

Celebrating 25 years!! Well Within's Earth Mysteries & Sacred Site Tours presents.....

Mysterious Wales, England & Cornwall!

***Earth Mysteries,
Ancient Sites, Celtic Teachings***

August 10 - 23, 2007

***Wales, Glastonbury, Stonehenge, Avebury, Crop Circles
Tintagel & Ancient Sites of Penwith, Cornwall***



Crop Formation 2004



Stonehenge



Bryn Celli Ddu, Anglesey, Wales



Merry Maidens, Cornwall

Celebrate our 25th Anniversary in 2007 - Well Within's Earth Mysteries & Sacred Sites Tours



Experience incredible journeys to ancient & sacred sites throughout the world. Well Within's Earth Mysteries & Sacred Sites tours to mysterious & sacred sites are special in that you experience the power & energy of the sites. These are not just the normal sightseeing tours. They are experiences to remember for a lifetime. The tours are specially designed with expert guidance and time to experience each place. Well Within, since 1982, has sponsored & conducted nearly 100 exciting workshops, conferences, weekend retreats in holistic health & metaphysical concepts & over 70 incredible international tours to these mysterious & sacred sites as well as alternative healing centers. Well Within has conducted the above in California, Colorado, Hawaii, England, Scotland, Wales, Ireland, Switzerland, Germany, France, Greece, Norway, Sweden, Egypt & Bali. ***Sheri Nakken, R.N., M.A.***, is Director & Creator of Well Within & Earth Mysteries & Sacred Site Tours. She has a great passion for mythology, legend, ancient practices, ancient sites, & history's mysteries, where clues are found as to why we are here on this planet & other realms that are present to assist us. By visiting these incredible sites, ancient memories and teachings can

be tapped into consciously and unconsciously to assist us on our journey. What we can create together will be magnificent!

Sheri Nakken, R.N., MA, Director/Creator

Well Within, P.O. Box 1563, Nevada City CA 95959 USA Phone (530) 740-0561

OR

P.O. Box 31, Brecon, Powys, LD3 8WA, Wales

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Email wwithin@nccn.net or earthmysteriestours@tesco.net Website <http://www.nccn.net/~wwithin>

California BRN Provider #04327

Conducting Conferences & Workshops throughout the world since 1982 (All tours personally led by Sheri)

A Celtic Journey to Mysterious Wales, England & Cornwall!
13 night tour

All of these lands are ancient lands of the Celts

Wales

- * **Snowdonia National Park**
 - * Beautiful mountains, lakes & valleys
 - * Quaint towns
 - * Forests, streams & waterfalls
 - * Betwys Y Coed - beautiful mountain village
- * **Anglesey Island -**
 - * **Ancient stone sites**
 - * Bryn-Celli-Ddu chambered cairn
 - * Barclodiad-y-Gawres chambered cairn
 - * Holy Head Mountain hut circles
 - * **Coastal Walk & Bird Sanctuary**
- * **Conwy Castle - Magnificent Norman Castle**
- * **Centre for Alternative Technology in mid-Wales**
- * **Massage Therapy - one 1-hour massage** by Joe Walton, BSN, Massage Therapist, included in price of tour

England

- * **Glastonbury - Legendary Avalon**
 - Strong in Celtic & Arthurian Legend
 - The Mystical Tor
 - Chalice Hill & Well -
experience the *healing waters*
 - Glastonbury Abbey
 - Healing Centers & Metaphysical Shops
- * **Stonehenge the magnificent**
(our groups are usually allowed inside the stone circle before or after hours - the public is only allowed around the perimeter & not inside)
- * **Avebury** - the LARGEST stone circle in the world - standing stones, chambered barrows, Silbury Hill & more!
- * **Crop Circles** - if there are crop circles at the time we are there, we will definitely find some to view &/or go into



Cornwall

Beautiful Cornwall is in the extreme southwestern part of England. Cornwall is a peninsula encircled by coastline that abounds with rugged cliffs, hidden bays, fishing villages, sandy beaches & sheltered coves where pirates & smuggling were once common. The Cornish people have a Celtic-Iberian origin which still lives on in superstition, folklore & fairy tales. Arthur is one of the main legends of this area.

