

Celebrate my 35 year anniversary with me this year! Earth Mysteries & Sacred Site Tours presents ...

Mysteries of France!

*Cathar Country in the South of France -
Languedoc-Roussillon &
Pyrenees & Mediterranean & Pyrenees Spa*

*Cathar Castles, Knights Templar,
Holy Grail Mystery, Nature's Wonders &
Rennes-le-Chateau Mystery as well as Spa & Mediterranean*



May 22 - June 4, 2017 (12 nights) (precedes Brittany/Chartres tour)

(also can participate for only first 7 nights of the tour at a discount cost if you only want the first portion - leaving on Day 8) from Toulouse - see inside)



Castles

Spas

Pyrenees

Black Madonna

Mary Magdalene

Walled Medieval Cities

Rennes-le-Chateau

Cathedrals/Churches

Mediterranean

Knights Templar

Colorful Village Markets

Caves & Cave Paintings

Cathars

Gorges

Villages

Châteaux

Languedoc is one of the most varied areas in France. Towering mountains, deep gorges, forests & caves, wild remote plateaus as well as the Mediterranean Sea. This predominately rural area also has a very rich history - castles, cathedrals, museums and so much more. The area is also rich in a variety of vineyards and wines. Mountains frame both ends of the region - the Cevennes in the northeast & the Pyrenees in the south. Jagged ridges, deep river canyons and rocky limestone plateau (with vast caves beneath) make it one of the most scenic.

Another main feature of this area is the havoc caused by religious and political conflicts over the centuries. The ruined castles which cling precariously to hilltops played a leading role in the struggles between Cathars & Catholics at the beginning of the 13th century. Others guarded the volatile border with Spain. Whole communities were wiped out during the merciless campaigns to rid the area of the Cathar 'heretics' and later when Protestants fought for religious freedom. Also the area is rich in mystery - Rennes-le-Chateau, Knights Templar and possible treasure, the Holy Grail mystery, leylines and geometric alignments on the land, Nazi treasure hunters, and so much more.

For May/June tour - this is early summer in Languedoc and the Pyrenees and usually great weather without the heat of the summer that this area experiences in July & August. For the October tour - this is autumn in Languedoc and the Pyrenees and weather is usually still quite nice - cooler but with MAGNIFICENT autumn leaves - possibility of some rain.

Well Within & Earth Mysteries & Sacred Sites Tours - Experience incredible journeys to ancient & sacred sites throughout the world. Our tours to mysterious & sacred sites are special in that you experience the power & energy of the sites & nature & mystery of the area. 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 exciting workshops, conferences, & nearly 100 weekend retreats & conferences in holistic health & metaphysical concepts. Also, as Earth Mysteries & Sacred Site Tours, has conducted over 100 incredible international tours to mysterious & sacred sites in California, Colorado, Hawaii, England, Scotland, Cornwall, Wales, Ireland, Switzerland, Germany, France, Greece, Norway, Sweden, 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, & 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!

Well Within, Sheri Nakken, former RN, MA, Director/Creator

Best to email as I am traveling earthmysteriestours@gmail.com

Website: <http://earthmysteriestours.wordpress.com> Phone that is forwarded to me while traveling 1-360-390-4343

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)



Mysteries of France!

