

# *An Invitation to Pilgrimage*

I invite you to come with me on a journey of adventure, self-discovery and inspiration. Glastonbury and her environs have been a place of pilgrimage throughout the ages. From the days of the Earth-centered religions of the stone circles, through Celtic, Druidic, Arturian and Christian times, people have come here to remember their soul's purpose.

Our journey is simultaneously inner and outer. It is purposive. We will use meditation, Yoga, movement, music, and various healing arts to open to the next step in our individual spiritual paths. We will meet daily in practice and group process to affirm and integrate our experiences.

We will visit and experience:

- The Tor and Chalice Well in Glastonbury
- Avebury, the largest stone circle in Britain
- The Cathedral town of Wells
- The ruins of King Arthur's castle and Merlin's cave at Tintagel
- A Twilight Ceremony in the inner circle of Stonehenge

We will stay at the unique Shambhala Healing Centre at the foot of the Tor in Glastonbury where we will be provided breakfasts and dinners and a beautiful meditation room for our inner work.

Ample time will be available for the exploration of the green and tended villages of the area, for the local rituals of abundant English breakfasts, afternoon teas, and sunset walks up the Tor.

I offer this trip as a way for us to travel as pilgrims to some of the most sacred sites in England and to bring to consciousness the legacy of this remarkable place. Some of us know that we have roots here and will seek to reaffirm this. Others of us may discover roots that we have somehow forgotten are ours. For each of us it will be a time to remember who we are and where we are going. We seek to combine the joy of travel, the camaraderie of kindred spirits, and the personal fulfillment of spiritual quest. I hope that you will join me in Avalon.

## *Our Schedule*

**Sunday, May 8**  
3:00 Orientation and Wisdom Circle  
Dinner  
Opening Ceremony: Sunset on the Tor

**Monday, May 9**  
Meditation, Yoga, Breakfast  
Free time to Explore Glastonbury  
Wells Cathedral  
Dinner  
Music

**Tuesday, May 10**  
Meditation, Movement, Breakfast  
Journey to Tintagel  
Meditation and Sounding in Merlin's Cave  
Dinner at a country pub

**Wednesday, May 11**  
Meditation, Yoga, Breakfast  
Glastonbury Abbey  
Chalice Well Garden  
Dinner  
Preparation for Stonehenge

**Thursday, May 12**  
Stonehenge Ceremony  
Brunch at Avebury  
Avebury Stone Circle  
West Kennet Long Barrow

**Friday, May 13**  
Meditation, Yoga, Breakfast  
Free time in Glastonbury  
Dinner  
Closing Ceremony on the Tor



## *Cost*

\$1,500 including Bed and Breakfast, 4 dinners, transportation to sacred sites, all teachings, lectures, etc.

You will need to make arrangements to fly to London, to either Heathrow or Gatwick, take a train to Castle Cary Station where you can get a taxi for the 20 minute ride to Glastonbury. More detailed travel instructions and suggestions will sent with your confirmation letter.

Please send a \$300 deposit due by January 11, 2011 to reserve your space. We will then send you a packet of detailed travel instructions and suggestions, a suggested reading list and ideas for inner preparation for your pilgrimage..

## *Facilitator*

**Judith Tripp**, MA. MFT ~ has practiced Transpersonal Psychotherapy for 25 years. She is a Musician, Leader of the Women's Dream Quest at San Francisco's Grace Cathedral, Labyrinth Facilitator with Veriditas and

*See: [www.circleway.com](http://www.circleway.com) for further details*

## *Adjunct Services*


Available from the staff of Shambhala Healing Centre:

- Readings
- Healings
- Massage

See the Shambhala website at:  
<<http://www.shambhala.co.uk>> for further details and pictures of the facility

## Registration

Name .....  
Address ..... City ..... St. .... Zip .....  
Phone ..... Email ..... Passport# .....  
Dietary or Health Concerns .....  
Emergency Contact: Name ..... Phone.....  
Tell me a bit about yourself .....

Enclosed: My Full Payment  My Deposit of \$300   Please make checks payable to: Judith Tripp  
Please register by January 11, 2011

P.O.Box 1006 Woodacre, CA 94973 USA

Contact Judith at 415/552-4546 or email at [Judith@Circleway.com](mailto:Judith@Circleway.com) for further information or photographs,  
visit our website: <http://www.circleway.com>



Judith Tripp  
P.O.Box 1006  
Woodacre, CA 94973 USA

# *Pilgrimage to Avalon*



May 8 - 13, 2011

*Join me at the most magical places  
in England for a journey of  
significance, with trips to seven of  
Southwest England's sacred sites  
including a dawn ceremony  
inside Stonehenge!*