

# A Sacred Dance Guild Journey



Operated by Sacred Sites Journeys  
A Division of Heartlight Fellowship

## A Sacred Dance Journey in COSTA RICA Moving With The Sacred Rhythms in Nature



With SDG Hostesses and Featured Dancers  
Cherie Hill, MFA and Rev. Dr. JoyBeth Lufty  
February 15 – 21, 2014



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## **Journey with other Sacred Dance Guild members to COSTA RICA**



**Celebrate The Divine Source Within YOU  
as you relax, renew and rejuvenate your body, mind & spirit  
at AmaTierra, a life-enhancing retreat center  
nestled on 8 acres in the central Costa Rican mountains.**



**SPECIAL INCLUSIONS!**



**Sacred Dance Sessions to support you to access deep awareness of  
your mind, body and spirit in connection with the natural world.**

### **Opening Celebration**

**Body Prayers, Circle/Rhythm Meet & Dance, Creating Visual Portraits & Dancing Improv**

**Daily Morning Light Yoga Sessions with Cherie or Global Warmups with JoyBeth**

### **Other Sacred Dance Opportunities**

- Improvisation/Visualization with Cherie
- Body Prayer/Rhythms of Nature Session with JoyBeth
  - African Dance with Cherie
  - Share Your Dance with JoyBeth
  - Dancing With Your Soul with JoyBeth

### **Closing Celebration & Planetary Dance**

#### **Opportunities to Commune with Nature:**

- A Morning at the Beach at Esterillas Oeste
- A Day at La Paz Waterfall Gardens and Poas Volcano
  - A Day at Turubari Tropical Eco-Park  
(Choice of Sky Ride, Cable Tour or Zipline)



## AMENITIES AT AmaTierra

### Mountain Site Casitas, Double Occupancy with Private Bath



Feel at home cradled by nature amidst the mango trees and sounds of the living forest in your simple, elegant suite.

Tastefully designed with unique decor to allow you to enjoy the serenity of your surroundings, each Suite comes with its own bath tub, private terrace and garden with outdoor seating.

Hardwood furniture and a ceiling made of teak brings the ambiance of the forest into your room.



Relax at the **pool** - take a dip, lounge with a good book or write in your journal

Enjoy **3 daily meals** of a healthful combination of home cooking, using fresh organic fruits and vegetables, local fish and chicken



A library of **DVD's** with players in all rooms

*AmaTierra is a NON smoking property.*



## OPTIONAL WELLNESS SERVICE OFFERINGS

### Massage, Energy Balancing, Biomat, Ear Candling, Wraps & Nutritional/Herbal Consultation



**Nutritional Consultation:** Make a new start and address health issues that perhaps have been ignored. Perhaps you are looking to change your diet, or discuss what supplements might enhance your health. In an in-depth session that can take up to 1.5 hours, registered herbalist Jill Ruttenberg (AHG) will guide you toward lifestyle changes and a treatment protocol to set you on the right track.

#### Massage Therapy

**De-Stress & Relax with Aromatherapy/ The Classic Massage:** a 60 minute relaxing massage customized for your body's needs and designed to release tension

**Deep Tissue or Sports Massage:** a 60 minute massage that works deep to ease knots in muscles and fascia. Sports massage is similar and focuses more on limbs and stretches.

**Abdominal Chi Mover:** 45 minutes of gentle strokes which move the life force energy throughout the belly. Excellent for releasing emotional stress, improving digestion and moving "stuck" energy; it also helps muscle tension and joint problems in the whole body. This massage ends with 10 minutes additional head and foot rub.

#### Energy Balancing Therapy

**Sound Therapy Tune-up:** Re-balance your chakras (energy centers), raise the vibratory level of your entire Being, and address specific areas of concern through the use of Quartz "singing bowls" and other sound tools. Come away feeling Light and Balanced.

**Aromatouch Special Treatment:** 60 minute personalized aromatherapy massage treatment with doTerra Organic Essential Oils. Reduce stress, balance your nervous system, reduce inflammation, enhance immunity and detoxify your body.

**Biomat For Whole Body Health:** A Bed of Amethyst Crystals for Healing. Experience the strength of the powerful far-infrared rays, soothing your muscles and nerves; generated through a mat of Amethyst Crystals, powerful healing properties of negative ions. 20 minute sessions.

**Ear Candling:** Detoxify sinuses and ear canals with this safe, effective process. You will feel clear and hear better!

**Exfoliation Scrub:** Choose from Green Tea or Lemon/Coconut salt scrub. Removes dead skin cells for healthier, softer skin. Light massage follows this treatment. Ask about the luscious Chocolate Mask for the Face!

