

Pilgrimage to Oaxaca, Mexico

January 10 - 16, 2016



Journey with Atum O'Kane

to a land that is a marvelous blend of Spanish colonial and indigenous Mexican cultures. We will explore how local spiritual traditions have absorbed Christianity while still maintaining the integrity of their original paths. The Virgin of Guadalupe is just one example of this syncretism of native religion and European religion.

Oaxaca is a beautiful mountain pueblo offering fabulous and unique cuisine, amazing architecture, art galleries and great local handicrafts. We will stay in a lovely colonial Bed & Breakfast within walking distance of the town square where we will gather daily for group time and practice. Excursions will take place every day to a variety of sites such as Zapotec ruins, the cathedrals of downtown Oaxaca, open air markets, and towns that specialize in famous crafts such as textiles and wood carvings. The weather in the mountains is temperate and perfect for touring.

There are a limited number of spaces available for this trip, so early registration is recommended!

There will be a Sufi retreat near Puerto Vallarta with Atum and Asha Greer just prior to the Oaxaca Pilgrimage. For more information about this joyful and relaxing retreat, please see pages 3-5 of this flyer.

Contact information: info@hearttraveler.com

(email is the preferred method of communication)

Madhura: 415 239 8663 or Nurah: 707 823 8684

Please see next page for information regarding fees and registration

Accomodations	Fees per person	After 10/1/2015
Double with private bath*	\$895	\$945
Double w/shared bathroom* (located between 2 dbl rooms)	\$795	\$845
Small single w/shared bath (very limited number of rooms)	\$895	\$945
Large single w/private bath	\$1195	\$1245

* Please note that if you are in a double and your roommate cancels, you will be required to pay for a large single.

Fee includes the program with Atum, excursions with tour guide, all breakfasts, light dinner the first evening and a celebratory dinner the last evening. For lunches and the remaining dinners, you will be free to dine in the varied and unique restaurants of Oaxaca (ranging from inexpensive taco bars to fine dining).

\$200 nonrefundable deposit required
Balance due by 11/1/2015

<p>For information, contact: info@hearttraveler.com (email is the preferred method of communication) Madhura: 415 239 8663 Nurah: 707 823 8684</p>	<p>Please make check payable to: Heart Traveler Send completed form and payment to: Kaplan/Garson 22 Miramar Avenue San Francisco, CA 94112</p>
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REGISTRATION FORM



Name _____

Address _____

City _____ State _____ Zip _____

Phone number(s) _____

Email (please print legibly) _____

Specify room type desired _____ Cost _____

Full amount _____ or Deposit enclosed _____

Sufi Camp in Mexico

January 2 – January 9, 2016



Asha Greer and Atum O'Kane have been leaders in the Sufi Ruhaniat International and The Sufi Order, respectively, for over forty years.

Atum is a transpersonal psychotherapist who focuses on the depth psychology of Jung, Christian and Jewish mysticisms, and storytelling. He currently conducts Spiritual Guidance trainings world-wide.

Asha teaches meditation, Zikr, and the Japanese tea ceremony. She is a founding member of the Lama Foundation.

with Asha Greer and Atum O'Kane

Come join us for a wonderful retreat on a beautiful beach where the jungle meets the sea. Mexico Camp provides a rare opportunity to dive deeply into spiritual practice and inquiry within a supportive community while enjoying the great beauty and serenity of the natural world. Mornings are spent exploring Sufi teachings, meditation, dances, and discussion. Afternoons are free for swimming, hiking, boating, whale-watching, or just relaxing on the pristine beach, which is right at your doorstep. Evenings are devoted to Dances of Universal Peace and Zikr, the Sufi practice of remembrance. The oceanfront retreat is located in a fishing village an hour and a half north of Puerto Vallarta. Swimming pool, jacuzzi, and spa with hot and cold pools and steam bath are located on the premises. Delicious meals emphasize fresh local fish, fruit, vegetables, chicken, and native cuisine. Please register early as space is limited. This year we are adding a pilgrimage to Oaxaca with Atum directly following the Mexico Camp.

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Please see the next pages for information regarding fees, room descriptions, registration and new transportation information

Accommodations: descriptions below	Fees per person:	After 10/1/2015:
Basic room for two, three or four	\$1295, \$1095, \$995	\$1345, \$1145, \$1045
Deluxe double	\$1395	\$1445
Deluxe double with ocean view	\$1495	\$1545
Single w/shared bath	\$1295	\$1345
Basic Single	\$1495	\$1545
Deluxe single	\$1795	\$1845
Deluxe single with ocean view	\$1995	\$2045

\$200 non-refundable deposit required, balance due by 11/1/2015
Tranportation to and from camp will be by pre-arranged taxis and vans
For more information, please see the next page

Basic rooms for 3 or 4 are available to individuals or to groups of friends or families. One of these rooms is on the ground floor and is all on one level with a bathroom. The other rooms are on the 2nd floor and have a main level with 2 beds and a bathroom downstairs, and a loft with 2 beds. Please note that some people in your group or family, by necessity, will need to sleep in the loft. The loft is accessed by a narrow spiral staircase and is not recommended for people with mobility issues. Since we fill these rooms person by person, you may be required to be in a basic double or triple rather than a quad although this is usually not the case.

Basic rooms for two have a private bath.

Singles with shared bath are for one person only. Most are located above the spa up several flights of stairs. There are a very limited number of these rooms.

Basic Singles have a private bath.

Deluxe singles and Doubles have a private bath, an outdoor space and are on the 1st floor.

Deluxe Singles and doubles w/ocean view have a private bath, balcony, and are on the 2nd or 3rd floor with a view of the ocean. These are available on a first come, first served basis.

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 22 Miramar Avenue
 San Francisco, CA 94112

REGISTRATION FORM



Name _____

Address _____

City _____ State _____ Zip _____

Phone number(s) _____

Email (please print legibly) _____

Specify room type desired _____ Cost _____

Full amount _____ or Deposit enclosed _____

Transportation:

Instead of having a bus to bring everyone to camp as in previous years, we will be using vans and taxis pre-arranged according to your flight or hotel information. If you prefer a less expensive, though more time consuming option, you can take a Pacifico bus and then a short cab ride to camp. Instructions for taking the bus are in the information packet you will receive after you register.

We still recommend that participants arrive a night early and stay in Puerto Vallarta as there can be airline delays due to winter weather conditions. If you are arriving in Puerto Vallarta a day or more early, we will coordinate and group you with others.

The earliest time you may arrive at camp on 1/2 is 3:00 PM. The resort is in a different time zone which is 1 hour earlier than Puerto Vallarta. By car, it takes approximately 1 and 1/2 hours to get there. If you are arriving on 1/2, please allow an hour for immigration, customs and baggage.

Below are examples of arrival times at the airport and approximate arrival times at camp by taxi or van:

Arrival at airport:	Arrival at camp:
1:30	3:00
2:30	4:00
3:30	5:00

If you are flying on 1/2, please try to arrive at the airport no later than 4:00 PM if possible because that will get you to camp in time to settle in before dinner and attend the evening meeting.

Here are the approximate rates per person, one way according to the number of people sharing one vehicle (we will let you know if there are any minor rate changes closer to camp):

- 8-10= \$20 each
- 7= \$22 each
- 6= \$25 each
- 5= \$30 each
- 4= \$35 each
- 3= \$40 each
- 2= \$50 each
- 1= \$100 each

We have had increasing problems coordinating the bus. The good news is that you will be delivered right to the resort. No more dragging suitcases on a bumpy dirt road because the bus had to park so far outside the entrance!