- * **Beautiful beaches & cliff walks**
- * **Tintagel** - high on cliffs above the sea - legendary birthplace of King Arthur.
- * **St. Ives**, the lovely seaside fishing village
- * **St. Michael's Mount** - Mysterious mount that rises 250 feet above the sea
- * **Michael Energy Leyline** - Learn and experience the Michael energy leyline as well as the Apollo & Athena lines and the significance of the Archangel Michael
- * **Ancient Sites** -- **Merry Maidens Stone Circle, Men An Tol, Lanyon Quoit, Holy Wells at Sancreed & Madron**



**Special Teachings
During Whole Tour**

- * Celtic History, Practices & Teachings
- * Sacred Sites & Their Hidden Teachings
- * History's Mysteries
- * Crop Circle Theories & Possibilities
- * Welsh, Cornish & Celtic History in Britain
- * Earth Energies, Ley Lines, Stone Circles

Throughout the journey we will explore Celtic & Pre-Celtic Teachings, Symbols & Festivals, & History's Mysteries.

We will be traveling through the North of Wales & the Island of Anglesey; down through Wales visiting the Centre for Alternatiave Technology; to mysterious Glastonbury; on to Tintagel in Cornwall; on south to the mystical area of Penwith with its many ancient sites; back east to Stonehenge & Avebury & Crop Circles.



Tour Conditions

I. Price of Tour: Send deposit of \$650 to hold place as soon as possible as trip will fill. **See Registration Form for Prices.** The \$650 deposit is the same whether by check or credit card. (These costs are based on the exchange rate of 1.40 - 1.9 dollars per 1 British Pound Sterling. If the dollar falls in value before the trip, the price may have to be adjusted slightly upward. As of January 2007, the Dollar is at \$1.9 per 1 UK pound

II. Included: Price includes 13 nights accommodations in Wales, Glastonbury, Cornwall & Avebury/Amesbury area - twin/triple rooms; in Bed & Breakfast or Hotel; all breakfasts, transportation from Manchester airport at beginning of trip by minibus (must coordinate arrival time with us, otherwise meet us in Betws-y-Coed by train on your own), to Bristol or London Heathrow airport at end of trip & throughout tour; admission to sites listed; all workshops; one 1-hour massage from Joe Walton. Single room extra cost.

III. Not Included: Cost does not include airfare to/from Britain; lunches & dinners; passport & items of personal nature. **IV. Travel Arrangements** - Well Within is also a travel agency. Call Well Within for discount non-published airfares as soon as possible. Must arrive at Manchester airport by 10 am on 1st day of tour and leave London Heathrow airport after 1 pm on last day of tour. Can always come a day early or stay a day later if that is a problem (stay near airport). **Check with me about your flights** if you want to book your own BEFORE you make final payment. **V. Deposit & Payments:** \$650 deposit secures space. 1/2 of balance of payment due by **90 Days before Tour.** Remaining 1/2 of balance (full payment) due by **60 Days before Tour.** Total \$150 late payment fee added if payments not made by due dates (\$75 for each payment not met). **VI. Cancellations & Refunds:** Refunds minus \$200 fee will be made if cancellation is postmarked by 150 days prior to departure. If cancellation postmarked between 60-149 days prior to departure \$600 is non-refundable. If cancellation postmarked between 30-59 days prior to departure, \$900 is non-refundable. If cancellation postmarked between 15-29 days before departure \$1050 is non-refundable; and under fifteen days from departure there is no refund. We strongly recommend travel insurance, which enables you to recover all deposits if you need to cancel the trip due to illness or death. Please contact us if you want details on this insurance. No partial refunds will be given under any circumstances for unused hotel rooms, meals, or sightseeing trips.



**Photos - counter clockwise
from top left**



**Centre for Alternative Tech
Avebury Stone Circle
St. Michael's Mount, Cornwall
Crop Formation 2004
Conwy Castle, Wales**

Tentative Itinerary



Day 1 AM Arrive at Manchester airport in England & travel to Betwys-Y-Coed, a lovely village in the mountains of North Wales, by mini-bus - arrive early afternoon. Introductions & Orientation. Rest & recover from jet-lag.

Day 2 Betwys-Y-Coed This morning we will begin to explore Celtic Myth & Practices & Welsh History. Afternoon visit to the peaceful and serene Fairy Glen. Then explore this beautiful little mountain village - streams, waterfalls, tea and scones, walks and hikes. Waterloo Bridge, stone houses, Pont-y-Pair Bridge, and the magnificent The Fairy Glen with waterfalls.

Day 3 All day on Anglesey Island - the last stronghold of the Druids from the Romans. Incredible repository of ancient standing stone sites - Dolmens, chambered barrows, hut circles, beaches, bird sanctuary and walking. We will visit the sites listed as well as travel all the way to the tip, Holyhead.



Day 4 Continuing teachings in Celtic Myth & Practices & Welsh History. Afternoon visit, for fun (nothing sacred here) to **Conwy Castle** on the north coast. Conwy is an amazing town with incredible castle & town walls. The castle was built by King Edward I starting in 1283 and is one of the most magnificent in Wales (although built by the enemy of the Welsh). Also time for shopping & other sightseeing in Conwy.