**Wraps:** Choose among 3 different offerings: 1) A special mud/clay from Costa Rica's volcanoes (recommended for normal to oily skin types) 2) Dead Sea Minerals or 3) Vitalizing Cinnamon Heating Therapy wrap. All three draw toxins out through the skin and leave you feeling oh so soft. Plan to become a burrito, wrapped snugly for 20 minutes while the clay does its work.

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## YOUR SACRED DANCE GUILD JOURNEY PERSONNEL

### Cherie Hill



Cherie Hill is a creative artist, dancer, performer, teacher and scholar, whose art explores human expression and how it is conveyed through the body in collaboration with nature, music and visual imagery. Ms. Hill's somatic technique, Movement, Meditation, Mindpower (MMM) blends studies of Hatha yoga, Alexander Technique, Movement Ritual, Dance in Nature, and Dance is Life Process developed by Anna Halprin. A certified Planetary Dance facilitator, Cherie's research on dance and somatic practices have been presented at the Hawaii International Conference on Arts and Humanities, and the International Association of Black Dance Conference. She has published essays on dance in journals, Gender Forum and Ujamaa.

Cherie's workshops involve site-specific dance exploration and imagery process that encourages participants to tap into a deep awareness of their mind, body and spirit in connection with the natural world. Based on somatic studies that include yoga, Alexander Technique, Movement Ritual, and meditation; participants will explore their kinesthetic consciousness and ways of dancing in relation to the environment. Ms. Hill has been blessed to work with somatic and postmodern pioneer, Anna Halprin, as well as Melinda Harrison (Nature Moves) and Tara Reistar. She has been a yoga student and practitioner for over seven years and studied yoga at the Niroga Institute.

Cherie has trained in Caribbean Dance at the University of West Indies, Jamaica and in Trinidad/Tobago, and has performed African dance with drum and dance masters Fara Tolno, Adje Abankwah, and Malonge Diatta. She teaches, choreographs, and performs dance in California, directs her own company, Cherie Hill IrieDance, and is a Co-Resources Director for the Sacred Dance Guild. She holds a BA in Dance and Performance Studies from UC Berkeley, and an MFA in Dance and Choreography from the University of CO Boulder.

### Rev. Dr. JoyBeth Lufty

JoyBeth Lufty, or "Dr. Joy", has been a Sacred Dancer all her life and on the Board of SDG for what seems like lifetimes. She is still enjoying traveling the world helping others to dance lightly and deeply through her multicultural and multidimensional ministry in spirituality.

Rev. Dr. JoyBeth is a published author, community organizer, international workshop leader, Body Prayer Specialist and Ecstatic Dancer who delights in sharing transformational journeys. With a love of nature and sense of humor that knows no bounds, she has helped many beings to connect with The Divine Source through movement and is excited to be doing so in Costa Rica with Cherie!



## Jill and Bob Ruttenberg



**Owners and Hostess/Host at AmaTierra**  
**Bob and Jill, originally from Tucson AZ,**  
**live on the premises at AmaTierra.**

**Jill Ruttenberg** is a registered herbalist (AHG) who specializes in Chinese and western herbal medicine. She is a colleague of Dr. Andrew Weil and participated in weekly patient conferences at the program in Integrative Medicine, University of Arizona Medical Center. She has also had the good fortune to study with some of the best herbalists and OMD's in the world, including Dr. Michael Tierra and

Dr. Joel Penner. Jill is also a certified massage therapist who practices many modalities, a Hatha Yoga instructor, and writer of articles for U.S. alternative health publications. Nutritional consulting, massage and yoga classes are all available on the premises at AmaTierra.

**Bob Ruttenberg** comes from a career of 40 years in the music business which began the day he returned to Chicago from the Woodstock Festival of 1969. He owned two record stores in the mountains of Colorado in the 70's & 80s and since then has helped hundreds of artists become known and respected, especially in the world of jazz music. Bob's enthusiastic nature and passion for turning people on to good things now allows him to ignite the guests' love of beauty and the arts and to be the innkeeper he has always dreamed of being. He is also working on creating a jazz and world music festival in Costa Rica. Ask Bob to play you something special. You'll like it!

