

*Celebrating 34 years.....Well Within's Earth Mysteries & Sacred Site Tours presents.....*

# ***Mystical Ireland!!***

***Tour D - Mythology, Ancient Sites,  
History & Mystery of Ireland***

***Doolin, The Burren, Sligo, Donegal, Connemara,  
Newgrange, Knowth, Loughcrew & Tara***

***June 25 - July 8, 2016 (13 nights)  
(Tour A NOT required before Tour B)***



***Beltany Stone Circle - Donegal County***

- \* Celtic & Pre-Celtic Teachings & Mysteries
- \* History's Mysteries in Ireland
- \* New findings about why standing & mound sites were built
- \* Are the Celts Egyptians? Connections of Ancient Ireland with Egypt
- \* Was Ireland Atlantis?
  
- \* Sligo Area - Stay on the sea in the Village of Inishrone SW of Sligo
  - \* Seaweed Baths - so nice!
  - \* Carrowmore Megalithic Site
  - \* Yeats Grave - Drumcliff Church
  - \* The sea
  - \* Queen Maeve's cairn
  - \* Glencar Waterfall
  - \* Donegal Town
  
- \* County Donegal - Beltany Stone Circle - one of the largest in Ireland (photo above)
  
- \* Connemara
  - \* The sea with beautiful beaches
  - \* Beautiful Kylemore Abbey & its lovely feminine gothic chapel
  - \* Roundstone Bodhran Drum Factory & shop
  - \* Rivers and streams, & mountains
  
- \* The Burren - Fascinating mysterious lunar-like landscape with rare flowers, exotic plants, dolmens
  - \* Poul nabrone Dolmen - ancient dolmen - table top supported on upright stones
  - \* Doolin - great Irish music in the pubs, Brigit's Well, Cliffs of Moher
  - \* Optional visit by boat to the Aran Islands for those who desire (extra)
  
- \* Newgrange, Knowth, Loughcrew and Hill of Tara (East of Ireland - ancient sites)
- \* Great food, wonderful Irish brown bread, incredible breakfasts
- \* Lovely accommodations in special settings - B&Bs, Guesthouses or Hotels



***Register Early to take advantage of early registration discount &  
the best discount airfares. Space limited to 14 persons.***

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

***Well Within***

***Phone 360-390-4343 (will be forwarded to me wherever I am)***

***Email [earthmysteriestours@gmail.com](mailto:earthmysteriestours@gmail.com) (best to email rather than phone) Webpage <http://earthmysteriestours.wordpress.com>***

***Sheri Nakken, R.N., MA, Director -- Conducting Conferences throughout the world since 1982***

***Provider Approved by the California Board of Registered Nursing, BRN Provider #04327***

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



## **Well Within's Earth Mysteries & Sacred Sites Tours - Celebrate 34 years of retreats & tours with us in 2016!**

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 approximately 100 exciting workshops, conferences, weekend retreats in holistic health & metaphysical concepts & over 100 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 & soon -to-be New Zealand.

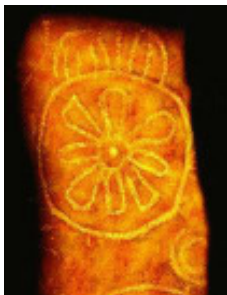
**Sheri Nakken, R.N., M.A.**, is Director & Creator of Well Within & Earth Mysteries & Sacred Site Tours. She has a great passion for mythology, legend, ancient practices, ancient sites, & history's mysteries, where clues are found as to why we are here on this planet & other realms that are present 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!

### ***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 some of the latest information out there that you may have never heard before. If you have a curiosity about mythology, sacred sites, history you were never taught in school, other cultures, and a sense of adventure as well as want to travel with like-minded people in small intimate groups, these tours are designed for you. They are not your ordinary, large group tours, being herded into buses with little time to experience the sites.



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



### ***Level of Activity***

Walking is not extremely strenuous in most areas we visit. You can go at your own pace and participate as you wish

### ***Advantages of our Tour!***

- \* *I take care of all the details & planning*
- \* *Easy Pickup and drop-off at airports or assistance with taxis*
- \* *Don't have to do the driving on your vacation*
- \* *Don't have to suffer through making bad choices in restaurants - Wonderful restaurants selected when we eat as a group (or options to eat on your own in some locations)*
- \* *Have no one to travel with? Don't have to do things alone - enjoy with likeminded people & often make friends for life*
- \* *Wonderful tried & true accommodations in most places*
- \* *Alternative information hard to find elsewhere*
- \* *Extra time at sacred sites - not rushed from site to site*
- \* *No early morning departures except possibly the last day for flights*

***Just have to enjoy!***

### ***Accommodations***

Lovely Bed & Breakfasts, Guesthouses & Hotels throughout Ireland with own toilet/shower or bath - will give more details of accommodations if desired - email me.

### ***Ireland Tour Conditions (13 nights)***

**I. Price of Tour:** Send deposit of \$650 to hold place as soon as possible. See Registration form for prices. **II. Included:** Price includes 13 nights twin or triple accommodations in Guesthouses, hotels or B&B's, breakfasts daily; admission to sites listed; transportation from Shannon airport throughout Ireland and to Dublin airport at the end (taxis to airport on your own at the end); all workshops **III. Not Included:** Cost does not include airfare to/from Ireland; lunches & dinners; passport & items of personal nature.

**IV. Deposit & Payments:** \$650 deposit secures space. Half of balance of payment due by 90 days before tour and remaining half of balance (full payment) due by 60 days before tour. Total \$150 late payment fee added if payments not made by dates above (\$75 for each payment not met).