- * **Land of the Cathars - Languedoc - Land of Mystery**
- * **Knights Templar and the Holy Grail - mystery of buried treasure**
- * **Magdalen Mystery - the bloodline of Christ & Mary Magdalene; the Sacred Feminine**
- * **Cathars and the Inquisition**
- * **Incredible Cathar Castles** high on rocky perches
 - * **Montsegur** - one of the most amazing Cathar Castle sites there is - on 1000 foot crag. Speculation has continued as to whether Cathar treasure is hidden on the site!
 - * **Chateau de Peyrepertuse** - one of the least-ruined castles of the area built high on a rocky crest in the 12th-century.
 - * **Chateau de Queribus** - (view from distance)
 - * **Chateau de Puilaurens**
- * **Breathtaking Grotte de Niaux Cave** - incredible cave with ancient cave paintings dating from 12,000 BC - extensive galleries have been excavated in this network of caves halfway up a steep rocky hill side south of Tarascon-sur-Ariege. (tentative - depends on availability of space)
- * **Black Madonna at Notre Dame des Marceille**
- * **Rennes-Le-Chateau** in the eastern Pyrenees - a mysterious land - high on a hilltop above the Aude Valley
 - * The Church, Tower (Tour Magdala), Museum, Sauniere's Domain, the Grand Villa Bethania
 - * Buried Treasure? Supernatural Powers? Codes on Parchments and Ancient Tombstones?
 - * Clues concealed in statues & paintings, immense wealth, secret societies
- * **Journey thru magnificent gorges, valleys & mountain passes**
 - * Gorge of Galamus * Gorge of St. Georges * more
- * **Carcassonne** - La Cite - incredible medieval walled city built on a high crag
 - * Basilique St-Nazaire - outstanding 14th- to 15th century stained glass & 2 beautiful rose windows
 - * Chateau Comtal - 12th century
- * **The Pyrenees** - mountain range between France & Spain
- * **Moligt les Bains spa** in the beautiful Castellane river gorge with waterfalls and lake, ancient sites, wonderful vistas & walks, pool and optional spa session
- * **Collioure**, gem of the Roussillon Coast - lovely village & charming port on the Mediterranean Sea that has been a magnet for artists since the early 1900's. Time for walking, swimming, visiting castle (Chateau Royal built by the Knights Templar in the 13th century), church & shopping
- * **Villefranche-de-Conflent** - wonderful medieval walled city in foothills of the Pyrenees

* **Alet les Bains** - spa town in the Corbieres Hills on the River Aude with wonderful drinking water - a beautiful setting. We have many of our picnics here on an island in the middle of the Aude River.

* **Foix** - passing through this town and viewing Chateau des Comtes de Foix high on a rock - view from distance

* **One special multi-course dinner at the wonderful Chateau de Cavanac restaurant**

* **Shopping** in local villages and from local artists and markets

* **Special Teachings in:**

- * **Mysteries of the Cathars, Knights Templar, & area**
- * **Mysteries of Rennes-le-Chateau**
- * **Magdalen Mysery, Black Madonnas & Bloodline of Christ**
- * **The Sacred Feminine**
- * **During the tour we will explore the history of each site visited**
- * **ALSO Extra teachings for those with good background in basics who want to go beyond - Merovingians, Head Mysteries, Egyptian Connections, Priory of Sion & more**

Accommodations

(depends on availability - will book hotels

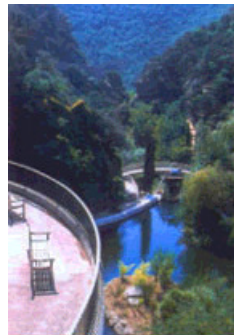
as soon as have registrations)



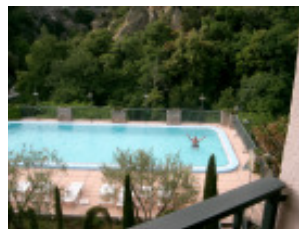
Chateau de Cavanac near Carcassonne- magnificent accommodations in a beautiful setting among the vineyards and a small village - wonderful, sumptuous buffet breakfast, swimming pool, tennis courts, & sanua. Gourmet restaurant in converted stables. 7 nights here. (3 photos below & left)



4 nights at a wonderful spa in an incredible setting in a magnificent river gorge in the Pyrenees near Prades in Catalonia - Moligt les Bains (left & below & below-left photos)



1 night near Toulouse airport before flight home.





