

The Animal Experience

YOGA & HIKING JOURNEY 11 - 18 NOV 2020



The Animal Experience

YOGA & HIKING JOURNEY- WADI RUM, PETRA AND DEAD SEA



Alouisa and her guests heading out for yoga in the desert of Wadi Rum

Ahlan wa Sahlan - Welcome

Dive deep into the stillness and vastness of the Jordanian desert in the company of desert dogs, elegant camels, Arab horses and unique birds. Get away from the hectic demands of daily life and allow your body, mind and spirit to relax, wander and energize during this **magical desert journey**.

Connect to the natural flow of the desert like a Bedouin and **attune to the wisdom the animals** have to share with you. They allow us to experience a deeper sense of soul connection with all that surrounds us. The hike into the magnificent desert scape is like **a pilgrimage into your inner landscape**. Yoga, meditations, massages and healing sessions will further support your journey.

Expanding your awareness and integrating more of yourself is gently supported by the interaction with horses. They reflect our state of being in the moment. They invite us to be present in the now, to transform limiting beliefs and to **find the courage to live up to our fullest potential**.

Prepare for an unforgettable exploration into the dessert of Jordan in search of **raw beauty, stillness and intuitive wisdom**.

You will find yourself opening to grounding and adventure, lightness and creativity, expansion and playfulness. In the supportive field held by both Brenda and Sandra, two Dutch adventurers who met in the desert and have hosted individual and group journeys tailored to personal needs for many years now.

The Animal Experience

8 DAY YOGA & HIKING JOURNEY- WADI RUM, PETRA AND DEAD SEA



Brenda leading the way in the vastness of Wadi Rum

Expand and deepen your awareness in the beautiful desert of Jordan. Connect to the wisdom of the fire, stars, wind, birds, dogs, camels and horses. **Listen to the whispers of your soul and be inspired** to transform your reality.

Enjoy hiking & yoga with magnificent views of world heritage sites Wadi Rum and Petra, float in the Dead Sea and allow the minerals of the water to nourish your body. Sleep under the stars, chant in the desert, **play with dogs, ride a camel, reflect with horses** and share in sacred circle.

Wander barefoot in the desert, connect to the earth, expand in desert vastness, offer your limiting beliefs to the fire, send your wishes to the stars, **activate your innate healing power** and reconnect to your courageous heart.

"Our yoga & hiking trip was really special and exceeded our expectations. With the wonderful care of Brenda, Sandra and the two Abdullah's we could fully relax and unwind in his magnificent desert.

*We enjoyed lovely yoga sessions and insightful horse sessions. Slept under the stars, away from everything, so we could focus on our inner journey and healing.
The massages were amazing too!*

The incredible settings, the Bedouin welcome & food, the talents of these ladies and beautiful animals made this journey to an unforgettable experience"

Manja & Modeste - nov 2019

DAY TO DAY ITINERARY

Day 1 Sun. Nov. 11-2020. Arrival in Jordan!

Arrival airport Amman.

Overnight stay in a tourist class hotel in Madaba, with breakfast, approximately half an hour from the airport.

Day 2. Mon. Nov 12 Transfer to Dana for a walk and lunch. Then to Wadi Rum. Camel ride to your Bedouin camp. Yoga at a Bedouin tent. Meeting the dogs. Bedouin dinner. Overnight stay in a desert camp.

From Madaba to Dana nature reserve in the green and lush mountains to have a small hike, with your lunch. Continue to the desert of Wadi Rum to have your first encounter with a desert animal, the camel, who will bring you to your camp for the night in the desert. You will be surprised by their elegance, their soft feet but especial their eyes, absorbing you under their long



Visit Dana - on your way south to the Wadi Rum Desert

lashes. The little ears in front of you, once you are in the saddle. The long neck, moving right and left with their head proud in the air. For us it feels like those animals are already so long on the earth and never changed. They are since long domesticated

but still wear the prehistoric history inside them. Proud animals that always survived in the desert. Feel their strength, take some of their patience, their life energy, their will to survive, with you.

DAY TO DAY ITINERARY

Your first Vinyasa Flow yoga session before or after dinner. Thereafter a delicious traditional cooked (under the ground) Bedouin dinner will be served, your first Bedouin dinner in the desert. We sit around the fire to enjoy a cup of sweet mint or sage tea. Overnight in a comfortable camp with private sanitary.