**Cliffs at Doolin**





## Tentative Itinerary

Day 1 Arrive in Shannon (pick up at airport or B&B if coming a day early) & transportation to the wonderful village of Doolin for 3 nights - by the sea with lots of great Irish music in

the pubs. Rest and recovery from jetlag. Later afternoon intros & orientation. This is a great place to relax and get adjusted to the time and energy of Ireland.

Day 2 - Beginning teachings this AM and then travel through the magical Burren, a lunar-like landscape with visits to Brigit's Well & Cliffs of Moher (at sunset). Optional music this evening in the pubs.



Day 3 - Free time and option of day trip to Aran islands (extra cost) on your own; walking at the seaside, shopping, golf, horseback riding (all extra)



Day 4 - Travel north through the Burren, visiting Poul nabrone Dolmen, and on to County Sligo and to our wonderful B&B on the sea at Inishcraone (west of Sligo) near the sea.

Day 5 - Morning teachings on the sites we will visit as well as Celtic Teachings. Today we will visit Carrowmore Megalithic Site - a field filled with 45 megalithic dolmens, standing stones & stone circles dating back to approximately 5000 BC. Carrowmore is the largest area of its type in Ireland. The remains are spread out over a number of fields. The atmosphere of the area remains quite extraordinary. Then walk (for those who desire) up to Queen Maeve's Cairn on the top of a hill named Knocknarea. This is a 60' cairn on the summit and said to be the tomb of Queen Maeve (Medb) of Connaught. The cairn has not been excavated but it covers a passage mound similar to Newgrange, only smaller. Afternoon back in our village on the sea.



Day 6 - Morning visit to beautiful Glencar Waterfall; Yeats Grave; and on to Beltany Standing Stone Circle. The ring is 44.2m (145ft) in diameter and still contains 64 stones, though originally there were eighty or more. Also brief time in Donegal town.

Day 7 - Free day here on the sea - option of seaweed baths. Option of massages too (extra cost) and/or beach time.

Day 8 - Travel south to beautiful Connemara - land of mountains, rocks, streams, and beautiful beaches. But also a land with much tragedy as so many were pushed west in the times of the 'famine to survive on what they could. We will visit Kylemore Abbey on the way (outside only as now a Girls School) with its lovely feminine Gothic Chapel and lake walk and gardens. Overnight here next 3 nights.



Days 9 & 10 - We will spend time today, in Connemara, the western portion of Galway county, bordered on the West by the At-

lantic ocean. This is an enchanting land. Time for beaches, villages, Roundstone bodhran drum factory, shopping and more.

Day 11- Leave Connemara and travel to the East of Ireland. We will be here for 3 nights. Over these days we will continue with



teachings. While here we will visit Newgrange, an earth mound in the historic Boyne Valley, 36 feet high, dating from about 2,500 B.C. The front of this incredible mound is covered with quartz crystals and contains a 60-foot long entrance hall, 20 feet high circular chamber, corbelled roof & many stones with spiral carvings on them. We also will visit Knowth, another earth mound surrounded by dozens of smaller mounds & carved stones. There is a wonderful visitor center associated with these sites, with museum and displays. During these days we will also visit Loughcrew, an amazing place with many ancient cairns, some remaining with carved stones - we will see one of them. Also we will visit the Hill of Tara, the most sacred place in Ireland for many millennia - an incredible site with mounds, sacred well and mystery. Interesting connections with Egypt here. Teachings on these ancient sites and their history.

Day 14- Flights home this morning from Dublin airport, or on your own for further travel



Seaweed Bathhouse Inishcrone

Go to
http://www.wellwithin1.com/irelandB.htm

for website & links to sites we will visit & places we will stay



Poul nabrone Dolmen, The Burren

Cancellation & Refund Policy

Refunds minus \$200 fee will be made if cancellation is postmarked by 150 days prior to departure. If cancellation postmarked between 90-149 days prior to departure \$600 is non-refundable. If cancellation postmarked between 30-89 days prior to departure, \$900 is non-refundable. If cancellation postmarked between 15-29 days before departure \$1150 is non-refundable; & 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 own illness or death of family member. 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.

Flights & Travel Arrangements

Well Within is a travel agency & all flights & travel arrangements can be made with us. We have access to non-published discount fares to Ireland from most locations

If you choose to do flights on your own, you must check with us regarding the arrival time at Shannon airport & departure time at Shannon airport before you book flights

To Register

MAIL OR PHONE AND LEAVE MESSAGE that you are registering for the tour AND scan and send the form to me - as an attachment in email

Mailing address: email me for mailing address to use in case I am traveling

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Payment by (circle one):

Paypal - paypal payments at http://www.paypal.com my account is earthmysteriestours@gmail.com

Credit cards: Can take credit cards through paypal - if you don't have a paypal account to do this, email me and I will help with this

Check or Money Order

Total Enclosed Today \_\_\_\_\_ Deposit of \$650.00 to hold space

Type of Room desired throughout Tour

- Twin room with twin beds Double room with 1 double bed to share
Would you like me to match you with a roommate if possible?
Single - single rooms are usually limited in number & sometimes smaller

I would like to register for Ireland Tour, Part B Dates of Tour \_\_\_\_\_

\*\*\*\$100 discount if pay balance of payments by cashiers check (deposit can be by credit card or paypal)

Regular price\*, excluding airfare, if payment by credit card or paypal \* (all prices in USD\$)

- \$3695 USD per person twin/triple occupancy if deposit received by Nov. 26, 2015
\$3795 USD per person twin/triple occupancy if deposit received after 11/26/2015
Single supplement \$500 if you desire a single room - limited in number

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

(Signature) \_\_\_\_\_

A. Responsibility: Well Within 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. Price based on the exchange rate of 1.00-\$1.60 USD per 1 Euro. Dollar doing very well right now against the Euro (as of April 2016, \$1.13 buys 1 Euro) 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.