert like a nomad – on camelback. After we gather in circle for a meditation and meditative walk. We end the day with sunset yoga in the sands of Wadi Rum. Dinner and overnight at our Bedouin camp.

Gather 'round the fire with Bedouin tea or Waterpipe if you prefer.



Day 4, Monday: Wadi Rum - FB

Start the day again with creative flowing yoga. After breakfast we have a Dancing with Equus session, in which the horses inspire our hearts to run free.

We'll then be met by our Bedouin guide who will take us to our private camping location in the heart of Wadi Rum. After our lunch we have time to relax, wander or opt for a Thai massage. Sunset yoga. Bedouin dinner cooked on the fire. Sleeping under the stars. We're going "green" at this location with eco lavatories and bucket shower.



*High Lunge on a sand dune in Wadi Rum, Jordan.
Image courtesy of Marco Mignano.*

Day 5, Tuesday: Wadi Rum – FB
Morning yoga, breakfast in silence. We will explore the area with a meditative treasure walk, pondering what beliefs are ready to be released into the fire that evening. Sharing circle then lunch and time to relax, wander or be creative. Vinyasa Flow yoga at sunset. After a traditional Bedouin dinner we create sacred space for our fire ceremony. We transform limiting beliefs and send our wishes to the stars, under whose blanket we will sleep tonight.

Day 6, Wednesday: Little Petra - FB
A yoga session to activate the legs in preparation of your exploration of Petra. After breakfast, we transfer to little Petra for lunch. After which we will visit little Petra - a small yet impressive Wadi or valley offering an impression of things to come. We stroll to our camp for sunset yoga. Dinner & overnight in a Bedouin camp in Little Petra.

Day 7, Thursday: Petra - FB
Yoga to awaken our spine and a breakfast suitable for explorers. Our local guide meets us at the camp to enter Petra through the little known entrance to the Monastery. We start with a short transfer then the walk starts with glowing land, then contours around the mountains with beautiful views to the Wadi Araba desert.

Finally, we're led to perhaps Petra's most awe-inspiring monument, the Monastery. Stop for a picnic lunch & meditation. Then continue to pass the Colonnade, see the Royal Tombs, Theater and of course the Treasury. We will leave this impressive site through the serene, high walled and colorful Siq and stop at the Cave Bar for a drink. Transfer to our camp for refreshment, dinner and a closing chakra meditation.

Day 8, Friday: Dead Sea, Madaba FB

After our morning yoga session and breakfast, we have a breathtaking scenic transfer to the Dead Sea. At Moevenpick resort Dead Sea you will enjoy a wonderful mud & float session, have lunch, relax at the infinity pool, contemplate your journey and get ready to leave this awe-inspiring place. Dinner with a local family in Madaba. Overnight in a hotel in Madaba.

Day 9, Saturday: Airport

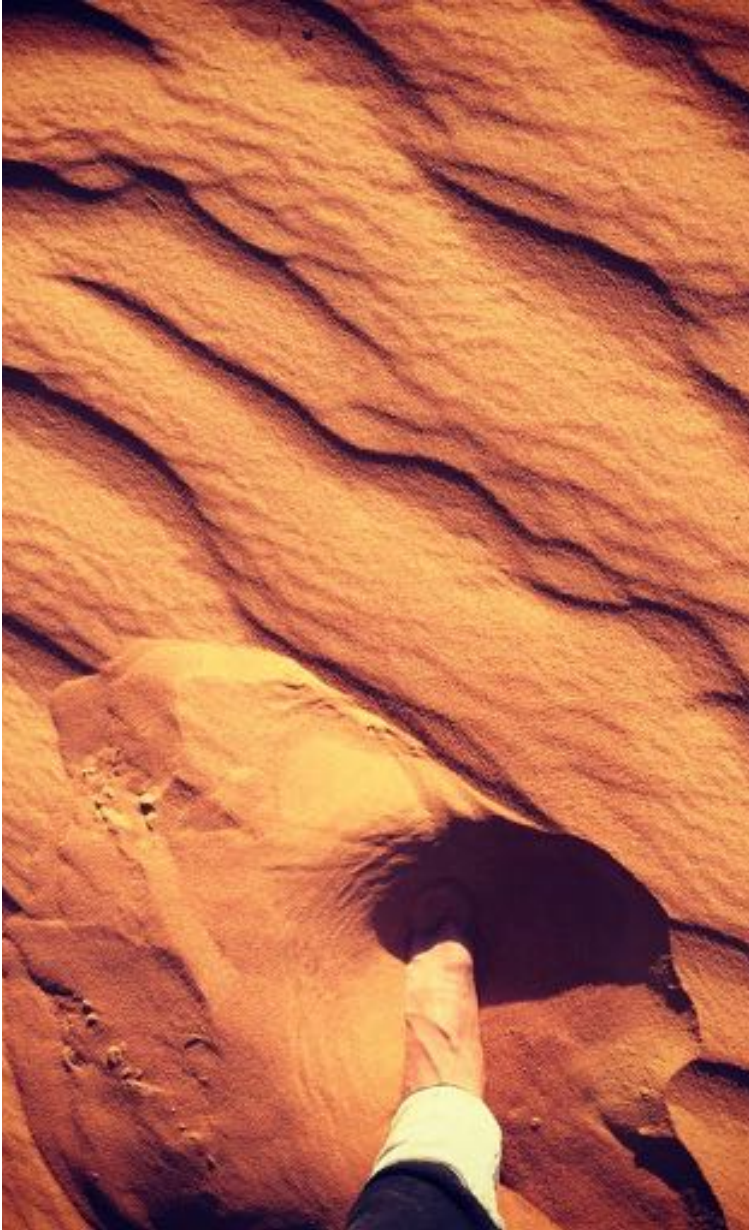
Private transfer to Queen Alia Airport in Amman.