Tentative Itinerary

(order of days may change depending on hotel availability)

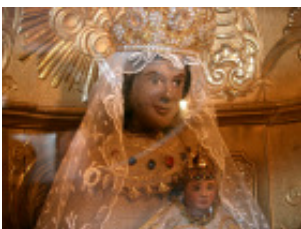
Day 1 - Arrive at Toulouse airport a.m. - transportation to hotel by minibus &/or cars (about an hour and a quarter drive east) - overnight the next 7 nights at the beautiful & unique Chateau de Cavanac - beautiful ancestral 17th century setting (this hotel is tentative depending on availability once people register) The hotel is beautifully done - each room very individual. Also there is a swimming pool, private tennis court, fitness room with sauna, and club house. The restaurant, the former stables and terrace garden, at the Chateau de Cavanac is decorated in a 17th century style with traditional cooking over a wood fire. Time for rest, swimming (??? depends on temperature), sauna, whatever you desire. Introductions late afternoon/early evening & orientation before going out for dinner.

Day 2 - Magnificent buffet breakfast here at the chateau. Orientation to the area, the tour and teachings on the Cathars & other mysteries of the area. Journey to village of Alet le Bains on the beautiful River Aude for picnic lunch and then visit to Puilaurens castle high on the mountain. Overnight at Chateau de Cavanac next 7 nights.

Day 3 - Breakfast. Morning teachings on the Knights Templar & Mysteries of Rennes-le-Chateau. Picnic lunch at Alet les Bains. Afternoon journey to Rennes-le-Chateau for visit to Sauniere museum, church, tower, graveyard and more.



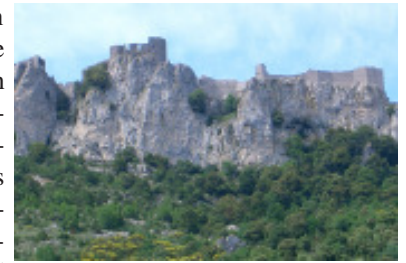
Day 4 - Breakfast. Today we will make our way through this wonderful land of gorges and vineyards through small villages, the magnificent gorge of Galamus, to the incredible Cathar castle of Peyrepertuse (one of the least-ruined castles of the area built high on a rocky crest in the 12th-century. The ruins are spread along a 900-1000 foot long ridge). Time to hike to the top for those who desire. Breathtaking views & an exhilarating experience. We also



will be able to see Queribus (a very impressive site perched on a rocky crag 2200 feet high above the village. This site was first recorded in 1020 and was a Cathar stronghold in the 13th century.

Day 5 - Breakfast. Morning teachings on the Black Madonna, Mary Magdalene, Sacred Feminine, Knights Templar, & Bloodline of Christ. Morning visit to the Black Madonna & healing well at Marceille. Afternoon in the nearby, impressive, old walled city of Carcassonne with its wonderful turrets & vistas. Day & lunch on your own there with optional visits to castle (extra cost), cathedral, shopping, exploring the walls and more.

Day 6 - Breakfast. Afternoon visit to the incredible Grotte de Niaux - incredible cave with ancient cave paintings. Extensive galleries have been excavated in this network of caves halfway up a steep rocky hillside south of Tarascon-sur-Ariege. The wellpreserved prehistoric paintings in them are the best of all those discovered so far in 23 caves in the area. Dating from paleolithic times, around 12,000 BC, they depict mainly animals - bison, ibex, deer & horses - all neatly outlined in black and red. Visitors restricted to 200 persons per day to help preserve the cave & paintings. This is always a highlight of our tour!



Day 7 - Breakfast. Free time OR continued advanced teachings for those interested on Merovingians, Head Mysteries, Egyptian Connections, Priory of Sion & more. Picnic lunch. Free afternoon at Chateau de Cavanac for swimming, tennis, walking, sauna, relaxing, more. (Can end your tour here & overnight near Toulouse airport, if you are only interested in the first portion - see details next page & price on registration form.)

