

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

Mysterious Wales!!

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

July 29 - August 9, 2019 (11 nights)



Tintern Abbey



Pembrokeshire Coast



Bodnant Garden



**Bryn Celli Ddu, Ancient Mound,
Anglesey, Wales**



Pentre Ifan



Caernarfon Castle

Celebrate our 37th Anniversary in 2019 - Well Within's Earth Mysteries & Sacred Sites Tours



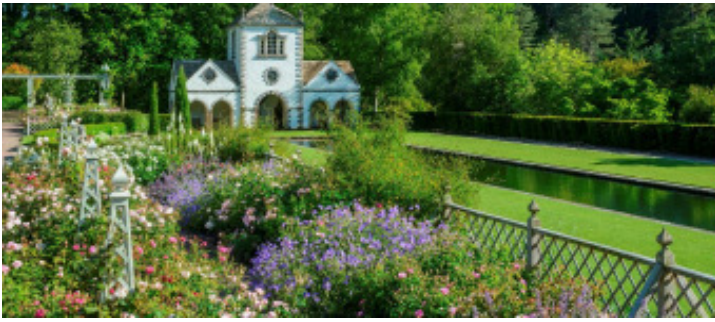
Experience incredible journeys to ancient & sacred sites throughout the world. Well Within's Earth Mysteries & Sacred Sites tours to mysterious & sacred sites are special in that you experience the power & energy of the sites. These are not just the normal sightseeing tours. They are experiences to remember for a lifetime. The tours are specially designed with expert guidance and time to experience each place. Well Within, since 1982, has sponsored & conducted over 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, 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, former R.N., MA, Director/Creator
Well Within/Earth Mysteries & Sacred Site Tours
Phone 360-390-4343**

Email earthmysteriestours@gmail.com

**Sheri Nakken, former R.N., MA, Director -- 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)



*A Celtic Journey to Mysterious Wales!
11 night tour - North, Mid, Coastal & South Wales
Ancient lands of the Celts*

- * **Snowdonia National Park**
 - * Beautiful mountains, lakes & valleys
 - * Quaint towns
 - * Forests, streams & waterfalls
 - * Betwys Y Coed - beautiful village
 - * **Bodnant Garden** – massive, magnificent estate gardens. World famous and home to National Collections and Champion Trees

- * **Conwy Castle**
- * **Caernarfon Castle**



* **Portmeirion Village** – (photo to the right) – Intriguing village built as a work of art. Location where TV series "The Prisoner" was filmed. Subtropical woodlands, beaches, shops

- * **Anglesey Island** -
 - * Ancient stone sites
 - * Bryn-Celli-Ddu chambered cairn
 - * Barclodiad-y-Gawres chambered cairn
 - * Holy Head Mountain hut circles
 - * Coastal Walk & Bird Sanctuary

* **Centre for Alternative Technology in mid-Wales**

* **Hay-on-Wye - Booktown on the river Wye**



- * **Pembroke Coast**
- * **Pentre Ifan Standing Stones**
- * **Tintern Abbey**

*Special Teachings
During Tour*

- * Celtic History, Practices & Teachings
- * Sacred Sites & Their Hidden Teachings
- * History's Mysteries
- * Welsh & Celtic History in Britain
- * Earth Energies, Ley Lines, Standing Stones



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 Alternative Technology and many other sites

Tour Conditions

I. Price of Tour: Send deposit of \$750 to hold place as soon as possible as trip will fill. See **Registration Form for Prices**. The \$750 deposit is the same whether by check or credit card. (These costs are based on the exchange rate of 1.00 - 1.6 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 August 2018 the Dollar is at \$1.30 per 1 UK pound

II. Included: Price includes 11 nights accommodations in Wales, 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 Birmingham airport at end of trip & throughout tour; admission to sites listed; all workshops. 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: \$750 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.



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 - Bodnant Garden - beautiful estate gardens



Day 6- Caernarfon Castle and Portmerion Village

Day 7 - Travel through the mountainous 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.



Day 8 Travel to the coastline of mid-Wales - Pembrokeshire. Beautiful beaches and coast and also Standing Stone Site of Pentre Ifan



Day 9 - Continue in this area and then back east again this afternoon to the Brecon Beacons National Park (where I lived for 8 years)

Day 10- Visit the National Park and Hay-on-Wye - first booktown in the world



Day 11 - Tintern Abbey - The Cistercian abbey of Tintern is one of the greatest monastic ruins of Wales. It was only the second Cistercian foundation in Britain, and the first in Wales, and was founded on 9 May 1131 by Walter de Clare, lord of Chepstow. It soon prospered, thanks to endowments of land in Gwent and Gloucestershire, and buildings were added and updated in every century until its dissolution in 1536



Overnight near Birmingham airport

Day 12 Flights home or on your own or follow with our Scotland tour.



To Register
EMAIL OR PHONE AND LEAVE MESSAGE that you are registering for the tour AND scan & 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 _____
Place of Employment _____ Email Address if have _____

Payment by (circle one):

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

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 \$750.00 to hold space

Dates of tour you are registering for _____

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

- *\$3495 USD per person twin/triple occupancy if \$650 deposit received by December 1, 2019
- *\$3595 USD per person twin/triple occupancy if \$650 deposit received after December 1, 2019
- Single supplement - *\$495 USD if you desire single room (limited in number)

* Based on exchange rate of \$1.00 - \$1.50 USD per 1 UK Pound Sterling -
See A. Responsibility below

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 Utah, 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 1.00 - 1.60 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.

**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 mealtime 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