Day 5 - Travel through the middle of Wales. Today visit the **Centre for Alternative Technology**, Europe's leading eco-centre to include a 2 hour specialist guided tour & free time on your own. The Centre has been in existence for 25 years and their key areas of work are renewable energy, environmental building, energy efficiency, organic growing and alternative sewage systems. At the Centre you can see ways of living and technologies - sewage systems, generators that obtain free power from the sun, rain and wind, and their buildings. Then travel on through Wales and overnight in the South

of Wales or into England.

Day 6 Travel to Tintagel, on a wild stretch of the Atlantic coast, is the legendary birthplace of King Arthur. The 13th-century ruins of Tintagel castle stand 300 feet above the sea on a rocky cliff. Overnight in St. Ives area.

Day 7 - 9 Visit **St. Ives**, the lovely seaside fishing village, famous for its sandy beaches and art colony. It is a village of narrow streets & quaint cottages with wonderful potters, weavers, artists & other craftspeople. We also will visit **St. Michael's Mount** - Mysterious mount that rises 250 feet from the sea - topped by a partially medieval, partially 17th-century castle - only reached by a causeway at low tide. This area is filled with **Ancient Sites** dating back at least 5000 years - hundreds of quartz-studded granite standing stones, sacred wells, stone circles, chambered barrows & underground 'fogous' were erected during the following 3000 year period. **We will visit Merry Maidens Stone Circle, Men An Tol, Lanyon Quoit, Holy Wells at Sancreed & Madron**



Day 10 - Travel back to the east into England and to the Avebury & Stonehenge area

Day 11 - Stonehenge - we are usually granted special permission to go alone within the center of the circle before or after hours and will do this if at all possible. We also will visit **Avebury** - the **LARGEST** stone circle in the world - the area includes Ancient Silbury Hill, West Kennett Long Barrow, Avebury & Alton-Barnes White Horse and visit any crop formations that may have appeared. This area is the center of the **crop circle** phenomena. We will explore the possible explanation and reason for these sites & have extra time to experience the energy of them.

Day 12 - Travel to **Glastonbury**. Introduction to all that is Glastonbury. Visit Chalice Well and experience the healing waters there. Glastonbury is the legendary Ancient Avalon. The legends surrounding Glastonbury have drawn visitors for centuries. It has long been the center of the legend of the Goddess, the Holy Grail, King Arthur & Guinevere and early Christian

myths. It also is located on the powerful ley line (energy line) called the "Michael Line". Also experience Glastonbury Abbey (legendary burial place of King Arthur & Guinevere & home to Joseph of Arimathea's Holy Thorn tree), Chalice Well & Gardens (legendary hiding place of Holy Grail), the beautiful Tor (legendary Avalon), shopping, bookstores etc. This is definitely one of the centers of consciousness in Britain. There is a lot going on here with workshops, shops, holistic/metaphysical practitioners, etc. There are lots of shops with crystals, books, etc. This area has so much to do & see.

Day 13 Free Day in Glastonbury to visit sites we didn't visit on Day 12 and return to places you especially loved. Time for shopping and exploring.

Day 14 Trips ends - to London Heathrow airport.



Photos - counter clockwise from top left

Barclodiad y Gawres chamber - Anglesey, Wales

Centre for Alternative Technology site

Tintagel castle ruins

West Kennett Longbarrow

Silbury Hill in the Avebury Complex

St. Ives

Chalice Well Cover, Glastonbury

Straw Bale Theatre, Centre for Alternative Tech., Wales

To Register
PLEASE PHONE AND LEAVE MESSAGE at 530-740-0561
as well as mail or fax or scan & send as an attachment in email to:
Well Within, PO Box 31,
Brecon, Powys, LD3 8WA, Wales (postage from US is 84 cents)

OR

Fax (dial from the US) 011-44-1874-620-028 (best time to fax is between after 5 pm as I will be off the computer and it is the same line as the fax line)

Name _____

Address _____

City/State _____ Zip _____

Day Phone _____ Evening Phone _____

Place of Employment _____ Email Address if have _____

If you are a nurse desiring credit (circle one) RN LVN License # _____

Payment by (circle one): Check Mastercard Visa (We do not accept American Express) or Paypal**

Your Name as on credit card: _____

Credit Card # _____ - _____ - _____

Exp. Date _____

Your Signature _____

Total Enclosed Today _____

I would like to register for 13 night tour: Date of Tour Registering For _____

REGISTER EARLY!!!

