

*Celebrate my 37th year anniversary with me in 2019!*



Callanish Stone Circle, Isle of Lewis, Scotland

# *Enchanting Scotland*

*Celtic Teachings & Sacred Sites*

*July 8 - 21, 2019 OR*

*August 12 - 25, 2019*

*(13 night tour - includes the Orkney Islands main island & Isle of Lewis & Callanish Standing Stones)*

*Land of legends, mystery, bagpipes, highlands, standing stones, islands & myth*

- \* **Highlands & Lochs (lakes) of Western Scotland - mountains, glens, waterfalls, lakes, streams**
- \* **Enchanting Isle of Lewis - intriguing landscapes & the Queen of Standing Stones**
  - \* **Standing Stones of Callanish** \* **Lochs & Moors** \* **Dun Carloway Broch** \* **Other ancient sites**
- \* **Mystical Isle of Skye - Beautiful nature and rock formations, the Fairy Glen & Fairy Bridge & Dunvegan Castle, shops**
- \* **Magnificent Orkney Islands - main island**
  - \* **Ring of Brodgar standing stone circle** \* **Standing Stones of Stenness - stone circle**
  - \* **Maes Howe chambered mound** \* **Skara Brae ancient village**
  - \* **Kirkwall with its Bishop's Palace, Earl's Palace & Cathedral**
- \* **Mysterious Rosslyn Chapel & Glen - mystery of the Knights Templar, Gypsies & The Holy Grail**  
**Incredible Gothic Chapel filled with pagan and old testament stone carvings**
- \* **Loch Ness and its mystery** \* **Fort William & beautiful Glen Nevis**
- \* **Lovely shops & wonderful food in great pubs and restaurants! The food is terrific here!**
- \* **Teachings interwoven into the tour:**
  - Celtic & Pre-Celtic Mythology & Worldview*
  - Scottish History & Folk Practices*



**Well Within's Earth Mysteries & Sacred Sites Tours –  
Celebrate our 37th Anniversary with us in 2019**

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 & 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, Ireland, Switzerland, Germany, France, Greece, 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!

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

**Well Within**

*Phone 1-360-390-4343 phone forwarded to me, wherever I am in the world*

*Email [earthmysteriestours@gmail.com](mailto:earthmysteriestours@gmail.com) (email is best, though, as I am traveling a lot)*

*Conducting Conferences throughout the world since 1982*

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

*Visit us on the Internet at <http://earthmysteriestours.wordpress.com>*

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



## ***Tentative Itinerary Scotland***

(Order of places we visit may vary depending on ferry schedules)

**Day 1** Flight into Kirkwall airport on Mainland of Orkney (via London, Edinburgh or other). Settle in with time for rest to recover from flights and then afternoon introductions and orientation and dinner. The Orkneys are a magical place. Overnight 4 nights here.

**Day 2** - Morning introductory teachings on Scotland, Ancient Sites, History, Celt Worldview & Traditions. Afternoon visit to the mysterious Skara Brae, ancient village & Maes Howe, a chambered mound with alignments to midwinter sunset.

**Day 3** Continue morning teachings on above subjects and then afternoon visits to the magnificent Ring of Brodgar & Standing Stones of Stenness.

**Day 4** - Continue morning teachings. Afternoon visit to the town of Kirkwall with its ancient Earls Palace & Bishops Palace ruins as well St. Magnus Cathedral. There will time for shopping. Great shopping here from local artisans - jewelry with celtic and other design, sweaters & knitware, pottery & more.

**Day 5** - Early morning ferry journey back to mainland of Scotland & travel south to Ullapool area for another ferry this afternoon, through a beautiful fjord-like area, to Isle of Lewis, with its incredible mysterious landscape. We will check in and visit the stones at the main Callanish site, on our way to our hotel. We will stay for 2 nights here in this area.



**Day 6** - Continue morning teachings. We will spend time at the wonderful

Standing Stones of Callanish - the main site as well as satellite sites nearby. And we will visit the re-created Pictish House and visit with Elizabeth who has spent many of her days in this house trying to feel & re-create what life might have been like for people's of this time period. Also visit Dun Carloway, one of the best preserved brochs, & other sites in this area if time.

**Day 7** Travel to the Isle of Skye by ferry from Lewis. Overnight on Skye for 3 nights.

**Day 8 & 9** - While here on the Isle of Skye, we will visit the Fairy Bridge, Fairy Glen, Dunvegan Castle with its famed fairy flag & visit a local artist's shop of celtic/mythical/goddess paintings along the way.



