

Ritam Healing Arts

**Ritam Sacred Journeys presents:**  
**Sacred Journey to the Land  
of Maya With Saul David Raye,  
James Hyman & special guest  
Miguel Angel Vergara**

**January 18 - 23 / 2010**  
Merida, Coba, Tulum

**January 23 - 26 / 2010**  
Puerto Morelos by the sea



Are you being called to understand the Mayan Calendar, its teachings and the powerful shifts that are happening on our planet Earth?

Join Saul and James Hyman for this amazing healing journey to the land of the Maya. The Mayan calendar is the most accurate calendar on the planet Earth ~ it is an unfolding of the Divine Cosmic plan in real time. The Mayan Calendar and Mayan teachings have a profound understanding and importance for our time and the shifts that are taking place on our beloved planet. This adventure will take us to the city of Merida as a base to visit

it the sacred ruins of Uxmal and Labna where we will perform ceremony. While here we will also journey to the Loltun caves.

We will then travel and visit the sacred ruins at Chichen Itza, Coba and Tulum. You will experience daily meditation, healing Yoga, Qi Gong, chanting and transformational heart wisdom teachings. We will also explore the deep and profound connections of the Yoga tradition and the Maya as well as the connections of all the sacred wisdom traditions.

The last few days of our trip we will spend on the Mayan Riviera at the beautiful sea-side fishing village of Puerto Morelos. Here we will join a Yoga retreat for a few days of relaxation, rejuvenation and integration from our sacred journey.

We have only a few spaces available for this incredible journey, if you are moved to join us please contact us immediately !

**Cost \***

January 18 - 23 ... \$895 for double occupancy

January 23 - 26 ... \$395 for double occupancy

**Full Trip January 18 - 26 ... \$1290**

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\* Price includes all lodging, transportation in Mexico from the 19th thru the 23rd, teachings, entrance fees, events and classes. Participants will need to pay for their own round-trip airfare from their hometown to Mexico, transportation to/from airport, and all food at local restaurants (with the exception of brunch on the 24th, 25th and 26th.)

FLIGHT: Fly into MERIDA, Mexico mid-day on Monday, January 18th and out of CANCUN on either the evening of Saturday, January 23 (if you are only staying for the first part of the trip) or evening of Tuesday, January 26 (if you are staying for the second part of the trip as well.)

Airfare to Yucatan is inexpensive! A round-trip ticket from LA to Merida and leaving from Cancun is only \$330. Check out [www.kayak.com](http://www.kayak.com).

### **MUST HAVE:**

Passport .. valid for at least 6 months from date of travel

To sign up contact Ritam Healing Arts at 310-313-5076 or [thaiyoga108@yahoo.com](mailto:thaiyoga108@yahoo.com)

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## **Kauai, Hawaii**

**February 11 - 15 / 2010**

### **Bhakti-Tantra Yoga Immersion Ecstasy of the Heart Retreat with Saul David Raye, Dawn Cartwright, Jaya Lakshmi and Special Guests**

During the auspicious  
time of "Maha Shivaratri  
and Valentine's Day!

Immerse yourself in 5 days of Kauai  
magic, with exceptional yoga classes,  
tantric teachings, swimming  
at private ocean beaches, hiking sacred  
sites, and visiting temples. A very special  
6-hour chant will take place on Friday,  
February 12, in celebration of  
Mahasivarathri, in a very sacred location.



When Tantric techniques of meditation and awareness are woven into our experience of life, we open the door to a realm of intimacy that manifests as spiritual ecstasy. This level of intimacy with one another is beyond space and time, it is a place where we enter and are simultaneously entered by the true nature of reality. We find that every aspect of life is, and always has been a sacred weaving of spirits.

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At this weekend retreat for couples and singles you will learn Tantric practices, partner yoga, loving communication, acupressure for lovers, and more as you discover the ecstasy of the heart. Singles encouraged !

### **SPACE IS LIMITED!**

#### **Cost:**

Couples \$1,800

Singles \$975 (shared room)

Tenting available (BYOT) - \$550

For more information visit [here](#) or contact 408-460-0504

### **A TYPICAL DAY at ECSTASY OF THE HEART...**

Early morning - You are awakened by rosy golden hues streaming into your window as the sun rises

7am - Morning Meditation

8am - Morning Yoga Class

9am - Breakfast

10am - Morning Session with Dawn Cartwright

12pm - Lunch (delicious organic foods)

2pm - Free Time

(Go for a walk in the open air, visit the beach, book ayurvedic spa treatments on site)

