



“PILGRIMAGE TO THE HOLY GRAIL OF THE HEART”

BARCELONA – MONTSERRAT - PYRENEES, SPAIN

WITH FERRAN BLASCO - JUNE 27 – JULY 1, 2018

Join us for an exquisite pilgrimage to the heart of the magical Spanish Pyrenees, Hecho’s Valley. Departing from Barcelona, on the Mediterranean Sea, we will first visit Catalonia’s sacred mountain, Montserrat, a sanctuary for healing the body and connecting to our Spirit. From there we will drive to Hecho’s Valley, near Jaca, at the beginning of Saint James Trail, an area deeply connected to the Holy Grail.

This will be a “semi-silent” journey with focus on presence, meditation, personal prayer, and time for enjoying the exquisite voice and silence of the sites we will visit. As we journey within, participants will be invited to refrain from idle chatting, to let the magic in the surroundings awaken the magic within and help us experience the inner baptism of Being.

Ferran Blasco will be your guide in this exceptional journey that will balance exploration, culture, meditation, rejuvenation, and fun. You will be introduced to the rich cultural and historical aspects of the sites, as well as the more subtle layers of energy and consciousness, offering you the opportunity to experience the divine within in new and deeper ways.

PROGRAM OF ACTIVITIES AND VISITS

DAY 1 – JUNE 27TH – MONTSERRAT

Morning

- 9.00 am Barcelona pick-up, travel to Montserrat (40 minutes), arrival to hotel and

drop luggage.

- **Visit to main temple and Holy Mother of Catalonia.** Montserrat has been a place of pilgrimage since very ancient times. Known for its healing and loving energy, it is the house of Catalonia's black Madonna, la Moreneta.
- ***Salve and Virolai*** by Boys' Choir at main church (1.00 pm)

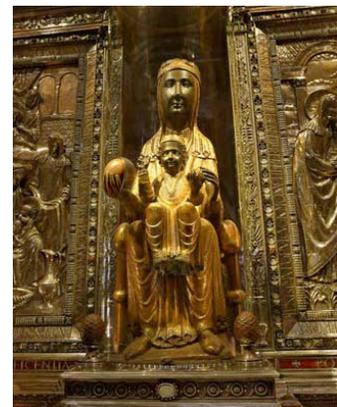
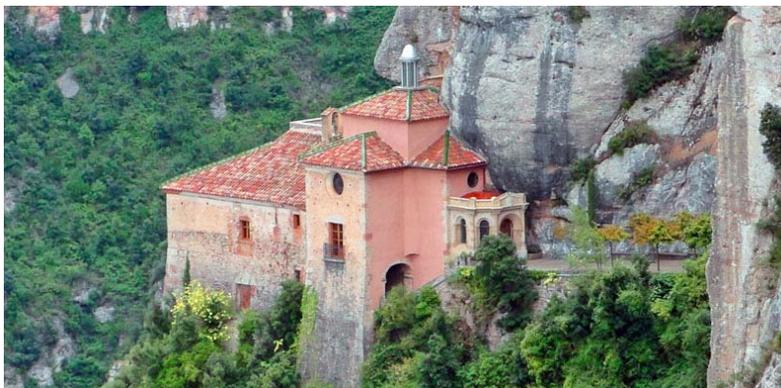


Afternoon

- Lunch at the hotel.
- **Walk to Holy Cave.** Where the image of the black Madonna was found. (This is a 60 minute walk, downhill. For the way back we will take the mountain lift.)
- If time allows, visit to old hermitages on top of mountain, also using lift.

Evening

- Dinner at the hotel.



DAY 2 – JUNE 28TH – DRIVE TO SIRESA – SAN ADRIÁN DE SASABE

Morning

- Outdoors Qi Gong and meditation practice.
- Breakfast at the hotel.
- Drive to Siresa (about 4 1/2 hours).

Afternoon

- Lunch on the road.

- **Visit to San Adrián de Sasabe.** San Adrián de Sasabe is an ancient sacred site for purification, regeneration, cleansing, and, most important, inner baptism. It is one of the locations where the Holy Grail was hidden and protected during the Moorish invasions. This 10th century Romanesque hermitage is what remains from a much bigger complex that due to its location, breaks all paradigms on how monasteries were built and locations chosen.