Day 3. Tue. Nov 13 Yoga and meditation. Breakfast. Horse soul session. Lunch at the horses. Afternoon hike with the dogs. Bedouin dinner. Tune fork session. Sleeping in nature under the stars.

Waking up in the vast, rocky desert scenery with a deafening stillness. The best start of the day with an inspirational yoga and meditation session. After breakfast the horses are waiting you for the first horse soul session. Those wise guidance animals feel your truth and invite us



World Heritage site Wadi Rum - or valley of the Moon

to step in the present moment. They allow us to get clarity about the patterns and limiting beliefs in our life, to take their lessons, release emotions and find courage and inspiration to step forward. We will work with intentions, constellations, representatives, PSYCH-K, body

awareness and interventions in order to delve deep into your conscious and subconscious mind with the purpose to find a deeper understanding and expression of your self. To live a life that is aligned with your authentic truth.

DAY TO DAY ITINERARY

Are you already curious which horse will be your spiritual guide on this journey? You will be also meeting with friendly and kind desert dogs who used to be wild desert dogs but are all adopted by our team in order to give them a loving and good home. In return they inspired us to create this tour and shower us with their love, playfulness and sweetness. They'll stay with us during the desert tour.

Your lunch will be together with the horses, they'll get their hay as you'll eat your freshly prepared Bedouin lunch. Then it's time to wander into the desert. A hike off the beaten tracks to our nature camp, a warming-up for the next two days to come. While hiking you can digest and integrate your experiences, messages and teachings from the horses. The silence offers us the



Connect to inner wisdom reflecting with horses

opportunity to fully turn our attention within. Like the Bedouin do when they roam as a nomad the desert with their herds of sheep, goats or camels. At our private camp we enjoy a warm cup of tea while seeing the colors of the rocks change as the sun sets. Do you have your wish list ready for the shooting stars this night? At

the fire where our Bedouin meal will be cooked we can share stories about our wishes and dreams. Mesmerized with the smells of the cooking.

After the dinner when you're on your comfy mattress, covered with warm blankets you'll hear the healing

DAY TO DAY ITINERARY



Yoga in Wadi Rum

sounds of the tune forks, connecting you with all your chakra's and the planets of the universe. This healing will continue while you sleep and dream, connecting to all your body cells, your chakra's, where the vibration of the sound will do what is necessary to bring you in your natural balance again. We sleep under a blanket of millions of stars, the moon and the Milky Way.

Day 4. Wed Nov. 14 Desert meditation, inspirational card, breakfast. Hiking. Healing with the biotensor. Lunch. Hiking with the dogs. Workshop gemstones. Dinner. Sleeping under the stars.

Waking up somewhere in the desert, knowing you're on a place outside the civilization, the desert is a still and unexplored place, off the beaten road. No wifi, less stimulant, pure, back to basic life. You feel you're alive, nothing to worry about. Living here and present. Starting the day with a guided desert meditation and an inspiration card, before breakfast. After taking the energy of the breakfast meal we get ready for a good hike in the desert. The healthy Bedouin lunch will be somewhere on our way. During relaxing time of the lunch you'll get your first healing with the biotensor. It's a kind of a divining rod, it can find water in the earth.

The biotensor used, is from special steel. It will answer life questions, it will heal a person who is here or in a distance. See it as a telepathic connection with you. Blockages in your body will be solved. It diagnoses the pain area's in your body and starts to heal immediately. After lunch the hike will continue.

Sometimes you walk in vast areas. With mountains far away. Sometimes close to the huge rock walls, a landscape full of art. The rocks carry many faces, animals, but also filigree structures, made by water and wind over time.

DAY TO DAY ITINERARY



As if someone carved the rocks in those gorgeous pieces of art, with many colors, birds who find shelter or build their nests inside. Sometimes you walk in canyons, see the petroglyphs, old and new water reservoirs. Natural rockbridges pop up on unexpected places. Sometimes the sand is heavy, sticking your feet in the sand, while other times you walk on hard sand, stones or over rocks. The desert has many varieties, you never get bored. Plants, trees growing somewhere in the dry sand or even on the rocks.

Hanging gardens in the desert? Yes close to the water reservoirs that are still in use by the Bedouin you'll find till high up on the rocks the plants, herbs or a tree. Imaging you're there already. Your feet grounding in the sands, your head up in the (night)sky.

