

KUNDALINI YOGA & MEDITATION

with the GRAY WHALES OF MAGDALENA BAY

A pilgrimage to Baja California, Mexico

March 2 – 5, 2020

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 Mama & Baby Whales' 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 2-5

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

Half-day Post-Pilgrimage Gathering in April/May

Trip orientation, organization & preparation guidance by Diane/Shamsheer

Cost: \$1,217

**\$300 non-refundable deposit upon reserving with Diane.
\$917 due by 12/29/19**



**For more information & To Register
contact:**

**Shamsheer / Diane Bunting, 253-853-5221 or
shamsheer.diane@gmail.com**

Included:

- *All meals from breakfast 3/2 through lunch 3/5
- *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
- *Great food & Purified drinking water
- *Pre-trip & Post-trip gatherings
- *Pilgrimage orientation, organization & preparation support by Shamsheer/Diane

- 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 March 1st at latest.*
 - *Hotel Accommodations on 3/1 & 3/5, \$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:

<https://www.kayakbaja.com/tours/whale-watching-quick-getaway/>

For trip planning details:

<https://www.kayakbaja.com/plan-trip/>

Optional day-trips out of La Paz:

<https://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 / Shamsheer (M.S., Level 2 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 44 years of yoga experience (with 25 years as a full-time yoga/meditation teacher), an MS in Marine Biology along with having been an NPS naturalist, & my many years of organizing & facilitating Pilgrimage – these serve as a wonderful foundation for my service to you & to the magnificent beings of Magdalena Bay & Sea of Cortez. Sat Nam."

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