

KUNDALINI YOGA & MEDITATION **with the *GRAY WHALES OF MAGDALENA BAY***

A pilgrimage to Baja California, Mexico

March 3 – 6, 2018

Facilitated by Shamsheer / Diane Bunting

with Sea & Adventures of La Paz, Mexico (www.kayakbaja.com)

Experience:

- ◆ **Kundalini Yoga** ... a body prayer of greeting to sunrise & sunset
- ◆ **Meditation** ... two 11-min meditations each day, offering prayer for All Creation's benefit
- ◆ **Mantra** ... through vibration, we connect & bless
- ◆ **Council Process** ... weaving us into community, sharing our insights
- ◆ **Being in the Heart/Love field of the Gray Whales** ... intimate daily whale watching skiff excursions
- ◆ **the Glory of Whale's water dance** ... mama & baby, or a courting / mating pair
- ◆ **Thrill and Awe** ... at a gray whale's pranayam (!) or their tail slap or breach or spy hop
- ◆ **Living in Nature** ... beautiful bayside beach camp in Magdalena Bay in 10x12 walk-in canvas tents for two
- ◆ **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, March 3-6

Half-day Pre-Pilgrimage Meeting, late Jan/early Feb

Post-Pilgrimage Gathering in April/May

Cost: \$1,161

\$300 non-refundable deposit to guarantee your reservation

Remainder of \$861 due by 1/27/18



**For more information & to Register contact:
Diane Bunting, 253-853-5221 or
shamsheer.diane@gmail.com**

Included:

- *All meals from breakfast 3/3 through lunch 3/6
- *Van transportation to/from La Paz & Mag 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
- *Pre-trip & Post-trip gathering to prepare & integrate
- *Pilgrimage facilitator's fee (\$266) for Diane/Shamsher

Additional Costs:

- *Airfare: for best rates, recommend flying into Cabo
- *Airport Shuttle: a 3-hour ride from Cabo to La Paz (\$40-\$55). *Must arrive in La Paz by 3/2 latest.*
- *Hotel Accommodations on 3/2 & 3/6, \$70 per room (single or double occupancy).
- *Sleeping bag for Whale Camp \$15 (or bring your own)
- *Whale Camp Staff Gratuity: \$90 recommended
- *Optional Day Trip on 3/7 out of La Paz – snorkel with whale sharks



Sea & Adventures:

For general information:

www.kayakbaja.com

For specific info on Whale Camp & itinerary:

www.kayakbaja.com/tours/whale-watching-quick-getaway-3-nights/

For trip planning details:

www.kayakbaja.com/plan-trip/

For optional day-trips out of La Paz:

www.kayakbaja.com/by-lengthbudget/day-trips/



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 great passions: 1) Kundalini Yoga to reclaim & renew our sacred Body; 2) Communion with Nature, especially the Gray Whales’ blessing of presence; 3) The humble offering of meditation and prayer for the benefit of all Creation; 4) Community & Council wisdom. My 42 years of yoga experience (with 24 years as a full-time yoga/meditation teacher), an MS in Marine Biology along with being a NPS naturalist, & my many years of organizing & facilitating Pilgrimage, serve as a wonderful foundation for my service to you & to the magnificent beings of Magdalena Bay & Sea of Cortez. Sat Nam.”



What folks said about the pilgrimages

Well-planned & well-executed, rich in sights, sounds & experiences. A true pilgrimage! RBG

Powerful, deep, gratifying – a Vision Quest. The love field of the whales was profoundly significant, opening my heart & facilitating the deep bond with our group. LA

This time was a deep heart journey with whales, nature & community ... wonderful healing, bonding & heart-opening. CG

Grand to be in the elements for these 4 days! A magical journey of yoga, whale watching, the night sky, bio-luminescence and evening naturalist talks. Lots of gratitude to the planners. TK



I loved the Kundalini Yoga & Meditation, especially our chanting with all voices together in that deeply spiritual place. Loved the blessing of the presence of the mama gray whales & their babies—the sense that we are so deeply connected! Loved the mystical experience of swimming above a huge whale shark & forgetting all sense of time. I loved how Diane facilitated our group into intimacy & openness to the divine. I loved the councils because we all spoke from our hearts. The entire pilgrimage experience was such a deep blessing! PM