Energy from Mother Earth and Father Sky. Close to nature, close to yourself, questioning what is really important in life, living in the here and now. Gain an experience that will always stay with you or gain the maybe useless material things? These thoughts that are always in your head start to lower their voice. Suddenly you notice your head is quiet. Silence to embrace your hart energy.

Coming closer to your intuition, your unconscious being. Your pure self. This afternoon we walk in silence, to

be your own company. To embrace your braveness, to be, of all places, in the desert. The dogs around us. Helping the ones who struggle, to be a good and understanding friend.

Once we find the camp before sunset you will connect with all your experiences of the past, the now and even a reveal to the future. To feel the gemstones, to hold as your personal treasure, to listen what it has to tell you. With the precious stones we connect to the chakras.

The outcome will tell you something about your health, your past, this moment but also where your path will go. It will show which precious stone you need at this moment. Mother earth carried and hid her gemstones for ages to help you to heal from bad experiences to improve your all over health.

DAY TO DAY ITINERARY

Of course meanwhile the Bedouin prepare a healthy meal, as hiking and being in nature makes you hungry. The campfire is warming you and will be like a meditation while staring into the flames. After dinner we make the cozy beds ready. You're free to go to sleep or to unwind the day next to the campfire with the Bedouin and their stories.

Day 5. Thu. Nov 15 Meditation with gem stones, inspiration card. Hiking in silence. Collecting pieces from the desert for your vision board of the past the present and the future. Lunch. Hike. Sunset yoga session. Dinner. Fire Ceremony. Sleeping under the stars. Goodmorning, welcome sunshine, hello dog of my heart. Welcome to a meditation with precious stones, leading you to new heights in your life. A message from the inspirational cards to take with



you during the day. A delicious healthy breakfast to give energy for the first part of the day. A new day, a new hike, a new desert scenery. Same group, same dogs to go together on a new adventure. In silence, everyone in her own energy, roaming alone while staying somewhat together. Collecting little pieces (stones, wood, bones, flowers or anything you think you can use for a personal vision board. Connect your bucket list to the articles you will

find, suitable for a creative art impression of your wishes, your past, your present, your future. Your past has made you to the person you're now. Your present is who you are today and your future will develop further. Your natural vision board will be your connection with Mother Earth and Father Sky. You will be surprised what you will find in the desert and what will fall into your hands. During the lunch time we'll

DAY TO DAY ITINERARY



have a rest to make your creative piece of art. Your explanation will invite the manifestation. After, your pieces of the past will be covered with sand, buried. You can take pieces home that have a special meaning or connection to you. And then a delicious lunch is waiting. Gaining new energy for the last desert hike. In peace, with your dog friends around you. Always ready for a play, a hug, a foot, a pet. Understanding more of what is happening with you than you ever

can imagine. Friends forever. The last spot to make camp in the desert where you will have a sunset yoga session. To integrate all wisdom of the last days in the desert deep inside your body.

A delicious meal will be prepared by your Bedouin local desert guides. Without their involvement this trip is not possible. They take care for all logistics, all the cooking, they keep the fire burning and gather the wood in the desert, they know or find the best spots to sleep, their desert experience is natural from childhood. Born in the desert, grown up in a Bedouin tent, you will have the real desert experience as they had with their parents. They share their experiences with you. Nothing artificial or special made for tourists, just the original and traditional way. The evening will be filled with the fire

ceremony. A strong mantra ritual to get rid of all what you don't need or want anymore, to burn your limited beliefs in the fire, forever gone. Use the burning fire as a new beginning, feeling lighter, notice how much you have left behind you. Then reconnect to your dream, your vision and in our next round we will offer our wishes to the fire, the smoke rising up to the universe and asking our spiritual guides to help us give the experiences, energy, healings and support we need in order to grow and become our most authentic selves.

A relaxing sleep or maybe you'll have many dreams, is awaiting you. With a blanket of millions of stars, a safe place. A new peace within you.

DAY TO DAY ITINERARY



Brenda offering her Kasaath Hawa massage

Day 6. Fri. Nov. 16 Yoga and meditation. Breakfast. Massage therapy. Lunch. Horse soul session. Transfer to Petra. Dinner. Overnight stay in a Bedouin camp with sanitary. Starry night meditation. An old Bedouin therapy, Kasaath Hawa, you can compare it a bit with the well known cupping massage. With glasses and fire creating a vacuum on the body, to get rid of many things that make you not feel complete healthy or even sick. It makes you feel very relaxed afterwards and lighter in your body as much unwanted stuff is gone. A perfect detox of the body. In combination with the precious stones for energetic healing. Lasting half an hour.