**Day 10** - Travel southeast from Skye into the highlands on the main-

land of Scotland on the way to the area north of Fort William. Overnight in the Great Glen area & Ft. William for next 2 nights

**Day 11** - Sightseeing in the Fort William area including time in a beautiful Glen with waterfalls and lovely stream and walks - Glen Nevis (weather permitting). Also time in Fort William and other sites nearby if time.

**Day 12** - Today we will travel south through beautiful landscapes of the middle Highlands - sightseeing along the way, ending up in Edinburgh airport area.



**Day 13** - Today we will travel to Roslyn Chapel & Glen (S. of Edinburgh) - a wonderful chapel fully carved in stone & full of mystery and intrigue built in the 15th Century & connected with the



mysterious Knights Templar. Teachings will be on the history of the Knights Templar and their mysteries & the intrigue of Roslyn Chapel & Glen. I have been teaching a lot of the information for many years that has now come out in popular novel, The Da Vinci Code. Overnight in the Edinburgh airport area.

**Day 14** - Trip ends. To Edinburgh airport & flight home or longer on own.

## ***Workshop Descriptions***

**History's mysteries, Scottish Folklore, Celtic Teachings** - Throughout the trip we will explore Celtic teachings & worldview; Scottish Folklore; as well as history's mysteries. We will also explore the fairy tradition as it is known in Scotland and throughout the British Isles, visiting the fairy bridge & glen in Skye.

## ***Tour Conditions***

**I. Price of Main Part of Scotland Tour:** Send deposit of \$750 to hold place as soon as possible as trip will fill. See registration form for costs.

**II. Price Includes:** 13 nights accommodation in B&B's & hotels; breakfasts daily; admission to sites listed; transportation from Kirkwall airport (starting location) to Edinburgh at end; ferry crossings; & all workshops.

**III. Not Included:** Cost does not include airfare from your home to starting location (Kirkwall airport) & from ending location (Edinburgh); lunches & dinners; passport & items of personal nature.

**IV. Travel Arrangements** - Well Within is also a travel agency. Call Well Within for discount airfares as soon as possible.

**V. Deposit & Payments:** \$750 deposit secures space. 1/2 of balance due by 90 days before tour, final payment due by 60 days before tour. Total \$150 late payment fee added if payments not made by due dates (\$75 for each late payment)

**VI. Flights** - If making flight reservations on your own **MUST** check with me about timing for arrival and departure at the end. Arrive in Kirkwall on the day the tour starts by 4 pm and departure flights can be any time on the last day of the tour, from Edinburgh **Check timing with us before booking flights**

## ***Accommodations***

We stay in very comfortable 2\* - 4\* B&B's, Retreat Centers, Guesthouses, Apartments & Hotels on this tour. They also are often in GREAT settings. This is not a luxury tour, but made affordable so more people can travel to this incredible place. See webpages for links - <http://www.nccn.net/~wwwithin/scot.htm>

## ***Level of Activity***

This trip has minimal walking (more walks if you want). Mostly easy leisurely walks.

**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 \_\_\_\_\_

Type of Room desired throughout Tour

- Double room with twin beds     Double room with 1 double bed to share
- Single - note single rooms are usually limited in number & at times are significantly smaller than doubles & my have a single/twin-type bed.

I would like to register for:

- Scotland Tour - send deposit of \$750**  
Date of tour you are registering for \_\_\_\_\_

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

Regular price if payment by credit card or paypal excluding airfare

Paypal account is [earthmysteriestours@tesco.net](mailto:earthmysteriestours@tesco.net) at <http://www.paypal.com>

- \$3495 per person twin/triple occupancy if deposit received by Nov. 1, 2019
- \$3595 per person twin/triple occupancy if deposit received after Nov. 1, 2019
- Single supplement – \$550 – strongly suggest if you are used to living alone

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 tour operator or travel supplier; 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. Both tours are based on the exchange rate of 1.00 - 1.50 dollars to buy a 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.

**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, 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 allow you 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 & travel arrangements can be made with us. We have access to non-published discount fares to Scotland from most locations.

If you make your own flight arrangements MUST check with us about arrival and departure times to coordinate with pickup and drop off -flights into Kirkwall, Scotland & home from Edinburgh.

**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.

**All in all these will be full trips with as much time spent as possible experiencing the magnificent variety of ancient sites, villages & natural wonders of Scotland while also experiencing alternative approaches to health and healing. Whatever happens, we promise to make this a trip you will remember forever.**