

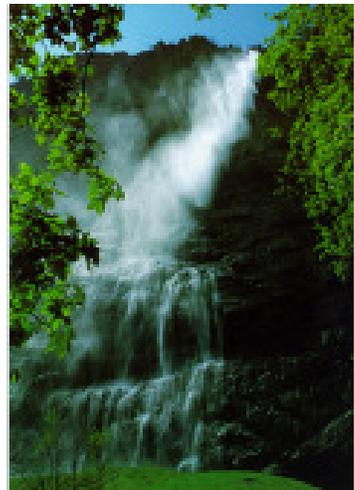
Celebrating 37 years.....Well Within's Earth Mysteries & Sacred Site Tours presents....

# Spas of Switzerland & Germany!

*Leukerbad, Switzerland & Baden-Baden, Germany  
Zermatt, Lauterbrunnen & more*

*Give yourself a gift this year  
and experience the  
Sacred in the Nature of Magnificent Switzerland & Germany*

**June 20 - July 2, 2019 (12 nights)**

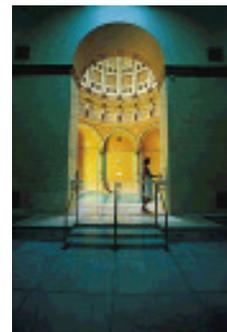


## *Well Within's Earth Mysteries & Sacred Site Tours*

Experience incredible journeys to ancient & sacred sites throughout the world. Well Within's Earth Mysteries & Sacred Site 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 & well 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, Cornwall, Ireland, Switzerland, Germany, Greece, Sweden, France, Norway, Egypt & Bali.



**Sheri Nakken, former 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 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. Through these studies as well as alternative healing therapies & metaphysics, healing can occur for person & planet.



**Switzerland**

**Baden-Baden**

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

**Well Within Phone 360-390-4343 (cell, westcoast US - also can reach me at this number when traveling)**

**Email [earthmysteriestours@gmail.com](mailto:earthmysteriestours@gmail.com) Website <http://earthmysteriestours.wordpress.com>**

**California BRN Provider #04327**

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

# Switzerland: The Sacred in Nature

For your vacation this year, give yourself a gift of a relaxing, stress free holiday with like-minded people in the magnificent Swiss Alps.

## Lauterbrunnen

- Incredible Lauterbrunnen Valley (similar to Yosemite (except people live here)
- Beautiful waterfalls
- Trummelbach Falls within the mountain
- Beautiful walks through fields of wildflowers (spring tour) - autumn leaves fall tour
- Optional (extra) cable car/train journeys to areas higher in the Alps inaccessible by car

## Grimsel Pass & Furka Pass

- Incredible Rhone Glacier. magnificent vistas, waterfalls, other glaciers, mountain streams

## Leukerbad

- Luxuriate in wonderful mineral baths surrounded by mountain peaks!
- Wonderful spa town high in the mountains surrounded by peaks
- 2 Beautiful spas with pools, many jacuzzis, hot pools, cold pools, foot/arm baths
- Incredible Romanisch/Irisch Bath ritual
- Incredible hiking through wildflowers
- Possible spring skiing
- Wonderful restaurants
- Massage (optional extras)

## Zermatt

Zermatt is set in a hollow of meadows and trees ringed by mighty mountains which includes the **Matterhorn** (14,690 ft.) From Zermatt to Gornergrat runs one of the highest cogwheel railways in Europe. From an altitude of over 10,200 ft. you can gaze across glistening glaciers to the peaks of Monte Rosa, Matterhorn & about 50 equally majestic peaks and 32 glaciers!! Incredible area for walks, hikes, relaxing & shopping!!