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**This group is open to the first 12 people to register.**

**Registration closes January 17, 2014,**

**or sooner if the group fills before that date.**

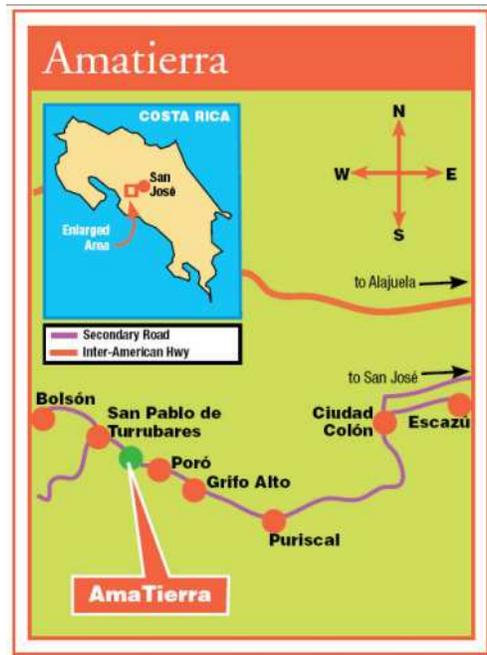
**In order to avoid disappointment, please reserve your space NOW!**

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### Sustainability Mission Statement

The owners and staff of **AmaTierra** are dedicated to protecting the natural environment, to reducing waste and conserving, reusing and recycling resources. Even before they took over the hotel in 2006, the previous owners took care not to cut down any big trees or fruit trees to construct the lodge and buildings there.

The name AmaTierra is loosely translated as "**Beloved Earth**" and implies this dedication and embodies the belief that human Beings exist as part of the delicate web of nature and, as stewards of the earth must be conscious to minimize our impact on the earth's ecosystems, especially in a place with so much diversity as Costa Rica.



## YOUR COSTA RICA SDG RETREAT ITINERARY

*B = Breakfast; L = Lunch; D = Dinner*

### Day 1. Saturday, February 15. Arrive Costa Rica; Transfer to AmaTierra; Opening Celebration; Welcome Dinner (D)

This Sacred Dance Guild travel package is Land Only. You are responsible to book your round-trip international airfare to San Jose, Costa Rica. (Airport code: SJO)

**IMPORTANT:** Please book your flight to arrive in San Jose by noon on Saturday, February 15<sup>th</sup> in order to connect with the group transfer to AmaTierra Retreat Center. (If you cannot book your airfare to arrive by this time, we suggest that you arrive the day before, on Friday, February 14<sup>th</sup>. If you will need to overnight in San Jose on the 14<sup>th</sup>, after you book your airfare, Sacred Sites Journeys can refer you to AmaTierra Retreat Center to book a hotel close to the airport.) Detailed instructions about how and where to meet JoyBeth, Cherie and the SDG group at the airport in San Jose on February 15<sup>th</sup> will be included with your final tour documents which will be sent to you about two weeks before the retreat.

**1:30PM** - Group transfer from the airport to **AmaTierra Retreat and Wellness Center**, located in the mountains east of the city, your home for the next six nights. You'll feel at home in the



arms of Mother Nature, amidst the mango trees and sounds of the living forest in your simple, elegant suite. Tastefully designed with unique decor to allow you to enjoy the serenity of your surroundings, each suite comes with its own shower/bath tub, private terrace and garden with outdoor seating. Hardwood furniture and a ceiling made of teak bring the ambience of the forest into your room. The sleeping area has comfy beds, ceiling fans, a refrigerator, coffee/tea maker, a phone, complimentary snacks and TV/DVD player (choose a movie, free, from over 250 in the retreat center's collection). And for any of you who feel the need to stay

connected with the outside world, there is Wireless Internet Service in the lobby & pool areas, available at certain hours of the day.

**3:30PMish** - Arrive AmaTierra. Check in and take some time to rest and relax.

## 6:00PM - Opening Celebration

Body Prayer – JoyBeth

Circle/Rhythm Meet & Dance – Cherie

Body Prayer – JoyBeth

Creating Visual Portraits & Dancing Improv – Cherie

Body Prayer – JoyBeth

**8:00PM - Welcome Dinner** - A luscious and nutritious treat, your first of many delicious meals.

The local cooks serve up delicious dishes made with fresh fish (mahi-mahi, talapia, shrimp and corvina, or sea bass are commonly offered), chicken dishes (orange/mango chicken with coriander, served with brown and wild rice is one favorite). They also easily accommodate vegetarian diets with such dishes as Spinach Risotto and Vegetarian Thai Curry over rice.

The goal is healthful, enjoyable dining, with attention to freshness and wholesome ingredients.

A beautiful salad is part of every dinner. They use only healthful oils, real butter and local honey, often substituting honey or "dulce" (minimally processed sugar cane, for white sugar.) Desserts are homemade and generally light.