Evening

- Dinner at the hotel.
- Light walk around town.



DAY 3 – JUNE 29TH – VALLE AGUAS TUERTAS – SAN PEDRO DE SIRESA

Morning

- Outdoors Qi Gong.
- Breakfast at the hotel.
- **Hike to Aguas Tuertas Valley.** About twenty minutes drive north of Siresa, bordering with France, we find Aguas Tuertas Valley, the natural Holy Grail of the

Pyrenees. Usually filled with small waterfalls from the melting snow, it's a truly magnificent place where light and water unite. Here we will bask in its pristine atmosphere and enjoy the purity of Being. (*This is a hike on smooth, dirt road, about 30 – 40 minutes up. It's not difficult but it's steep. Once we are up, the actual valley is flat. Please, ask us if you have any concerns.*)

- **Visit La Corona de los Muertos and Roman way.** On the way down, we will stop at a complex of stone circles and the remains of an old roman way.

Afternoon

- Lunch at the hotel.
- Personal time for resting.
- **Visit to San Pedro de Siresa Abbey.** San Pedro de Siresa, built between 9th to 13th century, is another of the keys that this valley was of great importance for the ancients. The impressive remains of a much bigger monastery, this monumental church stands as a true fortress, containing one of the few left spiral labyrinths in Spanish architecture. We will enjoy its art, study its energetic structure and see how to use it for personal practice. A true delight.

Evening

- Dinner at the hotel.



DAY 4 – JUNE 30TH – SAN JUAN DE LA PEÑA – SANTA MARIA DE LA SERÓS

Morning

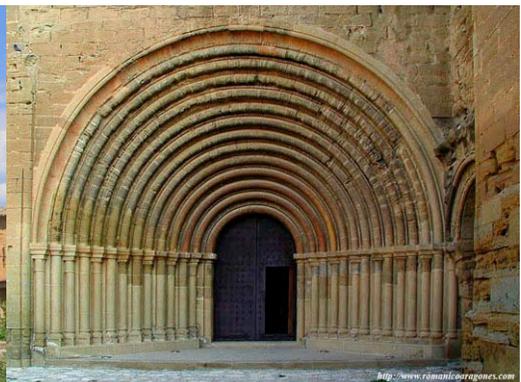
- Outdoors Qi Gong.
- Breakfast at the hotel.
- **Visit San Juan de la Peña and Santa María de la Serós:** Hidden within the side of the cliff, San Juan de la Peña is a place of extreme beauty, both inside and outside. Defying the passage of time, it invites the visitor to connect within by embracing her with the warmth of the Earth. It is also here that the Holy Grail was kept and protected during the middle ages. Santa María de la Serós is and Benedictine abbey from the XI century, used during the middle ages as private monastery by the Aragon's royal family. Its gorgeous architecture and decorations contrast with the austerity of San Juan.

Afternoon

- Lunch at the hotel.
- Personal time for resting.
- Short hike and outdoors Qi Gong and meditation practice.

Evening

- Dinner at hotel.



DAY 5 – JULY 1ST – SANTA MARÍA DE SIGENA - RETURN TO BARCELONA

Morning

- Outdoors Qi Gong and meditation practice
- Breakfast at the hotel.
- **Visit to Villanueva de Sigena.** 12th century Sigena's monastery is a sacred site that emanates a balanced mixture of beauty and peace. This site's temperance is the perfect ending to integrate the experiences from our pilgrimage and return to daily life. Sigena's monastery invites us to be playful while we discover the art and alchemy of releasing old patterns and establishing new beginnings for the benefit of all beings.

Afternoon

- Lunch on the road.
- If time allows, visit to Sitges, a typical Mediterranean town, 45 minutes south of Barcelona, for walk and dinner by the sea.
- Return to Barcelona.