- Home of the Matterhorn
- Dozens of Magnificent mountain peaks
- Quaint town without cars
- Wonderful hikes & walks through the mountains with vistas you can't believe!!
- Possibility of spring skiing
- Lots of shops & restaurants

## Baden-Baden, Germany

- Friedrichsbad Spa with Roman/Irish Bath
- Caracalla Therme Spa. Caracalla Therme
- Lovely city of Baden-Baden with gardens, churches, shops, casino & more

## Optional Workshops In:

- Homeopathic Medicine
- Healing Use of Water Therapies
- Spa Therapy in the European Health Care System



## Spa Therapy

Spa therapy is used & prescribed in Europe as a genuine modality of medical treatment, often covered by health insurance. The town is actually the spa with various facilities scattered throughout the town. The facilities within the town have physicians on staff working with patients. The mineral waters are felt to be healing & vary as to content from spa to spa. Each spa is known for affecting different organs & systems of the body & for healing various illnesses. Along with hydrotherapy various other modalities are used such as nutrition, exercise & herbs as well as physical therapy, mud packs, sauna, & light therapy.



Caracalla Therme

## Workshop Descriptions

(included but optional)

**Homeopathic Medicine** - Homeopathic Medicine is widely practiced in Greece, Great Britain, India, France, Germany & many other places and is starting to be more known in the U.S. In homeopathy the individual is treated, not the disease, using minute, non-toxic doses of plant, mineral, or animal substances. These substances stimulate the body's own natural healing energies and are very easy to use.

**The Healing Use of Water Therapies in the World & European Spas** -- We will explore the use of water as therapy in Europe as well as other parts of the world. In Europe it is used preventively as well as prescribed by physicians for treatment of a variety of disorders. It also is covered by many insurances. We will discuss the different types of therapies.



## CEU's for Nurses

This trip provides 20 continuing education contact hours for those who may be nurses attending - plus 10 additional hours (optional) through a homestudy course, "The Power of the Mind in the Treatment of cancer & Other Illness".



## Tentative Itinerary

**Day 1** Arrive Geneva, Switzerland. Travel from airport by train to starting location - **Leukerbad** & its wonderful spas! Rest & recover from jetlag. Introductions in evening. Overnight here for 5 nights.



**Days 2 & 3** Morning orientation & introduction to Switzerland. Beautiful Leukerbad above the Rhone River Valley. Leukerbad is set in a huge amphitheater of mountains at an altitude of 4,600 ft. and boasts the hottest springs in Switzerland. Stay 3 nights in this beautiful town surrounded by incredible mountain peaks. Here you'll have plenty of time to enjoy the healing & relaxing effects of the hot springs at the spas in Leukerbad. Another incredible place high in the Alps. Here we will learn about how spa therapy is used in Europe.

**Day 4** - Day trip from Leukerbad to magnificent **Zermatt** across the Rhone Valley. Zermatt is car-free. Time for hiking, taking train/tram trips (extra), shopping, eating, & feasting your eyes on this incredible scenery. Magnificent glaciers remain. Optional trip (extra) up to Gornergrat (>10,200 ft elevation) by one of the highest cogwheel railways in Europe. Incredible view of Monte Rosa massif with the highest peak in Switzerland, the Gorner Glacier & the Matterhorn.

**Day 5 - Optional Workshops in Introduction to Homeopathy and Healing Aspects of Spa Therapies.** Free time otherwise!

**Day 6 - 8-** Travel to beautiful **Lauterbrunnen Valley** (near Interlaken in the Jungfrau area - similar to Yosemite Valley) over magnificent mountain passes (**Furka Pass & Grimselpass**), past glaciers. Overnight here for 3 nights. Walk through fields of wildflowers or view the mountains with autumn leaves, drink in the energy of the magnificent waterfalls and feast your eyes on peaks, glaciers & snow wherever you look! Visit **Trummelbach Falls** - an incredible waterfall inside the mountain. See incredible fissures in the rocks carved by the water. Experience the power & healing energy of this incredible place. **One of the most powerful experiences I've ever had!!**



**Day 9 - 12** - Travel north into Germany and the beautiful spa town of **Baden-Baden**. Time to spend in beautiful Baden Baden spas - **Friedrichsbad & Caracalla Therme**. **Caracalla Therme** has a large indoor pool (32°C) with its own therapeutics area, two open-air pools (30 and 34°C), one cold and one hot water grotto (18 and 38°C) - all told, more than 900 square metres devoted to pure pleasure and relaxation, in healing waters sourced from 2000 meters below ground. Also it has massaging water sprays, aquatic air jets, neck-showers, whirlpools, two waterfalls and a surge channel, which gently propels you around the marble areas surrounding either of the two open-air pools, solariums, sauna facilities with an aromatic steam bath, a soft-sauna with coloured light therapy, crystal saunas and classical Finnish saunas, cold water rooms with an immersion pool and a hot whirlpool **The Roman/Irish bath or Freidrichsbad**, is a magnificent establishment with beautiful architecture and decoration dating to 1877. It is a complete spa program lasting 3 hours including showers, steam baths, brushing & pools followed by rest. Also Baden-Baden is very beautiful with time for walking, hiking, casino and wonderful restaurants & shopping. 4 nights here.



