



*Home in the Mystic Heart
with
Denise Hatch and Paulette Bodeman*

Welcome,

Since you're reading this, it's likely that we share a common interest. We love conscious travel. Over the years we have enjoyed participating in yoga and meditation travel retreats. Now, we are thrilled to lead transformational retreats that captures the extraordinary.

Our tradition immerses you not only in the culture of the country, but in the sacred mystery. The beauty and spiritual presence that awaits will open you up in ways you never dreamed.

We believe that simply traveling to a country is not the same as truly experiencing what the sacred land and its people have to offer. Magic happens when you journey with others who are intentional, caring and open-hearted.

Guided tours into the mystical, yoga and meditation, eating farm to table foods, and connecting with the people of the land is an opportunity to dive into your own mystic nature.

Don't hesitate to contact us and learn how you can join us.

With Blessings,
Denise and Paulette

Three Tantalizing Tips for Sacred Travel

1. Begin a journal practice. Treat yourself and purchase a new journal and pen. A few weeks prior to leaving take five minutes a day and begin to set your personal intention. Write it down. The written word holds the power of manifestation. Take your journal along with you and jot down magical moments. Also, record the times you bumped up against yourself. It's a fun way to get to know yourself better.

2. Ask yourself, "How am I showing up?" The attitude you arrive with is what you will receive. What is it that you hope for? Are you arriving open to the people, food, language, culture? Or, are you blocked in some way? Your journal is a comfortable travel partner. Stop and enjoy a sunset. Take this time for an internal check-in.

3. Leave your expectations at home with your over-sized suitcase. Intention is not the same as expectation. Be prepared to encounter an occasional fork in the road. Remain open. It may just be a life changing moment in the most extraordinary way.

4. Bonus Tip: Treat yourself with a gift that makes your heart sing. Re-enliven your taste buds with regional olive oil. Grace your counter top with a hand painted serving bowl. Create a new tradition by setting your holiday table with an exquisite embroidered table linen. Wrap yourself in sweet memories with a finely crafted cashmere shawl. Don't hesitate. Bring home that something special. It is a touchstone that holds within it your entire experience.