**Overnight AmaTierra Retreat and Wellness Center.**

## Day 2. Sunday, February 16. Yoga, Free Time, Afternoon SDG Sessions; African Dance (B/L/D)

7:00AM - Light Yoga Session with Cherie

**8:30AM** – Breakfast. Your breakfast each day will consist of: Fresh fruits or freshly squeezed fruit juices, traditional rice & bean "Gallopinto", eggs any style, fresh whole grain breads or muffins served with mashed avocado, cheeses, butter and jam, baked plantain, organic coffee or choose from a variety of black, green or herbal teas.

**9:30AM - Free time** – Rest or get to know AmaTierra: Hike on your own, relax by the pool and/or take advantage of the **optional spa and wellness services**.

Perhaps you'd like to book a massage or other wellness therapy to assist you to move out the old energies and make way for the new!

Sessions are tailored to your individual needs and include Shiatsu and Swedish massage, abdominal massage, sound therapy, deep tissue massage, exfoliation and detoxifying mud treatments using the Mother Earth from Costa Rican volcanoes.



**Noon** - Lunch

**1:30PM – 3:00PM** - Improvisation/Visualization with Cheri

**3:30PM – 5:00PM** - Body Prayer/Rhythms of Nature Session with JoyBeth

**5:00PM – 6:30PM** - Free Time: Hike on your own, relax by the pool and/or take advantage of the optional spa and wellness services.

**6:30PM** - Dinner

**8:00PM** - African Dance with Cherie

**Overnight AmaTierra Retreat and Wellness Center.**

## Day 3. Monday, February 17. Global Warmups; Morning at the Beach, with SDG Sessions; Evening Share Your Dance (B/D)

6:30AM - Global Warmups with JoyBeth

8:00AM – Breakfast

**9:00AM** - Depart for your morning and early afternoon at the **Beach at Esterillas Oeste**, a



stunning Central Pacific Coast beach, one of Costa Rica's most beautiful! Just over an hour from AmaTierra, it's truly a beach lover's paradise. Palm trees overhang the white, sandy beaches and exotic Scarlet Macaws make their homes in the trees. Located in a quiet coastal village, Esterillas Oeste, is known by locals as one of the best beach destinations in the country. Adventure lovers will enjoy

excellent surf breaks. Sun lovers can soak up the rays. And everyone will enjoy the cool ocean breezes. The serenity will permeate your body, mind and spirit! And JoyBeth and Cherie will offer sensory awareness & nature partnering & Body Prayers.

**2:00PMish** - Lunch on your own with the group in the nearby town of Jaco, with a bit of time for Retail Therapy afterwards.

**5:00PMish** - Return to AmaTierra

Free time before dinner.

**7:00PM** - Dinner

**8:00PM** - **Share Your Dance with JoyBeth**

**Overnight AmaTierra Retreat and Wellness Center.**

## **Day 4. Tuesday, February 18. Yoga; African Dance; Free Time at AmaTierra; Evening SDG Session (B/L/D)**

**7:00AM** - **Light Yoga Session with Cherie**

**8:30AM** - Breakfast

**10:00AM – Noon: African Dance with Cherie**

**Noon** – Lunch

Free time to enjoy AmaTierra. Take a hike, swim or lay out by the pool and soak up the sun's hearing rays. Enjoy the spa and wellness facilities.

**7:00PM** - Dinner

**8:30PM** - **Dancing With Your Soul with JoyBeth**

**Overnight AmaTierra Retreat and Wellness Center.**



## **Day 5. Wednesday, February 19. Global Warmups; La Paz Waterfall and Poas Volcano, with SDG Sessions; Evening African Dance (B/D)**

**6:30AM** - **Global Warmups with JoyBeth**

**8:00AM** – Breakfast

**9:00AM** – Depart to visit to La Paz Waterfall Gardens and Poas Volcano, with sensory awareness & nature partnering & Body Prayers with Cherie and JoyBeth.



At **La Paz Waterfall Gardens** you'll enjoy lush tropical rainforests, flowing white rivers, beautiful waterfalls, and a variety of birds, butterflies and flowers. Take in the hiking trails at your own pace. They wind along the La Paz River through both cloud and rain forest showing the diversity of the plant and wildlife, while not disturbing the natural surroundings. At the waterfall you'll feel the gentle spray of the 120 ft. waterfall. Ahhhh! Relaxation!

Lunch on your own with the group.

