

Camino 2023: A Personal Rite of Passage



With
Annie Sempill, mentor
Alexander John Shaia, retreat leader/mentor

Liz Helmore & Strawberry Moon Enterprises, Spain
Lodging, Meals & Ground Support

62 days / 61 Nights

Gather by late afternoon on 3 September 2023 in Pamplona
Depart mid-morning Tuesday, 3 November, from Muxia by coach
for the Santiago de Compostela Airport/Santiago Hotel or taxi to Muxia

Small Community

Minimum of 6 and maximum of 7/8 pilgrims, plus Annie Sempill as mentor
and Alexander John as leader for our extended beginning, mid-walk and closing
retreats.

Includes:

Physical, Cognitive, Emotional & Spiritual preparation to walk, as well as to
make the return journey home.
61 nights lodging in double occupancy room with private bathroom
- Pamplona, Burgos, Leon, Samos and Santiago, everyone has a single room.
Daily luggage transfer of 1 bag – up to 20kg per person
62 breakfasts & 53 main meals (mostly dinner)

47 days – morning meditation & evening sharing circle
 7 rest days (non-walking) – one per week
 12 retreat days: reflecting on one’s pilgrimage, personal process, spirituality, and the four paths, led by Alexander John and Annie
 9 coach transfers to and from retreat lodges to Santiago Airport or Muxia etc.
 7 Sunday Reflections: lectio with Gospel passage & agape/communion
 3 private meetings (20 min each) with Alexander John and/or Annie

- ❖ Admittance to Chapels (not usually available to the public) for special prayer time, including: Eunate, San Miguel de la Escalada & Santuario de Vixen Barca
- ❖ Visit Cartuja de Milaflores Monsasterio (Carthusian Monastery in Burgos)
- ❖ Guided Tour of the San Isidoro Basilica & Museum (Royal Chapel in Leon)
- ❖ Guided Tour of the Monasterio San Julian in Samos (1st Benedictine Monastery in Spain established in the 6th Century)
- ❖ Guided Tour of The Portico of Glory – Cathedral Santiago de Compostela

[Chapel and Monastery openings are subject to change.]

Requirements: a discernment interview with Annie and Alexander John assessing:

- ♦ Appropriate health for walking a lengthy pilgrimage
- ♦ Desire to walk the Camino as a personal rite of passage
- ♦ Interest in Mystical Christianity and the Journey of Quadratos
- ♦ Willingness to engage in spiritual practices – silence, walking meditation, communal prayer etc.
- ♦ Ability to use small community life for one’s growth over the course of the pilgrimage
- ♦ Desire to work with one’s physical stress and emotional tension

Total cost: \$23,750 US dollars*, payable to Quadratos LLC.

Cost does **not** include airfare/train etc to Pamplona or departing Santiago, eight main meals (out of 62 days) and your personal incidentals.

Payment Schedule:

\$4,750 US to secure your booking

Additional \$9,500 due by midnight USA Mountain Time on 31 March, 2023

Balance of \$9,500 due by midnight USA Mountain Time on 01 June, 2023.

Payment Method:

Payment may be made via Bank Transfer, PayPal or Credit Card.

***There is a Surcharge to use PayPal or a Credit Card.** The additional amount equals that added by PayPal or your particular Credit Card company. The surcharge can be as much as 5% or more.

Travel Insurance

At the time of your initial deposit, please secure comprehensive travel insurance. Details will need to be included on your application form.

Cancellation & Refunds

Request for refunds are to be made in writing to Quadratos LLC

By 31 December 2022 – full refund of monies minus \$350 administrative fee.

01 January 2023 through 31 May 2023 – percentage of refund (minus \$350 administrative fee) is dependent on Quadratos LLC maintaining a minimum of 6 pilgrims.

Midnight 01 June 2023 afterward: no monies are able to be refunded