**Römisch-Irisches Bad**

**Day 13** Travel to Frankfurt airport for flight home.

## Tour Conditions

**I. Price of Tour:** See Registration Form. \$750 deposit due with registration.

### II. Included:

\*12 nights accommodations twin/triple room

\*Breakfasts daily

\*Transportation from Geneva Switzerland at beginning & to Frankfurt airport at end

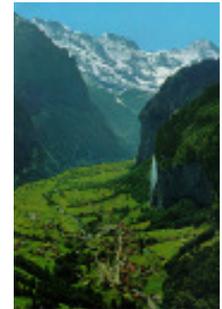
\*Transportation around Switzerland & to Baden-Baden

\*Admission to Trummelbach Falls

\*Admission to 2 spas in Leukerbad while we are there - (1 visit each)

\*Admission to spas in Baden-Baden while we are there - Caracalla Therme spa & Romanish/Irisch spa (1 visit each)

\*Workshops; Continuing Education Credit for those who may be nurses attending

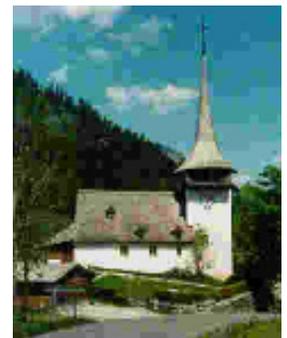


**III. Not Included:** Airfare to & from Europe; transportation to & from any airport other than the one we decide is best to fly into, passport fees, lunches or dinners, tips or items of personal nature.

**IV. Deposit & Payments:** \$750 deposit due upon registration. 1/2 of remaining balance of payment due by 90 days in advance of tour and remaining 1/2 of balance (full payment) due by 60 days in advance of tour. Total \$150 late payment fee added if payments not made by above dates (\$75 for each payment not met).

### Cancellation & Refund Policy

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 \$700 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 \$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 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.



**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 [wellwithinclasses@gmail.com](mailto:wellwithinclasses@gmail.com)

**Credit cards:** Can take credit cards through paypal - if you don't have a paypal account to do this, email me

**Check or Money Order**

Total Enclosed Today \_\_\_\_\_

I would like to register for **Switzerland/Germany Tour** \_\_\_\_\_  
(date of tour registering for)

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

Regular price if payment by credit card excluding airfare

- \$3495 per person twin/triple occupancy if \$750 deposit received by Dec. 1, 2018
- \$3595 per person twin/triple occupancy if \$750 deposit received after 12/01/2018
- Single supplement - \$650 extra if you desire single room

Type of Room desired throughout Tour

- Double/triple room with twin beds
  - Double room with 1 double bed to share (rarely possible - usually twin beds)
  - Single - note single rooms at times are significantly smaller than doubles.
- I do strongly recommend this if you are used to living alone

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

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

### Who Are These Tours Designed For?

These tours are designed for women as well as men; young or not so young; people interested in alternative healing therapies throughout the world. If you 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 places we visit. 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.*

### Exchange Rate

The costs of this trip are based on the exchange rate of 1.12 - 1.5 Swiss Francs per dollar & 1.00 - 1.40 Dollars per Euro. If the dollar falls in value before the trip, the price may have to be adjusted slightly upward.

**Tax Deductible:** The cost of these workshops may be tax deductible for nurses (if you itemize on Schedule A) since it is related to the nurses career & the subject we will be studying on the international trips is specific to Switzerland to qualify for the IRS stipulations. Consult your accountant.

**A. Responsibility:** Well Within, with its principal place of business in Ireland 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 Swiss/German tour is based on the exchange rate noted above. 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.