Day 8 - Breakfast & check out of hotel. Journey south & east up, along a beautiful mountain road, into the Pyrenees - mountain range that stretches for 270 miles from the Atlantic



to the Mediterranean, separating France from Spain. We will stay near the magical, mystical Mount Canigou in Catalonia near Prades to Grande Hotel Thermal, a spa hotel, located in the beautiful Castellane river gorge with waterfalls & lake, ancient sites, wonderful vistas & walks, pool & optional spa session. The spa waters of Moligt-les-Bains are rich in sulphur and sodium as well as fresh water plankton. The many qualities of the waters have been recognised by health services for the treatment of eczéma, rheumatism, asthma, psoriasis and other skin conditions. Time for relaxation and spa therapies (optional session) while here. Dinner in Villefranche de Conflent this evening. Overnight here for the next 4 nights.

Day 9 - Breakfast. Free day for relaxing at the Spa - option of spa water therapy session (extra approx 45-50 Euros for a variety of options - special showers, jet pool, mud baths, etc.) and swimming in outdoor pool, walking, hiking & relaxing. Dinner in Villefranche de Conflent this evening. Overnight Grande Hotel Thermal.

We will be visiting the southern half of the yellow area to the right as well as a portion of the area just to the west bordering the yellow area.





Itinerary Continued.....

Day 10 - Breakfast - morning trip to Collioure on the Mediterranean sea. Free day on your own there - Time for visiting Chateau Royal & the church/ lighthouse & the seaside town - chateau (extra), shopping, swimming, boat rides (extra) and more. Lunch on your own there. Return late afternoon. Overnight Grande Hotel Thermal.

Day 11 - Breakfast. Morning trip up into the Pyrenees about 30 minutes, visiting the walled city of Villefranche-de-Conflent with time for shopping, lunch and exploring the walled city. Possibility of visiting some extra abbeys in the area, depending on weather. Dinner in Villefranche de Conflent or other. Overnight Grande Hotel Thermal.



Day 12 - Breakfast. Leave this morning for wonderful mountain journey out of the Pyrenees on beautiful mountain roads. Picnic lunch along the way. Afternoon visit to area of Montsegur - & viewing & visit to Montsegur - ruined castle on 1000 foot crag. This site provided refuge for over 200 Cathars in 1244 during the Albigensian Crusade until they were martyred on a burning pyre after they descended. Speculation has continued as to whether Cathar treasure

is hidden on the site! Return to Toulouse airport area. Overnight at Ibis Hotel or similar near Toulouse airport for flights home in AM or on your own.

Day 13 - Breakfast. Our journey together has ended and transportation to Toulouse airport in AM from nearby hotel.



Tour Conditions for full tour

I. Costs: See registration form. Price is for twin occupancy. Single supplement possible.

II. Included - Price includes transportation to/from

Toulouse airport area on day of arrival & day of departure & around the area in 9 passenger mini-buses or cars; accommodations based on twin/double occupancy (singles available at extra cost - see registration form); continental breakfasts; admission to Castles (Peyrepertuse, Montsegur, Puilaurens); one (1) dinner at Chateau de Cavanac or similar; admission to Grotte de Niaux (cave); admission to sites in Rennes-le-Chateau; teachings as noted. (all above depend on sites being open). **(See conditions for partial tour at bottom of column to the left)**



III. Not included - Airfare, personal items, passports, visas (for non-Americans), medical/accident/medical evacuation insurance, lunches & dinners (except as noted above) not included (food is very reasonably priced in this area of France).

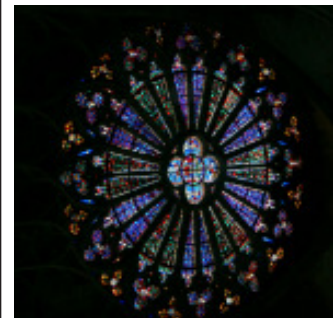


IV. * Medical/Accident/Medical Evacuation Insurance** required to be purchased. Information available - approx. \$50 7USD per person. **Proof of purchase required** by Well Within. More information will be provided.