A Thai massage releases blockages in the meridians. When the flow in the meridians is restored, your body feels as whole, in flow with your being. Lasting half an hour. The rest of the morning time is to have a last glimpse of the desert. To smell, to feel the sand and the energy. To make your last round by yourself with or without a dog or your other companions of the journey. Or play with the dogs or just to sit and meditate or read a book. After all relaxing massage therapy your last, with love prepared lunch in the desert will be ready. Then everything will be packed for the last time to bring you back to your starting point, the horses. During this horse soul session we will allow for further integration of the messages you have been collecting during your retreat and look at what wants to emerge through you. To get the full picture of what is needed to move forward.

And then it's time to say goodbye to the Wadi Rum, new adventures are waiting. Petra! The driver will take you to Petra to sleep in a camp with shared sanitary facilities and hot showers. The buffet dinner will be a tasty Bedouin tradition. Still in the nature, in the mountains of Petra. Perfect for a guided meditation while the stars shine bright above us.

DAY TO DAY ITINERARY

Day 7. Sat. Nov 17 Morning yoga. Breakfast. Visit Petra with a guide from the back road through the mountains. Dinner. Overnight stay in a Bedouin camp.

We start the day early morning with an activating yoga session. After breakfast our local guide will take us via the back road through the mountains, the outskirts of Petra to the Monastery of Petra. One of the best preserved temples of Petra. After a refreshing lemon mint our guide leaves us and we will be exploring Petra on our own. Walking all the way down to Qasr al Bint. The two temples, the three churches in which one good preserved mosaic floor can be seen. Walking along the Roman Collonade street to see the Royal Tombs in the best light of the day. Passing many merchants like in the days Petra was flourishing. To get an idea how Petra was the capital

