

# NATURE & THE SACRED FEMININE

## A Pilgrimage to the Gray Whales of Magdalena Bay

Baja California, Mexico

**February 18 – 21, 2016**

Co-facilitated by Dale Golden & Diane Bunting (Shamsher)  
with Sea & Adventures of La Paz , Mexico

[www.kayakbaja.com](http://www.kayakbaja.com)

**A Council of 18 Women will explore this question ...**

**How is Nature informing & guiding us as women to a deeper embodiment of the Sacred Feminine?**

### **Experience:**

- ◆ **Kundalini Yoga & other Sacred Movement ...**  
grounding us into Body
- ◆ **Meditation, Mantra, Mandala ...** expanding us into  
the experience of Interconnectedness of All
- ◆ **Living Sculpture ...** connecting with the powerfully  
tender Sacred Feminine
- ◆ **Nature Constellations** practices ...embodying the  
field of 'all our relations'
- ◆ **Council Process ...** weaving us into community,  
sharing our wisdom
- ◆ **Living in Nature ...** beautiful bayside beach camp in  
Magdalena Bay in 10x12 walk-in canvas tents for two
- ◆ **Being in the Heart/Love field of the Gray Whales**  
... intimate daily whale watching skiff excursions
- ◆ **Other Activities ...** explore spectacular dunes &  
remote Pacific beaches, bird watching & sea kayaking  
in mangrove estuaries, evening naturalist talks & slide  
shows ... as time permits

### **Includes:**

**4-Day Pilgrimage to  
Magdalena Bay, Feb 18-21**

**Half-day Pre-Pilgrimage  
Meeting, January 9**

**Half-day Post-Pilgrimage  
Meeting, April 9**

**Potluck/Social Gathering for  
stories & photo share in May**

**Cost: \$1,008**

**\$300 non-refundable  
deposit due by 8/27/15**

**Remainder of \$708 due by  
1/14/16**

**For more information & to Register contact:  
Dale Golden, 253-752-2516 or  
[goldendale@aol.com](mailto:goldendale@aol.com)**



### Included:

- \*All meals from breakfast 2/18 through lunch 2/21
- \*Transportation by bus to/from La Paz & Magdalena Bay
- \*10x12 walk-in canvas tents & sleeping cots (sleeps 2)
- \*Motorized skiffs skillfully & sensitively operated by local boatmen
- \*Naturalists/Guides, Camp Crew & Cooks
- \*Purified drinking water
- \*Two ½-day meetings (pre- & post-trip)
- \*A pilgrimage facilitators' fee of \$258

### Additional Costs:

- \*Airfare: for best rates, recommend flying into Cabo
- \*Airport Shuttle: a 3-hour ride from Cabo to La Paz (\$30-\$50). *Must arrive in La Paz by 2/17 latest.*
- \*Hotel Accommodations on 2/17 & 2/21, \$70 per room (single or double occupancy).
- \*Sleeping bag for Whale Camp \$15 (or bring your own)
- \*Whale Camp Staff Gratuity: \$75 recommended
- \*Optional Day Trip on 2/16 out of La Paz - snorkel with whale sharks & sea lions



### Sea & Adventures:

For general information:

[www.kayakbaja.com](http://www.kayakbaja.com)

For specific info on Whale Camp & itinerary:

[www.kayakbaja.com/trips/getaways/MagdalenaBay](http://www.kayakbaja.com/trips/getaways/MagdalenaBay)

For details on what to bring, etc.:

[www.kayakbaja.com/planning](http://www.kayakbaja.com/planning)

For optional day-trips out of La Paz:

[www.kayakbaja.com/trips/DayTrips.php](http://www.kayakbaja.com/trips/DayTrips.php)



**Magdalena Bay** is a special reserve for the protection of the Pacific gray whale. The whales migrate here to court, breed, give birth & simply frolic in the warm, calm waters of Baja's Pacific bays.

**Diane Bunting / Shamsher** (M.S., KRI-certified Yoga Teacher) "On this pilgrimage, I weave together four of my passions: 1) Kundalini Yoga/Meditation; 2) Nature's wilds; 3) the Sacred Feminine 4) Community & Council wisdom. My 39 years of yoga experience (with 21 years as a full-time yoga/meditation teacher), an MS in Marine Biology along with being a NPS naturalist, & my exploration & dedication to the Sacred Feminine serve as a wonderful foundation for my service to you & to the magnificent beings of Magdalena Bay & Sea of Cortez. Sat Nam."

**Dale Golden**, MSW, HTCP (certified Healing Touch Practitioner), Systems & Nature Constellation Facilitator, Certified GEM Practitioner. "On this pilgrimage I weave many passions: 1) Pilgrimage/Sacred Travel; 2) Soul-full Communion & Communication with Nature; 3) the Sacred Feminine; 4) Community & Council Wisdom; 5) Ceremony & Ritual. Combining my natural gifts of healing, with rich life experience & 39 years of study & practice of healing, spirituality, energy medicine & nature, I bring a strong dedication to transformation – individually, in small groups, communities & globally. Our relationship with Nature is integral in this transformation process."



## What Folks Said About the 2015 Pilgrimage

*Pilgrimage content was amazing and wonderful. Diane & Dale, keep doing what you're doing! To folks considering this trip... DO IT! SG*

*Supremely grounding & awakening – just what I needed. KL*

*I brought home new friendships that continue to grow and I deepened “old” ones! So thankful for that. BR*

*I loved the solitude of the island with so few people, as well as the experience of and the teaching from the whales. It was amazing! SD*



*The pilgrimage was fulfilling, peaceful and expansive with an unexpected depth. PK*

*I am so grateful that Dale & Diane offered this amazing trip. It was a very expansive experience to share traveling in a different country with others who share so many interests. It allowed me to ‘see’ and experience things from a very different perspective while being supported. In a nutshell, it was life-changing. TB*