Then visit **Poas Volcano**, a powerful symbol of the geothermal forces that formed Costa Rica, where you can look

into the heart of a live volcano. At almost a mile across, it's the largest active crater in the world. The most recent period of eruptive activity ended in 1954. Although there is no lava flow, the steam arising from the crater and occasional geyser eruptions make this a spectacular sight. You'll get a birds-eye view 320 meters down into the powerful crater - the deck is practically at the rim of the crater.



**5:00PMish** - Return to AmaTierra

Free time before dinner.

**7:00PM** - Dinner

**8:30PM – 9:30PM** - **African Dance with Cherie**

**Overnight AmaTierra Retreat and Wellness Center.**

## Day 6. Thursday, February 20. Yoga; Turubari Tropical Eco-Park; Closing Celebration/ SDG Session; Farewell Dinner (B/L/D)

**6:30AM** - Light Yoga Session with Cherie

**8:00AM** – Breakfast

**9:00AM** – Depart to visit to nearby **Turubari Tropical Eco-Park** with sensory awareness, etc. with JoyBeth and Cherie. (Includes lunch)

Turubari is the most complete tropical park in America, a fresh destination with unspoiled natural environment and a commitment to sustainable tourism. High above the Rainforest and only a few minutes from AmaTierra, in the village of San Juan de Mata at Turrubares, it's one of the biggest parks in Central America, set amongst 595 acres of breathtaking, unspoiled grounds. You can view the park from the Turubari **Sky Ride**, an aerial tramway that offers spectacular views of the park at 265 feet, suspended high above the rain forest canopy. Or, the Sensational **Cable tour**, which takes you on a mile-long journey through the forest at a maximum speed of 55 miles

per hour and a height of 315 feet. Or, if you're feeling especially adventurous today, you can choose one of three different options for "**zipline**", an exhilarating experience of flying over the canopy of trees, safely. Turubari is known to have the best canopy tours in all of Costa Rica.

On your **guided walk** through the nature park you'll learn about Costa Rica's natural history and discover some of the most amazing and diverse wildlife species in the world.

You'll hear some of the over 150 species of birds singing throughout the forest, and observe a wonderful array of flora, including orchids, palms, cactus, bamboo, bromeliads and ancient trees. You can stroll through the tropical garden and see unique botanical collections; discover the butterfly, orchid and bromeliad gardens as well as the Rio Grande de Tarcoles, which is recognized for its large crocodile population.

**5:00PMish** - Return to AmaTierra

Free time to pack, etc.



**6:30PM** - **Closing Celebration & Planetary Dance** (with local percussionist) with JoyBeth and Cherie

**8:00PM** - **Farewell Dinner**

**Overnight AmaTierra Retreat and Wellness Center.**

## Day 7. Friday, February 21. Transfer to San Jose; Depart Costa Rica (B)

**8:00AM** – Breakfast

**9:00AM** – Morning group transfer to San Jose International Airport.

**11:00AM** – Arrive at San Jose International Airport.

Check in for your international flight; depart Costa Rica.

**IMPORTANT:** Please book your flight to depart after 1:00PM.



*Note: This itinerary is subject to change due to conditions beyond our control.*

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## Your SDG Costa Rica Sacred Journey Includes:

- 1) Roundtrip group transfer from airport in San Jose to retreat center
- 2) Six nights lodging, double occupancy, in a room with 2 beds and a private bath
- 3) Daily Breakfast and dinner; lunches on days 2, 4 & 6
- 4) Van or private vehicle transportation for all tour activities
- 5) Sightseeing as per the itinerary, including entrance fees
- 6) Pre-Paid Gratuities

## Special Added Features:

- 1) Opening Celebration to include Body Prayers, Circle/Rhythm Meet & Dance and Creating Visual Portraits & Dancing Improv
- 2) Daily Light Yoga Sessions with Cherie or Global Warmups with JoyBeth
- 3) Other Sacred Dance Opportunities:
  - Improvisation/Visualization with Cherie
  - Body Prayer/Rhythms of Nature Session with JoyBeth
  - African Dance with Cherie
  - Share Your Dance with JoyBeth
  - Dancing With Your Soul with JoyBeth
- 4) Opportunities to Commune with Nature:
  - A Morning at the Beach at Esterillas Oeste
  - A Day at La Paz Waterfall Gardens and Poas Volcano
  - A Day at Turubari Tropical Eco-Park (Choice of Sky Ride, Cable Tour or Zipline)

## OPTIONAL OFFERINGS:

- 1) Wellness Services: Massage, Energy Balancing, Detoxification, Nutritional/Herbal Consultation