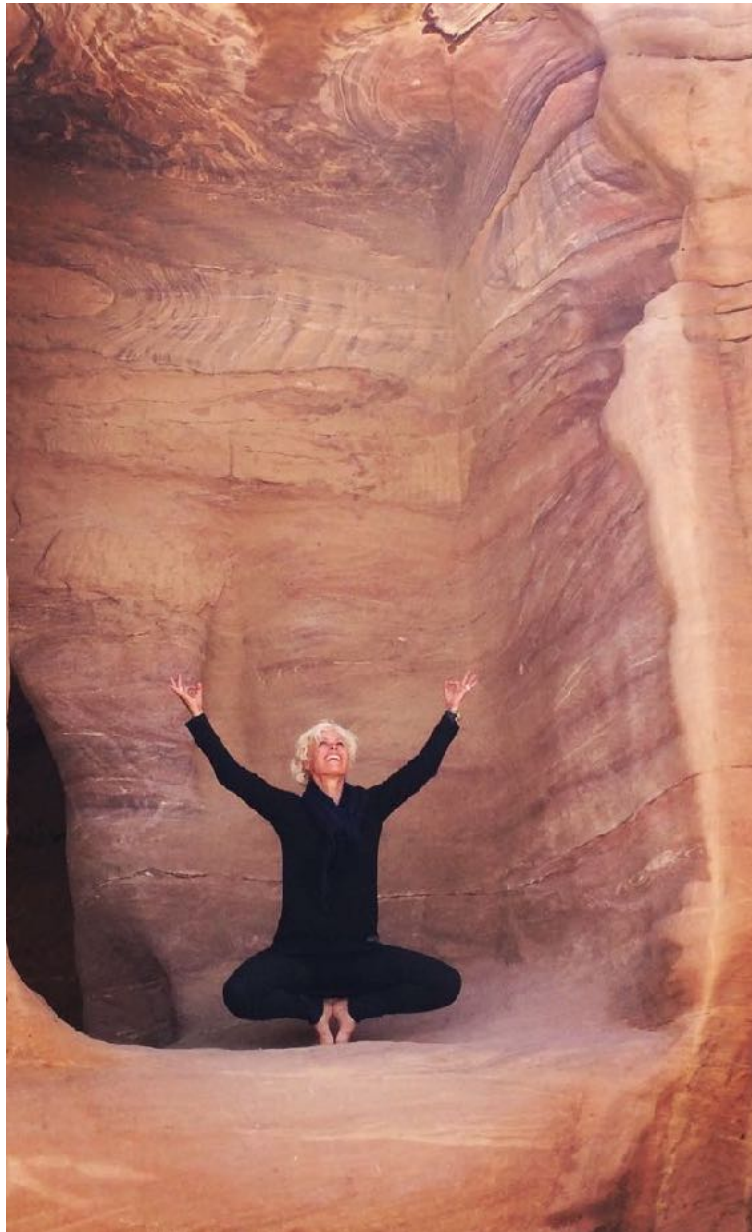


World Heritage Site Petra - Monastery

and trade centre of the Nabateans. The Romans took it over and left their footprints. A Roman theatre was build, today a landmark in Petra. Then turn around two corners in the main road to see the splendid beauty of the Treasury. In real much bigger than you can imagine, build with such a knowledge of architecture. Till today still the main attraction of

Petra. And good preserved. More than 2.000 years it is just standing there in its full glory. The famous Siq, the gorge that will bring you to the entrance of Petra has many pearls to offer after a long day of walking and impressions. Let yourself surprise by the Siq that has hidden Petra for many centuries. A natural 30 meter high gorge

DAY TO DAY ITINERARY



Sandra in Petra

in the mountain where the water system brought in water to the inhabitants of Petra. A local taxi service to bring you to the same camp as last night. A good dinner is awaiting you before you start to travel to the North tomorrow. Closing circle and meditation.

Day 8. Sun. Nov 18 Early breakfast. Transfer to the Dead Sea. Lunch. Floating and Mud experience at Dead Sea Spa hotel, private beach. Transfer to the airport.

Having an early breakfast before your transfer via a scenic road through Wadi Araba to the Dead Sea. We made a day reservation in the Dead Sea Spa hotel. The first existing hotel at the Dead Sea that has a medical centre to treat diseases i.e. psoriasis, rheumatism and more. You will enjoy a lunch buffet.

The hotel has a private beach to enjoy all the benefits of the Dead Sea. Once in your life you have to feel the salt water with a salt density of more than 33% minerals. The water will push you up so that you can float on the water while reading a (guide) book or newspaper. The perfect Instagram picture. But you will come for your health and to relax, so try the healing black mud from the Dead Sea. To cover your body complete in the mud will you leave afterwards with such a silky soft skin you have only felt when you were a baby. Showers with tap water are available to wash the salt crystals from your body knowing that the same minerals are already absorbed by your skin when you were in the salt, mineral rich water.

It's the perfect completion of your journey in Jordan. Just before the driver will bring you to the airport for your departure flight.



Camel in Wadi Rum

The investment for these 8 unforgettable and transformational days is:

Regular rate: 1.089 JOD per person. Minimum 4 guests.

With 8 or more guests: 70 JOD discount --> 1.019 JOD per person

Included:

- All overnight stays. (1 x hotel Madaba, 1 x Wadi Rum desert camp, 3 x camping in the desert, 2 x Petra camp in Little Petra).
- All transfers.
- All meals from breakfast day 2, till lunch day 8.
- All excursions. Dana, Wadi Rum, Petra, Dead Sea.
- Guidance by Sandra Jelly (www.pinkspiritjordan.com) and Brenda van den Brink (www.jordan-desert-journeys.com) and the local Bedouin guides.
- Local tour guide in Petra World Heritage site.
- 1 hour Camel ride
- Friendly and kind dog companions in the desert.
- 6 day retreat including 2 horse soul sessions, 5 x yoga, several meditations, 2 massages, 3 x healing with crystals, tuning forks and biotensor, 3 days walking in the desert with guide.
- Entrance & lunch at a hotel beach with pool area at the Dead Sea.



Bedouin lunch setting.

Excluded:

- * Flight ticket.
- * Travel insurance with world coverage. Cancellation insurance.
- * <https://www.jordanpass.jo/> with your visa, entrance ticket Petra and Wadi Rum.
- * Taxi service from Petra to the camp in little Petra.
- * Personal expenses.
- * Tips

Why join us?

- Visit 3 unforgettable World Heritage sites.
- Explore the desert space like a Bedouin.
- Receive healing energy through sound & massage therapy.
- connect deeper to the wisdom of desert animals.
- Explore the spiritual treasures of an ancient land.
- Awaken the creative power that lies dormant in your Soul.
- Experience a unique & authentic soul inspired Yoga journey.

