

SACRED EARTH & STORM SCHOOL
NORMANDY FRANCE
15 - 30 NOVEMBER 202



Life is easy.

Do you get that?

Do you truly get - that?

It is possible to live a life of joy.

A life of fulfilment.

And the French has so much to teach us.

Remind us.

About perceiving a refined way of life.

A world where pleasure, the senses, are valued.

Equally.

To everything else.

MONET AND THE IMPRESSIONIST MOVEMENT

The Impressionists were on a quest.

To find the Holy Grail, the Holy Grail of Light.

Being able to capture Light. A moment. A freedom of composition, expression.

In persistent pursuit of an art of spontaneity, sunlight - and colour.

Captured through Nature.

PLUTO IN AQUARIUS

On the 19th of November the planet Pluto goes permanently into the sign of Aquarius.

For a period of over 20 years and bringing a new era of enlightenment.

Unthinkable progress.

So are you ready to celebrate this magical moment?

In the beautiful land of France.

Following in the footsteps of Claude Monet and his friends

To bring in our OWN new Aquarian light.

With its advanced qualities of ease, abundance for all, brother and sisterhood.

THE ADVENTURE

The Aquarian Adventure includes many beautiful moments:

Connecting with the Impressionists through their original paintings in Paris.

Seeing Mont-Saint-Michel, one of Europe's most unforgettable sites and an incredible Earth power point.

Set on a mesmerising bay in Normandy, the mount draws the eye from a great distance.

And its Benedictine Abbey, a landmark for centuries that has long captured the imagination.

Then hiking along the magnificent Normandy coast with its breathtaking different tones of colour playing in the light.

Doing a painting class in Normandy to experiment with the French creativity, have fun and tap into the location where the great impressionists once painted on the cliffs.

Visiting Claude Monet's house in Giverny where he painted his famous water lilies and captured so many aspects of nature and light.

Also connecting with the land and its abundance - the manufacturing of Benedictine.

And then a grand finale:

Finding the light embodied with the Earth in a very different way - in the exuberance of making champagne. In Epernay.

Join me in a celebration of a new world.

Refinement, beauty, pleasure. Lightness.

Developing our own inner sensitivity.

The Earth in France has so much to contribute to us.

Embodying the new Light!

(Note: I was in Peru with a group in January earlier this year to celebrate Pluto going into Aquarius and so look forward to being in France for the final culmination in November!)

ELIZABETH

For SACRED EARTH & STORM SCHOOL

Short summary of itinerary

PARIS - MONT ST MICHEL, CAEN, FECAMP, GIVERNY, EPERNAY, PARIS

(16 days/15 nights)

DAILY ITINERARY

(may be subject to change)

DAY ONE - PARIS

Friday, 15 November

Arrivals

Enjoying being in Paris and France!

Having a french coffee and pastries celebration together

(Optional: you can also visit the Louvre if you like)

Overnight PARIS

(Meals included: none)

DAY TWO - PARIS

Saturday, 16 November

Exploring and connecting to the Impressionist energies as we have the opportunity to see their original art.

EXCURSION: MUSEE D'ORSAY IMPRESSIONIST MUSEUM & GALLERY

Overnight PARIS

(Meals included: Breakfast)

DAY THREE - MONT-SAINT-MICHEL

Sunday, 17 November

EXCURSION: TRAVEL TO MONT-SAINT MICHEL AND VISIT TO ITS BENEDICTINE ABBEY.

See this wonderful sacred site that has so much history, mystery and power!

Overnight MONT-SAINT-MICHEL

(Meals included: Breakfast)

DAY FOUR - MONT-SAINT-MICHEL

Monday, 18 November

MEDITATION DAY.

Also receiving from and exploring this very interesting place on your own

Overnight MONT-SAINT-MICHEL

(Meals included: breakfast)

DAY FIVE - CAEN

Tuesday, 19 November

Travel by train to Caen, a port city in Northern Normandy with a Castle built in 1060 by William the Conqueror (4 hrs)

Settle in and getting ready for an active full day tomorrow

Overnight CAEN

(Meals included: Breakfast)

DAY SIX - CAEN

Wednesday, 20 November

EXCURSION: with our own private local tour guide walk on the Etretat cliffs and hike the Notre Dame de la Garde with stunning views (note: 1. if the weather for some reason not favourable we will do another similar but more indoor activity 2. you don't need to be super fit for this activity- you can go at your own pace).

Overnight CAEN

DAY SEVEN - FECAMP

Thursday, 21 November

Travel by train to Fecamp (3 hrs)

Settling in and explore this pretty coastal French village where the Impressionists like Monet painted.