**NOTE: These services are at an additional cost to your retreat package. Please book them BEFORE your departure through Sacred Sites Journeys (see registration form below). You can pay for when you are at AmaTierra (cash or credit card).**

## Not included:

- 1) Round-trip international airfare to San Jose, Costa Rica
- 2) Cost to obtain valid passport
- 3) Any items of a personal nature such as laundry, alcoholic beverages, internet access, and telephone calls.
- 4) Any item that is not specifically detailed in the trip itinerary

**Please use the Registration Form below.**

**We suggest you keep a copy for your records.**

**The Terms and Conditions information is yours to keep and does not need to be returned with your registration form. Thank you!**

# Sacred Sites Journeys

A Division of Heartlight Fellowship  
Andrea Mikana-Pinkham, Director  
P.O. Box 20548; Sedona, AZ 86341  
888 501-3853 (toll free in the US) or 928 284-2384  
info@SacredSitesJourneys.com  
www.SacredSitesJourneys.com

## TOUR PRICING

### **A Sacred Dance Journey in COSTA RICA Moving With The Sacred Rhythms in Nature With Cherie Hill and JoyBeth Lufty February 15 – 21, 2014**

**This group is open to the first 12 people to register.**

**Registration closes January 17, 2014,**

**or sooner if the group fills before that date.**

**In order to avoid disappointment, please reserve your space NOW!**

### **PRICE PER PERSON, Double Occupancy \***

**\$1,999.00 for payments via check or money order**

**OR \$2,104.00 for payments via credit card**

**\* All bookings are double occupancy. No single rooms available.**

### **PRICING for OPTIONAL WELLNESS SERVICES**

**NOTE: Please sign up for these BEFORE your journey using the Registration Form below.  
You will pay for them at AmaTierra after your sessions. Cash or Credit Cards Accepted.**

Nutritional Consultation: \$95.00

De-Stress & Relax with Aromatherapy / The Classic Massage: \$80.00

Deep Tissue or Sports Massage: \$80.00 Abdominal Chi Mover: \$75.00

Aromatouch Special Treatment: \$95.00 Sound Therapy Tune-up: \$80.00

Biomat For Whole Body Health: 1 session \$15.00

OR Biomat For Whole Body Health: 4 sessions for \$45.00

Ear Candling: \$40.00 Exfoliation Scrub: \$100.00

Various Wraps:

1) 90 minutes. A special mud/clay from Costa Rica's volcanoes: \$105.00

2) 90 minutes. Dead Sea Minerals: \$105.00

3) 90 minutes. Vitalizing Cinnamon Heating Therapy wrap: \$105

OR 90+ minutes. Combination exfoliation, massage & wrap: \$140.00

**DISCOUNT! Make ALL of your payments by check or money order and receive a  
5% discount! This discount is INCLUDED in the price listed above for this  
payment option.**

### **NOTE Regarding Credit Cards**

SACRED SITES JOURNEYS accepts MasterCard and Visa.

We are able to take credit cards for payment until 45 days before the tour begins, or until January 1, 2014.

After that you can pay with a credit card check, bank cashier's check, or money order.

Or wire funds to our bank account.

(NOTE: An additional \$25.00 fee applies for wires originating from outside the U.S.)

# Sacred Sites Journeys

A Division of Heartlight Fellowship

P.O. Box 3591; Sedona, AZ 86340

888 501-3853 (toll free in the US) or 928 284-2384

info@SacredSitesJourneys.com

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## The Sacred Dance Guild

A Sacred Dance Journey in COSTA RICA

Moving With The Sacred Rhythms in Nature

With Cherie Hill and JoyBeth Lufty

February 15 – 21, 2014

### TOUR REGISTRATION FORM

Please complete and sign this form and mail it to the address above with your deposit of \$300.00.

Payment must be made via personal check, bank cashier's check, postal money order, bank wire or credit card.

**NOTE: For registrations from outside the US:**

We can accept personal checks or bank cashier's checks only. (Sorry, no postal money orders).

Checks must be drawn in US Dollars and on a bank that has an affiliate bank in the US, and the name of the affiliate bank must appear on the check.

All payments must be made in U.S. Dollars.

### PAYMENT VIA CHECK or MONEY ORDER:

**IMPORTANT: Please make checks payable to "Heartlight Fellowship"**

(Heartlight Fellowship is the Administrator of Sacred Sites Journeys)

Checks not made out in this name will not be accepted by our bank & will be returned to you to replace, and could thus jeopardize your reservations.

### PAYMENT VIA CREDIT CARD:

If you would like to charge your payment to your credit card, please use the form provided below.