About your hosts

8 DAY YOGA & HIKING JOURNEY- WADI RUM, PETRA AND DEAD SEA



Sandra and her leading Mare - Gamar

Sandra Jelly is an artist, social entrepreneur, certified yoga teacher and systemic coach with horses. She started exploring yoga in 2001 in Amsterdam. In 2009 - following her inner wish of living her passions for the arts and horses- she packed her brushes and yoga mat, put on her horse boots and came for a sabbatical to Petra, Jordan. When her horse got pregnant she decided to stay and let the horses lead her way. It was the beginning of her adventure of discovering and expressing herself in the most authentic way.

A herd of 5 Arab horses are welcoming you in the Wadi Rum desert. The leading mare is 15 years old, sensitive & caring soul Gamar. Gamar means full moon. She is also the mother of Nour, Remaz and Zahir. Nour is an 8 years old Gelding and the playful and dominant force of the herd. Nour means Light. Remaz is a 6 years old Mare and she is a wise, independent, wild and free spirit. Remaz means Brilliance. Zahir - Magic - is a young, 3,5 years old gelding, he is a gentle and calm soul. And now a few days old Alyaan joined us. Alyaan means noble. Next to 5 horses, her Bedouin dogs Alouisa and Latif will inspire you with their joy for life.

Sandra is a certified PSCYH-K facilitator, a certified equine assisted systemic coach (Netherlands), Reiki master and 500 HR certified yoga teacher (India & Bali). Next to that she has followed two trainings on Shamanic Healing with Sandra Ingerman (Shift Network).

Her work has featured in the National Geographic, Lonely Planet, UK independent, Vogue and Fodor's magazine.

About your hosts

8 DAY YOGA & HIKING JOURNEY- WADI RUM, PETRA AND DEAD SEA



Brenda with her horses Mehemmak & Barq

Brenda van den Brink follows her dream and passion to live in the desert of Wadi Rum like a Bedouin. One of her best life changing memories is living in a tent in the desert with the animals for 9 months. Connecting with horses, camels, stray dogs and cats bring much joy in her daily life. Brenda, who lived for more than 10 years in the silence of the deserts, facing good and difficult times, saw more of her qualities coming to the light. She communicates with the animals by telepathy. She was “adopted” in a Bedouin family, as a daughter, sister of the desert. Exchanging wisdom, centuries old Bedouin healing therapies, she is able to treat you with their and her skills to find back your balance and life purpose.

Brenda and her Bedouin colleague and “brother” Abdullah, founded Jordan Desert Journeys. Authentic Bedouin experiences in and around the desert of Wadi Rum, for you, to touch you with the soul of the Bedouin life. As a massage therapist, healer and personal coach Brenda is able to guide you through difficulties or pain in physical body, mind and soul issues, while staying in a peaceful and quiet desert. Brenda’s work experiences in the Netherlands being a veterinary assistant, pharmacy assistant, a manager of drug stores, kneaded her to become an entrepreneur.

A massage therapist who organizes life-changing retreats in the desert. She is a guide on horseback and involved in the Bedouin community. Brenda will empower you to live your dreams. Everything is possible, once you know yourself well and find the mindset to live the authentic life that is meant for you. On www.jordan-desert-journeys.com you’ll find more desert info and adventures.

About your hosts

8 DAY YOGA & HIKING JOURNEY- WADI RUM, PETRA AND DEAD SEA



Your Bedouin guides - the Abdullah's

The Abdullah's

Abdullah Alzwaydeh is a very kind person as well for human guests as well for animals. He was born and raised in the desert, in a tent with the herd of his father and mother. Learning his first life experiences in the desert shaped him to who he is today. Abdullah takes care of the entire logistics, does the grocery shopping for many days in the desert. He is a fantastic cook who gets the most delicious meals from the primitive desert kitchen. He searches for the route to follow in the desert. He knows and finds the most beautiful and best sleeping places in nature. He is a desert man, a Bedouin at heart. He likes to teach you about animals, herbs and life in the desert. In the desert he often becomes philosophical and elaborates on life issues. During the retreats he is a great support to understand things and to engage in, in-depth conversations with the guests.

Languages: Arabic, English and a few words of Dutch.

Abdullah abu Mohammed

Is a warm hearted person who likes to pamper the guests. With always a smile on his face he starts early morning with preparing the Bedouin tea. Many times he is in charge to make pictures in a way he learned from a photographer once with us. He enjoys the desert life, has grown up in a tent with the herd of his mother and sister. His help is everywhere, although not speaking English he is aware of most what is going on. Many guests have a deep interaction and fun with him without spoken language.