3-5pm - Yoga Class with Saul David Raye

5-6:30pm - Afternoon Session with Dawn Cartwright

6:30-7:45 pm - Dinner

8-9:30pm - Kirtan with Saul David Raye and Special Guests

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## **India**

Kerala + Vrindavan + Haridwar

**March 1 - 18 / 2010**

**3rd Annual Indian Yatra Ananda Mela!**

**Ritam Sacred Journeys presents:**  
**Sacred Soul Immersion India Pilgrimage:**  
**A journey of the body, mind and spirit**  
**With Saul David Raye & special guests**

**18 days / 17 nights**



## Ritam Healing Arts

**\$2,600\* double occupancy, private room rates available upon request and subject to availability**

Join Saul and a soulful group of seekers, healers, musicians, yogi's & lovers of life for this incredible soul journey to mother India during the time of Kumbh Mela (the largest spiritual gathering on planet Earth). We will journey to the healing land of Kerala, birthplace of Ayurveda, and immerse ourselves into the healing & re-juvenating powers of Ayurveda at the ocean's edge. Then we will journey to Vrindavan, the land of Krishna, where we will dance, sing and dive into the heart of Bhakti with our Gopika Krishna friends and explore sacred temples, forests and the holy Yamuna river. When our hearts are overflowing we will journey to the holy city of Haridwar and join in the largest spiritual gathering the world has seen !

During Kumbh Mela we will stay right on the holy river Ganga in one of the best situated places, that is also safe and secure. We will visit sacred temples and pilgrimage spots and join in with all the great saints, masters, yogi's and seekers during this amazing event. Including taking a dip in Ma Ganga ~ which is said to wash away lifetimes of karmas!

Saul's teacher, Paramahansa Nithyananda, has given his blessing for our trip and will be at the Kumbha Mela at this time, as well (as the Mela actually runs from January 14 - April 28!) This is one of the most auspicious times to be at the Mela as it includes one of the sacred "bathing" dates.

If you are feeling called to spiritual India - this is the time to come !!!

We have a limited number of spaces available for this journey, so if you are moved to join us, please contact us now as we need to confirm our arrangements.

### **Itinerary**

March 1: Arrive to Trivandrum Airport in Kerala and take taxi to Resort, note: you will need to leave the US on February 27 to arrive on March 1

March 1 - 8: Yoga and Ayurvedic Rejuvenation Retreat at Krishnatheeram in Kerala

March 8: Travel day. Early morning, fly to Delhi, then bus to Vrindavan

March 8 - 11: Journey in the Land of Krishna in Vrindavan

March 11: Travel day. Bus to Delhi, then train to Haridwar

March 11 - 17: Celebrate with the Saints and Sages at Kumbh Mela in Haridwar! Stay at the Haveli Hari Ganga Hotel.

March 17: Travel day. Train to Delhi

March 17 - 18: Delhi

March 18: Depart Delhi Airport

### **\*Pricing Includes**

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- Double occupancy accommodations for 18 days and 17 nights
- Ayurvedic Retreat in Kerala at Krishnatheeram, Deluxe Cottage accommodations
- Kumbha Mela stay in Haridwar at Haveli Hari Ganga, Superior accommodations in spacious weather-proof, heated, luxury tents on an island on the Ganges .. rooms have a view of Ma Ganga! Tents have modern facilities with attached baths, western toilets and running hot and cold water.
- Vegetarian meals at Krishnatheeram and Haveli Hari Ganga
- Daily treatment sessions at Krishnatheeram. This package includes a detailed consultation with the Chief Ayurvedic Physician, Assessment of Body Constitution of the individual, Abhyanga Massage
- Offered by the Haveli Hari Ganga Hotel during the Kumbha Mela experience is the following: Aarti, Religious discourses, Yoga lessons, Srimad Bhagwat Katha Path and Meditation; escorted walks to various events during the Kumbha Mela, Folk dances every evening, Private bathing ghat, Bhajans and Kirtan everyday
- Yoga classes, chanting, meditation, and other gatherings with Saul and guest teachers throughout the 18 days.
- Ground transportation from Delhi to Vrindavan, Vrindavan to Delhi, Delhi to Haridwar and Haridwar to Delhi

### **Not Included:**

- Roundtrip Airfare to/from India
- Domestic Indian flight
- Transportation to/from airports
- Taxi or rickshaw rides
- Meals in Vrindavan and while in transit
- Gratuities for drivers, guides and hotels

### **Must Have**

Passport - valid six months from the date of travel

Tourist VISA - there are several options for you to expedite your VISA within 3-4 days for a nominal fee.

Contact the Ritam Healing Arts team at [thaiyoga108@yahoo.com](mailto:thaiyoga108@yahoo.com) or 310.313.5076