Wales/England/Cornwall Tour - send \$650 USD deposit

Dates of tour you are registering for _____

*****Take \$100 USD discount off the below price if you pay balances with cashiers check (deposit can be by credit card)**

Regular price if payment by credit card or paypal **excluding airfare

*\$2845 USD per person twin/triple occupancy if \$650 deposit received by May 20, 2007

*\$2945 USD per person twin/triple occupancy if \$650 deposit received after 5/20/2007

Single supplement - *\$475 USD if you desire single room (limited in number)

* Based on exchange rate of \$1.40 - \$1.9 USD per 1 UK Pound Sterling -

See A. Responsibility below

**Paypal at <http://www.paypal.com> my account is earthmysteriestours@tesco.net

Type of Room desired throughout Tour

Double/triple room with twin beds

Double room with 1 double bed to share (if possible)

Single - note single rooms are usually limited in number & smaller in size

I have read, understand & accept the Tour Conditions, Section A: Responsibility & the Cancellation & Refund Policy.

(Signature) _____

A. Responsibility: Well Within, with its principal place of business in Nevada City, CA acts only as agent for the tour operator, the various hotels, airlines, bus companies, railroads, ship lines (called Travel Suppliers) providing accommodations, transportation or other services described in this brochure, and the acceptance of tour membership and/or such coupons, exchange orders, receipts, contracts, and tickets, the tour member agree to the foregoing and that; Neither Well Within or any of its agents or employees shall be liable for any delay, change in schedule, loss, damage or injury to property or persons caused by reason of the negligence wrongful or intentional acts or defects of equipment of any such travel supplier; for any expense or inconvenience caused by late arrivals of any such conveyances of such travel suppliers or any changes of schedules, conveyances or accommodations determined by any tour operator, or for any cancellation or disruption of any such services provided by any such travel suppliers; or for any failure on the part of any such tour operator or travel supplier to perform by reason of financial difficulty or default, suspension of operation, or other reason; or for any refunds for travel accommodations not provided by any such tour operator or travel supplier in excess of amounts actually received by way of refund from any such tour operator or travel supplier, or not paid over by Well Within to any such tour operator or travel supplier. Neither Well Within or any of its Associates, agents or employees shall be financially responsible to any tour member in the event of cancellation of all or part of any tour due to acts of nature, governmental actions, civil unrest or hostilities, or acts of terrorism, or for the default of any tour operator or travel supplier, or for any reason beyond the control of Well Within. Well Within shall have the right to decline to accept or to retain any person as a tour member should such tour member's health, mental condition, physical infirmity, or general deportment impede the operation of the tour or the rights, welfare, or enjoyment of other tour members; the tour operator shall have the right to substitute hotel or alter itineraries, and Well Within shall have the right to cancel any tour prior to departure or to increase the prices where the costs shall rise. The England tour is based on the exchange rate of 1.40 - 19 Dollars per Pound. If the dollar falls in value before the trip, the price may have to be adjusted slightly upward.

Well Within recommends the purchase by each tour member of appropriate travel accident insurance, baggage insurance, tour operator/carrier default protection insurance, and trip cancellation insurance, and has explanatory information and policies available for any tour member desiring such coverage. The airlines or transportation companies concerned are not to be held responsible for any acts, omissions, or events during the time passengers are not on board their planes or conveyances. The passenger contract in use by the carriers concerned, when issued, shall constitute the sole contract between the airlines or transportation companies and the purchase of this tour and/or passengers.

Massage Therapy available on the tour

One 1-hour
massage
included in price
of tour by Joe
Walton, BSN
(Nursing),
Massage
Therapist



Who Are These Tours Designed For?

These tours are designed for women as well as men; young or not so young; people interested in the mystery and sacredness of life, with a desire to know and understand more of where we've come from to assist us in where we are going and making a difference on the planet. We also explore a lot of newly released information that you may not have heard before.

If you have a curiosity about mythology, sacred sites, other cultures, and a sense of adventure and want to travel with like-minded people in small intimate groups with a nice balance of workshop time, site time as well as free, independent time, these tours are designed for you. They are not your ordinary, large group tours, being herded into buses with little time to experience the energy of the site. We allow special extra time at sacred sites and there is always the option of being with the group or being on your own. Also, meals are usually not included, except breakfasts to afford you the opportunity to explore on your own at meal time or eat with the group.

*We want your tour to be
a trip of a lifetime,
a transformative
adventure.*

Flights & Travel Arrangements

Well Within is a travel agency & all flights and travel arrangements can be made with us. We have access to non-published discount fares to Britain from most locations in the U.S./ Canada/World