**No credit cards accepted after January 1, 2014.**

### PAYMENT VIA BANK WIRE:

You may wire funds to our bank account. (Details to be provided through email; please contact us.)

(An additional \$25.00 bank wire fee applies for wires sent from outside the U.S.)

### FINAL PAYMENTS:

Final payment is due 30 days before the tour begins, or on January 17, 2014.

If you are registering after that date, please remit your payment in full.

### **REGISTRATIONS for OPTIONAL WELLNESS SERVICES**

I am signing up for the following services:

\_\_\_\_\_ Nutritional Consultation: \$95.00

\_\_\_\_\_ De-Stress & Relax with Aromatherapy / The Classic Massage: \$80.00

\_\_\_\_\_ Deep Tissue or Sports Massage: \$80.00

\_\_\_\_\_ Abdominal Chi Mover: \$75.00

\_\_\_\_\_ Aromatouch Special Treatment: \$95.00

\_\_\_\_\_ Sound Therapy Tune-up: \$80.00

\_\_\_\_\_ Biomat For Whole Body Health: 1 session \$15.00

OR \_\_\_\_\_ Biomat For Whole Body Health: 4 sessions for \$45.00

\_\_\_\_\_ Ear Candling: \$40.00

\_\_\_\_\_ Exfoliation Scrub: \$100.00

Various Wraps:

\_\_\_\_\_ 1) 90 minutes. A special mud/clay from Costa Rica's volcanoes: \$105.00

\_\_\_\_\_ 2) 90 minutes. Dead Sea Minerals: \$105.00

\_\_\_\_\_ 3) 90 minutes. Vitalizing Cinnamon Heating Therapy wrap: \$105

OR \_\_\_\_\_ 90+ minutes. Combination exfoliation, massage & wrap: \$140.00

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Country \_\_\_\_\_

Phone (Day) \_\_\_\_\_ Phone (Eve) \_\_\_\_\_

Phone (Cell) \_\_\_\_\_ E-mail: \_\_\_\_\_

\_\_\_\_\_ My roommate will be \_\_\_\_\_. Email: \_\_\_\_\_

\_\_\_\_\_ I do not have a roommate. I understand that SSJ and SDG will match me with a suitable person; President Dr. Joy will assist in this process.

\_\_\_\_\_ I understand that Sacred Sites Journeys highly recommends purchase of **Trip Cancellation Insurance**. I understand that information will be provided to me with my registration packet documents that will be sent to me after my payment is received by SSJ.

\_\_\_\_\_ I do not have any **physical limitations** that require special attention. If you do, please attach details on a separate sheet. Most situations can be accommodated, but we must know beforehand in order to make arrangements. There may be additional costs involved.

\_\_\_\_\_ I require the following **special diet**:

I understand that some or all payments made may be forfeited, based on my cancellation of this program as detailed within the "Terms and Conditions" included with this Registration Form. Should this trip be cancelled by Sacred Sites Journeys, all payments received will be refunded.

My signature below affirms that I have read and completely understand the Tour Itinerary as described in the Tour Brochure, as well as Information and Conditions as stated in the "Terms and Conditions" provided herein and agree to all of the contents therein.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**NOTE: Each traveler must submit a separate Registration form.**

**We suggest you save a copy of this form for your records.**

**Sacred Sites Journeys**  
A Division of Heartlight Fellowship  
Andrea Mikana-Pinkham, Director  
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**The Sacred Dance Guild**  
**A Sacred Dance Journey in COSTA RICA**  
Moving With The Sacred Rhythms in Nature  
With Cherie Hill and JoyBeth Lufty  
February 15 – 21, 2014

**CREDIT CARD AUTHORIZATION FORM**

**IF YOU WOULD LIKE TO PAY BY CREDIT CARD:** Please fill out and sign the form below, and return it with your registration.

*SACRED SITES JOURNEYS accepts MasterCard and Visa*

**FOR THOSE REGISTERING BEFORE January 17, 2014:**

**NOTE: The last day Sacred Sites Journeys can take credit card charges is 45 days before the tour begins, or January 1, 2014.**

**CREDIT CARD INFO & AUTHORIZATION TO CHARGE REGISTRATION DEPOSIT:**

\_\_\_\_\_ Please charge my registration deposit of \$300.00 (plus additional 5%) to my credit card.

\_\_\_\_\_ Please charge my final payment of \_\_\_\_\_ (plus additional 5%) to my credit card.

