

# ***KUNDALINI YOGA & MEDITATION***

## ***with the GRAY WHALES OF MAGDALENA BAY***

A pilgrimage to Baja California, Mexico

***March 7 – 10, 2019***

Facilitated by Shamsheer / Diane Bunting

with Sea & Adventures of La Paz, Mexico ([www.kayakbaja.com](http://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
- ◆ **Integrative energy sessions with Dale Golden** ... a 50-minute healing session for each participant to support integration of this life-changing experience.
- ◆ **Being in the Heart/Love field of the Gray Whales** ... intimate daily whale watching skiff excursions
- ◆ **The Glory of Mama & Baby whale's water dance**
- ◆ **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** ... beach-walks, swimming, bird watching & sea kayaking in mangrove estuaries, evening naturalist talks & slide shows, as time allows

### **Includes:**

**4-Day Pilgrimage to Magdalena Bay, March 7-10**

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

**Half-day Post-Pilgrimage Gathering in April/May**

**Cost: \$1,217 \*\***

**\$300 non-refundable deposit upon reserving**

**\$917 due by 1/1/19**

\*\* Cost is \$1217 if Dale Golden accompanies as Energy Healer. If she does not join us (due to family health needs), then total trip cost is \$1161.



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

**Included:**

- \*All meals from breakfast 3/7 through lunch 3/10
- \*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
- \*Energy Healing Session (\$56) with Dale Golden

**Additional Costs:** \*Airfare: fly into Cabo

- \*Airport Shuttle: a 3-hour ride from Cabo to La Paz (\$45-\$65). *Must arrive in La Paz by 3/6 latest.*
- \*Hotel Accommodations on 3/6 & 3/10, \$70 per room (single or double occupancy). Plus any extra nights
- \*Sleeping bag for Whale Camp \$15 (or bring your own)
- \*Whale Camp Staff Gratuity: \$90 recommended; 10% tip suggested on all other transactions
- \*Optional Half-Day Trip to snorkel with whale sharks



**Sea & Adventures:**

**General information:**

<https://www.kayakbaja.com>

**Specific info on Whale Camp:**

[www.kayakbaja.com/tours/whale-watching-quick-getaway-3-nights/](http://www.kayakbaja.com/tours/whale-watching-quick-getaway-3-nights/)

**For trip planning details:**

[www.kayakbaja.com/plan-trip/](http://www.kayakbaja.com/plan-trip/)

**Optional day-trips out of La Paz:**

[www.kayakbaja.com/by-lengthbudget/day-trips/](http://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.



Dale Golden, MSW, HTP, GEM, Systems Constellation. "Having been on 5 previous Gray Whale Pilgrimages, as participant & facilitator, I bring a wealth of experience to support you in staying present to the power & love of the whales, through a private 50-minute energy healing session. With 41 years clinical experience & 20 of those years in private practice, I am honored to support as you integrate this experience in body, mind, heart & soul.

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 43 years of yoga experience (with 25 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*

