



AWAKENING TO THE LIGHT OF THE HEART

JUNE 12–20, 2024 – SPAIN

With Ferran Blasco and Juan Sáez

Dear friends, we are delighted to invite you to join us for a nine-day pilgrimage along Saint James Way in Northern Spain. To enjoy and replenish ourselves, we will spend quality time in Huesca, Navarra, and La Rioja, three areas of rich history, pristine nature, and profound spiritual power.

Ferran Blasco and Juan Sáez will guide you on this exceptional journey that will balance nature, culture, meditation, rejuvenation, delicious local cuisine, and a simple, relaxing, good time. Together, we will explore the sites' rich culture and history and the more subtle energetic layers to experience the divine radiance within us more clearly.

While a “vacation,” our journey will be a “pilgrimage” to visit and practice in sites that remind us how to access the fullness of our being. For this reason, before the journey, we will have seven optional monthly Zoom meetings to discuss the practice of pilgrimage, as well as the practices of sacred sleep and sacred sound, intimately related to pilgrimage.

This will be a “semi-silent” journey focusing on presence, meditation, personal prayer, and time to enjoy the exquisite voice and silence of the sites we 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.

PROGRAM OF VISITS AND ACTIVITIES

Day 1, June 12 – Barcelona – Monastery of Leyre

- 9.00 am Meet in Barcelona for a four-hour drive towards Leyre
- Visit Santa María del Monte hermitage near Huesca
- Lunch at Ayerbe.
- Arrive at Monastery of Leyre: Built in the ninth century, Leyre is one of the most important medieval monasteries in Spain, famous for its Gregorian chants and marvelous architecture
- Afternoon nature walk and meditation at Foz de Lumbier (Lumbier's Gorge): one of the most spectacular gorges in the Navarre region, a haven to wildlife and groves of poplars, willows, ash and thyme; about a mile peaceful walk along the Irati River
- Evening Gregorian Chants at Leyre's Monastery church
- Dinner and stay at Hospedería Monastery of Leyre



Day 2, June 13 – Leyre

- Sunrise Qi Gong and meditation practice.
- Breakfast at hotel
- Visit Sos del Rey Católico: set on a rocky spur and enclosed by Gothic walls, the town of Sos is one of the most interesting medieval urban and architectural sites in the Spanish Pyrenees. Of special interest in Sos are the Gothic mural paintings at the Romanesque church of San Esteban.
- Visit Sangüesa and Santa María La Real Church: an essential stopping place for pilgrims on the Way of St. James on the banks of the Aragon River. There, we will visit the famous Santa María la Real church, one of the gems along Saint James Way.
- Lunch in Sangüesa
- Afternoon nature walk and meditation at Leyre's forest
- Evening Gregorian Chants at Leyre's Monastery church
- Dinner and stay at Hospedería Monastery of Leyre



Day 3, June 14 – Leyre - San Millán de la Cogolla

- Sunrise Qi Gong and meditation practice.
- Breakfast at hotel
- Drive to San Millán de la Cogolla, about two hours.
- Stop at the remains of a medieval pilgrim hospital at San Juan de Acre in Navarrete for healing meditation practice
- Lunch at El Mirador
- Visit Yuso Monastery in San Millán: One of the pillars of Spanish language, culture, and spirituality. See their website for full details and pictures: <https://monasteriodesanmillan.com/yuso/english/>
- Dinner at Mirador de San Millán
- Stay at Hostería San Millán

Day 4, June 15 – San Millán de la Cogolla

- Sunrise Qi Gong and meditation practice
- Breakfast at hotel
- Visit Suso Monastery: this small cave monastery from the 6th century is considered the spiritual heart of Spain, a place of majestic Being.
- Lunch at El Mirador.

- Afternoon nature walk and meditation at San Millán's Cave and Cardenas River beech forest. Dinner at Mirador de San Millán
- Stay at Hostería San Millán



Day 5, June 16 – San Millán de la Cogolla

- Sunrise Qi Gong and meditation practice.
- Breakfast at hotel
- Visit Santo Domingo de la Calzada historical district and cathedral: another essential stop for pilgrims to Santiago, Santo Domingo has one of the finest cathedrals in Spain.
- Lunch at El Mirador
- Nature walk and meditation at Hayedo El Rajao in Tobia's Valley, a natural treasure sheltered between the high peaks of the Sierra of La Demanda
- Dinner at El Mirador
- Stay at Hostería San Millán

Day 6, June 17 – San Millán – Siresa

- Sunrise Qi Gong and meditation practice
- Breakfast at hotel
- Drive to Siresa, about three hours
- Stop on the way for a nature walk and meditation at Urederra River birth
- Visit 12th century Romanesque templar Church of Santa María de Eunate, near Puente La Reina
- Lunch in Puente la Reina
- Afternoon for visiting Siresa village and resting
- Dinner in Siresa
- Stay at Castillo d´Acher in Siresa