*NOTE: If you pay your registration deposit via your credit card, you must also pay your final payment using it. Thanks!*

I, \_\_\_\_\_, do hereby authorize Sacred Sites Journeys to submit the charge(s) as noted above to my Credit Card.

Credit Card Type: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Security Code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Billing Address for card: \_\_\_\_\_

Phone Number of record for card: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Sacred Sites Journeys

A Division of Heartlight Fellowship

P.O. Box 3591; Sedona, AZ 86340

888 501-3853 (toll free in the US) or 928 284-2384

info@SacredSitesJourneys.com www.SacredSitesJourneys.com

## Terms and Conditions

**Reservations and Payments:** A non-refundable deposit of \$300.00 per person along with a completed and signed application must be submitted with the reservation to confirm the trip.

**Final payment is due 30 days prior to departure.** If you would like to join the group **after that date**, immediate payment in full for all tour package pricing will be required via bank wire transfer, certified bank check or money order mailed Priority or Overnight Delivery, or credit card (until 45 days before the tour begins) before any reservations are made. An early registration assures you of your place on the tour. Therefore, we highly recommend that you submit your registration deposit as early as possible to avoid disappointment and/or additional fees.

### **Cancellations and Refunds:**

#### **Days Prior to Departure**

Registration Deposit

30 – 0 days before departure

#### **Cancellation Fee**

Non-refundable upon submission

All payments made are 100% non-refundable

SSJ highly recommends trip interruption/trip cancellation insurance. See **Insurance Protection Plan** section below.

**Credit card payment:** Sacred Sites Journeys accepts MasterCard and Visa.

Sacred Sites Journeys is able to accept credit cards for payment up until 45 days before the tour departure date.

After that you can pay with a credit card check, bank cashier's check, or money order. Or wire funds to our bank account (additional \$25.00 bank wire fee applies for wires originating from outside the USA).

**Tour Pricing:** SACRED SITES JOURNEYS offers a 5% discount on the published Tour Price if ALL payments are made by check, money order or bank wire. This discount will be listed on your statement.

**Possible Cancellation of Tour by SSJ:** Should the trip fail to achieve minimum participation, SSJ reserves the right to cancel the tour, and SSJ will refund in full all payments received. In order not to have to cancel, however, SSJ may enact a Tour Surcharge (see below).

**Possible Tour Surcharge:** The advertised cost for this Sacred Sites Journey is based on a group of 12 participants. There are fixed costs for the retreat, which are divided by the number in the group. If the final number in the group is 12, then the price for the retreat will be as advertised. If the final number in the group is less than 12, the fixed costs will have to be divided by that number, which will mean there will be a surcharge per person of that difference. If assessed a surcharge, you will be notified of the amount as soon as the tour registration is closed on January 17, 2014. Payment is due upon notification, and must be received in our office immediately in order for your final tour documents to be emailed or mailed to you in a timely manner.

**Meals:** Meals will be provided as per the final trip itinerary. Any foods or beverages not included in the program and purchased by you will be at additional cost. Tour price includes only foods and beverages that are provided to the entire group, as noted in the itinerary. Note: Wine is an additional cost.

**Sight-seeing:** As specified in itinerary. Entrance fees are included.

**Land transportation:** As specified, by modern air-conditioned van.

**Not Included:** Airfare/to from San Jose International Airport; cost to obtain valid passport; any items of a personal nature such as laundry, alcoholic beverages, internet access, and telephone calls; any item that is not specifically detailed in the trip itinerary

**Consumer Disclosure Notice:** SSJ and/or their agents act only in capacity as agents for the passenger in all matters connected with hotel accommodations, sight-seeing tours and transportation, whether by air, rail, bus, motorcar, boat or any other means and as agent holds itself free of responsibility for any damage occasioned by any cause. SSJ and or its agents will not be responsible for any damages, expenses or inconveniences caused by late departures or change of schedule, strikes or to their conditions, nor will be responsible for loss or damage to baggage or any of the passenger's belongings. All prices quoted are correct at time of printing, include the cost of operation of the tours, and are subject to currency and airfare changes. SSJ, its parent corporation and affiliates, officers, employees, servants and agents shall not be responsible for personal injury, death or property damage as a result of force majeure or for any other losses or damages incurred by any person or tour participants caused by any delay or change of itinerary or arising out of any act, including, but not limited to, any act of negligence, any person acting for or on behalf of SSJ for transportation, accommodation or sight-seeing provider or any other person or entity rendering any of these services or accommodations being offered in connection with these tours. Any dispute arising out of these tours, must be submitted in writing within 30 days of the completion of the tour and will be settled by arbitration within the State of Arizona.