V. 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).

Partial Tour Option

You can also only participate in the tour for the first 7 nights if you desire, staying overnight near Toulouse airport on the 7th night for trip home or elsewhere on Day 8. Price shown on registration form. Price includes accommodations based on twin/double occupancy for 7 nights (includes that last night near Toulouse airport); continental breakfasts; admission



to sites on brochure for those days; transportation from Toulouse airport area on day of arrival & to train station in Carcassonne on evening of Day 7; transportation around the area in 9 passenger mini-buses or cars; teachings as noted. (all above depend on sites being open.). Does not include cost of train from Carcassonne to Toulouse and taxi from Toulouse to Airport Hotel. **Deposit & Payments and Cancellation & Refund Policy remain the same.**

Go to <http://www.nccn.net/~wwithin/france2.htm> for website & links to sites we will visit with lots of info & photos

Preparation for tour

It is helpful if you have read Holy Blood, Holy Grail &/OR The Templar Revelation as well as have some knowledge of and interest in the Cathars and the Rennes le Chateau mystery. I will be dividing the teachings into Basic and Advanced.

Level of Activity

You can participate to the level you desire - there are the options of 20-30 minute hikes up to some of the castles we will visit or they can be viewed from the car park. Otherwise walks are leisurely. Also workshops are all optional.

Meals

All breakfasts are included; lunches are extra and will mostly be picnic lunches; one (1) dinner included at Chateau de Cavanac or similar; other dinners are extra and will be in a variety of restaurants - at the hotels where we are staying or locally (or occasionally a picnic dinner). Wonderful French food & wine.

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 if you have _____

Payment by (circle one):

Paypal - paypal payments at <http://www.paypal.com>
my account is wellwithinclasses@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

Date of tour you are registering for _____

Type of Room desired throughout Tour

- Double/Triple room with twin beds Double room with 1 double bed to share
 Single room Would you like us to match you with a roommate? _____

******Purchase of health/accident/medical evacuation insurance is required for this tour (approx. \$50 USD for those from US for length of trip - information will be provided to you - other countries will have to find out details in their country)******

***\$200 discount off the price if pay deposit by Thanksgiving Nov.24
Further \$100 if pay balance of payments
by cashiers check (deposit can be by credit card or paypal)

- France Tour** - email for costs in UK Pounds Sterling or Euros - \$650 deposit to reg.
 Full Tour - Price* excluding airfare (all prices US\$)
 \$3495 per person twin/triple occupancy if deposit postmarked by Nov. 24, 2015
 \$3595 per person twin/triple occupancy if deposit postmarked after 11/24/2015
 Single supplement - extra \$995 if you desire a single room
- Option of Partial Tour** - Price if you only desire the first 7 nights of the tour
 \$2895 per person twin/triple occupancy if deposit postmarked by Nov 24, 2015
 \$2995 per person twin/triple occupancy if deposit postmarked after 11/24/2015
 Single supplement - \$450 if you desire a single room
(very limited in number)

* Tour price is based on the exchange rate of 1.00-1.65 Euro per US dollar (see inf below under A.).

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 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.

Flights & Travel Arrangements

Well Within is a travel agency & all flights & travel arrangements can be made with us. Knowing the routing to this area we can advise on the best timing and pricing.

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

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 \$600 is non-refundable. If cancellation postmarked between 30-59 days prior to departure, \$1200 is non-refundable. If cancellation postmarked between 15-29 days before departure \$1450 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.

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

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. Tour price is based on the exchange rate of 1.00-1.65 Euro per US dollar. **If the dollar falls in value before the trip, the price may have to be adjusted slightly upward.**

Well Within requires the purchase by each tour member of appropriate travel accident/medical evacuation insurance, & recommends 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.