Overnight FECAMP

(Meals included: Breakfast)

DAY EIGHT - FECAMP

Friday, 22 November

EXCURSION: Impressionist PAINTING CLASS on the cliffs where they painted (guided by a local artist with a strong interest in the Impressionists and teaching

art) Note: you don't need to be an artist or ever having painted! this is about being open, having fun and receiving a new experience

Overnight FECAMP

(Meals included: Breakfast)

DAY NINE - FECAMP

Saturday, 23 November

EXCURSION: visit the Benedictine Palace to discover Benedictine's interesting history and manufacturing process. (Note: We are continuing the theme of the Benedictine energy (the oldest religious order in the Latin Church that started in 529) following our visit to the Benedictine Abbey at Mont-Saint-Michel).

Overnight FECAMP

(Meals included: Breakfast)

DAY TEN - GIVERNY

Sunday, 24 November

Travel by train to Giverny

Settel in this town where Claude Monet lived and painted.

Overnight GIVERNY

(Meals included: Breakfast)

DAY ELEVEN - GIVERNY

Monday, 25 November

EXCURSION: Visit the house of Claude Monet and tuning into his genius and contribution to new forms of light in art.

Overnight GIVERNY

(Meals included: Breakfast)

DAY TWELVE - EPERNAY

Tuesday, 26 November

Travel by train to Epernay (3 hrs)

Surrender to the wonderful abundance and energy of the Earth in the Champagne area

Overnight EPERNAY

DAY THIRTEEN - EPERNAY

Wednesday, 27 November

EXCURSION: guided tour and tastings of Champagne!

Overnight EPERNAY

(Meals included: Breakfast)

DAY FOURTEEN - EPERNAY

Thursday, 28 November

A free day of rest and integration and enjoyment

Overnight EPERNAY

(Meals included: Breakfast)

DAY FIFTEEN - PARIS

Friday, 29 November

Return by train to Paris (1 and half hours)

Closing ceremony and culmination

Overnight PARIS

(Meals included: Breakfast)

DAY SIXTEEN - PARIS

Saturday, 30 November

International Flight Departures

(Meals included: Breakfast)

What is included?

- 15 nights/16 days shared accommodation
- All breakfasts mentioned in itinerary
- 6 train journeys
- all transfers as a group during trip
- all excursions as per itinerary
- all entrance fees
- English speaking professional guides where appropriate
- personal/Earth guidance/tuition by Elizabeth
- meditations, water and nature ceremonies

What is not included?

- international flights to and from Paris, France
- all visas etc
- travel and health insurance
- meals excluded in itinerary, drinks and items of a personal nature
- tipping

When and where?

The journey starts and ends in Paris Note: Many participants arrive a day or two earlier to settle in and some also decide to stay on for a few days afterwards to relax and see more. Please ask if you require any assistance with accommodation etc before or after the trip.

What to bring along

After booking and before we travel, you will be sent detailed information as to what to bring along by way of clothing, other packing items, useful traveling suggestions, money considerations as well as general information and the places we visit.

Type of accommodation and transport

Hotels/Apartments: 3 star or similar (as available)

Trains: tourist standard.

Full price all inclusive:

Sharing: €2290

Single supplement: €450

Payment methods

Can be paid via a secure payment link (sent to you for using a bank card), or via PayPal, or you can make a South African EFT/ bank transfer - details given after booking.

Deposit amount: €1600

The full amount is due at least six weeks before the trip.

IMPORTANT: If you have not traveled with me before I suggest we do a short zoom or WhatsApp call. It is a good way to meet, get a feel for what the trip will be like and discuss any further questions.

About Elizabeth and Sacred Earth & STORM School

Elizabeth organises through her business called Sacred Earth & Storm School Earth trips to various sacred site locations in the world since 2007. Her passion is the Earth and how we can explore and interact with her in a much more powerful and Heart-connected way. To travel CONSCIOUSLY. Receiving from the places we visit, but also holding an intention to be a contribution. To live a life beyond normal, be far more creative and productive in our lives. It is just a choice!

NB: Service policy

- Cancellation and refund:
- If I cancel or postpone the event for any reason, payment will be refunded in full within a reasonable period, but no liability can be accepted for any consequential losses you might incur.
- No-shows are not entitled to refunds, exchanges or transfers.
- All travel and other arrangements made for your participation are entirely made at your own risk.
- I reserve the right to limit bookings, or reject a booking, without explanation.
- Indemnity forms to be signed by all participants.
- My responsibility is for the highest well-being of the group attending the event. I do my best to facilitate and/or mediate any difficulty that may arise, but reserve the right to require a participant to leave during the event if their continuing attendance is not in the best interests of the other participants, without a refund.
- If any printed notes or workshop content are copyright of Elizabeth Bardin, All rights reserved.
- I respect your privacy. I do not, and will not sell your personal information. I only collect, store and use your personal information for defined purposes. I use your information to support and enhance my working relationship with you, to process your booking, provide services and support, and share trips, products, services, news and offerings with you. You are always free to opt out.

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