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

INVESTMENT: 1,897 USD p.p. by Dec 31st, thereafter 2,197 USD p.p.

BUDDY RATE: 1,797 USD p.p. by Dec 31st, thereafter 1,997 USD p.p.



Meditative Barefoot Walk – Wadi Rum

Included:

- * All transfers described in the program
- * Overnight in 3* accommodations, in a Bedouin Camp and one night camping under the stars
- * Guided walk & lunch box in the Dana Nature Reserve
- * 11 Vinyasa Flow yoga sessions
- * 1 hr Camel ride in Wadi Rum
- * 2 Equine guided transformation sessions
- * Guided walk through the 'backdoor' into Petra
- * Entrance and lunch at the Dead Sea
- * Local Family dinner in Madaba
- * Full board basis, except alcohol and soft drinks

Not Included:

- * Flights
- * Visa for Jordan & Entry tickets (see jordanpass.jo)
- * Personal expenses, tips, drinks & travel insurance
- * Optional activities like Thai Massage or Petra by Night

Why join us in the Deserts of Jordan

- Reclaim your undiluted authentic truth and set a clear, bright focus for 2020
- Awaken creative powers that have been hibernating within
- Activate the healing energy of love, light and compassion
- Visit 3 unforgettable World Heritage Sites and tick them off your bucket list
- Enjoy the unique collaboration between two horse women in the magnificent Jordanian desert
- Journey with a small group of fellow adventurers seeking to share new experiences, laughter and inspiring stories
- Amazing activities: yoga on the rocks, 1001 star meditations, creative expression, way of council, reflective activities with horses, meditative desert walks, Bedouin camel ride, sacred fire dance, lifting the veils of reality in Petra...



YOU ARE...

- longing to set your heart free from the bindings of a conditioned life,
- ready to live boldly and colourfully,
- sensing a persistent presence calling out from the edge of your awareness, beckoning you to say YES to the wild and untamed you,
- called to explore the spiritual treasures of an ancient land,
- excited to step beyond the status quo and do something you'll remember for a lifetime.

ABOUT YOUR HOSTS

Sandra Wallin & Sandra Jelly, are horses sisters who bring together the healing wisdom of the temperate rainforest and the transformational energy of the desert. They invite you on a powerful journey of remembering and discovery, where awareness expands and creativity is embodied. No horse or yoga experience required.



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 without her consent 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 invites you to listen deeply, honor your body and explore all aspects of yoga in a creative, fun, inspiring and balancing flow of yoga. Through Yoga Sandra wishes to invites you to trust yourself and let the practice unfold from an inner wisdom, an inner movement that serves you. Bringing fluidity and authenticity in your practice. Just like life, let it flow, be fully absorbed in the breath and you will see the beautiful gifts of the present moment.

Yoga expands your inner awareness and the horses, desert and elements immediately reflect this increased awareness hence providing valuable insights on how to transform your reality and allow magic to move you.

A herd of 4 Arab horses are welcoming you in the Wadi Rum desert. The leading mare is 15 year old, sensitive & caring soul Gamar. Gamar means full moon. She is also the mother of Nour, Remaz and Zahir. Nour is an 8 year old Gelding and the playful and dominant force of the herd. Nour means Light. Remaz is a 6 year old Mare and she is a wise, independent, wild and free spirit. Remaz means Brilliance. Zahir is a young, 2,5 years old Gelding, he is a gentle and calm soul. The baby of the herd. Zahir means Magic.



Sandra Wallin grew up in the rainforests of British Columbia, riding bare back through ancient cedars. There with the horses, and in nature's classroom, she learned another way to listen and to lead, a way she's been teaching in her equine-guided programs for over twenty years.

As a lifelong learner she is currently working toward a doctorate in Ecopsychology. She was a schoolteacher and counsellor for over twenty years and has been a psychotherapist since 1996. Her extensive background in nature based teaching, expressive arts, belief change psychology, and equine-guided learning have inspired invitations to teach and lecture around the world.

Sandra has worked with power companies including Microsoft and helped students with autism feel power-full. She has been featured at medical symposiums alongside Nobel Prize Winner - Candace Pert and thought leader scientist - David Suzuki. Most recently, at the request of friend and mentor Dr. Bruce Lipton, author of *The Biology of Belief*, Sandra has been teaching at a local prison, helping a group of men serving life sentences break free from the prison of their limiting beliefs.

Though she has worked and studied with many amazing people, Sandra says her most influential teachers have been horses, whom she credits for taking her, and the people she works with, to heightened levels of awareness and growth. Today, Sandra and her four horses walk more than ride through the ancient cedars that grow on a little piece of heaven near Vancouver, Canada where she lives with her husband, two daughters, a feral cat and two hundred and twenty pounds of drooling mastiff. What began, as a childhood dream has turned into a dream come true – a dream she happily shares - living, loving and learning in the company of horses.



For more information visit Sandra Wallin at www.chironsway.com or info@chironsway.com

or visit Sandra Jelly at www.pinkspiritjordan.com or Sandra@in2Jordan.com