Day 7, June 18 – Siresa

- Sunrise Qi Gong and meditation practice
- Breakfast at hotel
- Hike to Aguas Tuertas Valley (border of the Spanish and French Pyrenees): a twenty-minute 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 pristine place where light and water unite inviting us to bask in the purity of Being. (3-4 hour round trip hike. Easy but steep. Please ask us if you have any concerns)
- Lunch at hotel in Siresa
- Visit the church of San Pedro de Siresa: built between the 9th to 13th centuries, 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.
- Dinner at a hotel in Siresa
- Stay at Castillo d´Acher in Siresa



Day 8, June 19 – Siresa

- Sunrise Qi Gong and meditation practice
- Breakfast at 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 invites us to connect within by embracing us with the warmth of the Earth. It is also here that the Holy Grail was kept and protected during the Middle Ages. Down, in the valley, the church of Santa María de la Serós is a Benedictine abbey from the 11th century, used during the Middle Ages as a private monastery by the Aragon's royal family. Its delicate architecture contrasts with the austerity of San Juan.
- Lunch at hotel in Siresa
- Rest time in Siresa or visit to Selva de Oza forest
- Dinner at hotel in Siresa
- Stay at Castillo d´Acher in Siresa



Day 9, June 20 – Siresa – Barcelona

- Sunrise Qi Gong and meditation practice
- Breakfast at hotel
- Drive to Bolea (1.30 hours) to visit the Collegiate of Santa María la Mayor; a masterpiece of Spanish Renaissance art, and Loarre's castle
- Lunch at Bolea
- Drive back to Barcelona (3.30 hours)
- Arrive at Barcelona Sants train station around 8 pm





ABOUT YOUR GUIDES



Ferran Blasco-Aguasca is a practitioner of natural medicine, specializing in acupuncture and biotherapeutic drainage. He has studied Zahori Art, geobiology, and Sacred Geometry with Raymond Montercy, Dominique Susani, and Juan Sáez; as well as internal alchemy and meditation under the guidance of Juan Li, Dr. Mark Dyczkowski, Garchen Rinpoche, and Chokyi Nyima Rinpoche. He is the author of “Healing Now,” and co-author of “Where Heaven and Earth Unite.”



Juan Sáez (www.artezahori.com) is an expert in natural medicine, Geobiology, and dowsing. His profound relationship with the Earth and the cosmos allows him to connect others to the timeless wisdom and well-being stored in sacred sites with sensitivity, humor and a truly loving heart. Among his main teachers are Carlos Castaneda, Howard Lee, Dominique Susani, Juan Li and Zhu Gian Chan. He is the author of “Arte zahorí: Geobiología consciente” “Lugares de Poder,” and co-author of “Geobiología: A arte do bem sentir.”

COST:

- \$3240 per person based on double room
- \$250 extra for a single room (Based on availability).

COST INCLUDES:

- Transportation from Barcelona, on the morning of June 12, and back to downtown Barcelona, on the evening of June 20th.
- 8 hotel nights

- All meals (beginning with lunch on June 12 and concluding with lunch on June 20)
- All excursions and activities are listed in the activities program
- Entrance fees for all sites visited

COST DOES NOT INCLUDE:

- Airfares to and from Spain
- Medical insurance, travel insurance, or trip cancellation insurance
- Tips at hotels or restaurants
- Anything not listed under “Cost Included”

CONTACT FOR QUESTIONS AND REGISTRATION:

Rochester Acupuncture - 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 or Zelle. 3% added to price if payments by credit card.

- \$1000 Reservation fee (non-refundable).
- \$1120 due by January 1, 2023
- \$1120 due by March 1, 2024

CANCELLATIONS AND REFUNDS:

- All cancellation notices must be received in writing or email and will become effective as of the date of the postmark or email reception
- The reservation fee is non-refundable
- Until March 15, 2024: full refund credit of whatever amount was already paid, minus non-refundable reservation fee and any bank fees.
- After March 15, 2024: 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 we needed cancel the retreat, participants will receive a full refund of the amount paid, including the reservation fee.

MEDICAL TRAVEL INSURANCE AND TRIP CANCELLATION 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.

We recommend you to 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.

Please let us know if you have any questions.

A FINAL NOTE

This will be a truly special pilgrimage. The forests, rivers, temples, and monasteries we will visit are magical gates to the Holy Grail of one's heart. We are really looking forward to experience them with you.

“All objects, such as trees, rivers, houses, forests,
Are illumined by the sun,
But the light that illumines the sun is the light of your Heart.
The sun does not shine there, nor the moon or the stars,
Nor these lightings, not the flames of the fire.
When your Heart shines, everything shines after It;
By Its light everything is illumined.”

— Mundaka Upanishad