ABOUT FERRAN BLASCO:



is a practitioner of natural medicine, specializing in acupuncture and biotherapeutic drainage. Besides having a full time clinical practice in Rochester, Michigan, he is also a practitioner of the energetic arts, with an extensive background on pilgrimage to sacred sites and meditation. He has studied Zahori Art, geobiology and Sacred Geometry with Raymond Montery, Dominique Susani and Juan Sáez, teaching, researching and working in Europe, USA, Asia and South America. He has also studied internal alchemy, meditation and Eastern spirituality under the guidance of Juan Li, Dr. Mark Dyczkowski, Garchen Rinpoche and Chokyi Nyima Rinpoche. He is the co-author of "Where Heaven and Earth Unite". To see his full biography and other details visits: www.zahoriart.com and www.rochesteracupuncture.us

WHAT IS INCLUDED:

- Transportation from downtown Barcelona, June 27th morning and back to downtown Barcelona, July 1st evening.
- 4 hotel nights.
- 5 days of meals (breakfast, lunch and dinner each day, beginning with lunch on June 27th and concluding with lunch on July 1st).
- All excursions and activities listed in the activities program.
- Entrance fees for all sites visited.

WHAT IS NOT INCLUDED:

- Air fares. (Each participant is totally responsible for their own transportation to Barcelona by the morning of June 27th, 2018 and for their departure from Barcelona after the retreat on July 1st, 2018).
- Travel and medical travel insurance (Proof of medical travel insurance is required to participate).
- Any tips at hotel or restaurants.
- July 1st dinner in Sitges.
- Anything not listed under "Included."

COST:

- \$1090 per person based on double room with bathroom.
- \$950 only if combined with the Granada retreat.
- SPACES ARE LIMITED. This is a small group retreat; let us know soon if you want to come.
- If you're travelling on your own, we'll pair you up with a roommate of the same gender.
- If you prefer a single room add \$100. (There are very few single rooms, let us know soon if you choose this option.)

CONTACT FOR QUESTIONS AND REGISTRATION:

Shen Dao Institute

Email: info@rochesteracupuncture.com

Phone: (248) 841-1570

Address: 126 East 3rd Street – Rochester, 48307 – Michigan - USA

PAYMENTS:

Preferable payment method is check. 3% added to price if payments by credit card.

Price is quoted in dollars. Due to the constantly changing exchange rate for Euros, it is suggested that you pay in full as soon as possible, (if there are substantial changes, price will have to be revised). If you prefer to pay directly in Euros let us know and we will provide you a Spanish bank account for depositing payment.

1) If also attending Granada retreat:

- \$450 Reservation fee (non-refundable).
- \$250 due by December 1st.
- \$250 due by March 1st.

2) If not attending Granada retreat:

- \$590 Reservation fee (non-refundable).

- \$250 due by December 1st.
- \$250 due by March 1st.

CANCELLATIONS AND REFUNDS:

If after you reserve your space you need to cancel your participation in the retreat, the following applies:

- All cancellation notices must be received in writing (email is fine) and will become effective as of the date of the postmark or email reception.
- There is a \$450 (If also attending Granada retreat) or \$590 (If not attending Granada retreat) non-refundable reservation fee.
- Until March 15th: full refund credit of whatever amount was already paid, minus non-refundable reservation fee and any bank fees.
- After March 15th: No refunds. Another person you know might come in your place, if they are fit for the journey.

Arriving late or leaving before the retreat finishes, for any reason whatsoever, will not result in a refund, and no refunds will be made for any unused portions. In the unlikely event that the retreat was cancelled, participants will receive a full refund of amount paid including reservation fee.

MEDICAL TRAVEL INSURANCE AND TRAVEL INSURANCE

It is required that you have medical travel insurance. Each retreat guest is required to have a minimum level of travel insurance that covers for medical emergency, evacuation and repatriation. You may already have coverage through your work, credit card, or annual travel policy. Please, check with them. If your pre-existing coverage does not meet these needs, you are required to purchase travel medical insurance.

It is recommend that you purchase this insurance to protect your travel investment. Travel insurance can offer financial protection for trip cancellation and interruption, as well as assistance should you encounter travel delays, baggage loss, or require medical treatment while traveling. If you wish to purchase travel insurance, and do not have a company that you normally work with to purchase insurance, we can provide you with information.

A FINAL NOTE

This is a truly special pilgrimage. The places we will visit and the area where we will be staying are truly a magical gate to the Holy Grail of one's heart. Please let us know if you have any questions.

We are really looking forward to experience with you!