

Camino 2023: A Personal Rite of Passage



With

Annie Sempill, Mentor, Mirror & Holder of The Space
Alexander John Shaia, Retreat Wisdom Teacher

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

*We abide by the universal wisdom of the great spiritual and cultural traditions.
People from every walk of life, every orientation, all faiths and none are welcomed
with deep respect.*

61 days / 60 Nights

Gather by late afternoon on 4 September 2023 in Pamplona
Depart mid-morning Friday, 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 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.

60 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 18kg per person
 61 breakfasts & 51 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 with communal Greeting of Peace
 3 private meetings (20 min each) with 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)
- ❖ Visit the San Isidoro Basilica & Museum (Royal Chapel in Leon)
- ❖ Visit 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 Spirituality (including Christianity) & 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: \$20,250 US dollars*, payable to Quadratos LLC.

*Cost does **not** include airfare/train etc to Pamplona or departing Santiago, ten main meals (out of 61 days) and your personal incidentals.

Payment Schedule:

\$4,250 US to secure your booking

Additional \$8,000 due before 5pm USA Mountain Time on 31 March, 2023

Balance of \$8,000 due before 5 pm USA Mountain Time on 31 May, 2023.

Payment Method:

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

Bank Transfer to Santa Fe, USA bank account is preferred and is the most cost effective.

***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. Please check with your provider to learn their surcharge.

Travel Insurance

At the time of your initial deposit, please secure comprehensive travel insurance, and then immediately send a digital copy of your policy to: annie@quadratos.com

Cancellation & Refunds

Request for refunds are to be made in writing to Quadratos LLC and must be received on or before the dates posted and **by the time 5pm Mountain Time USA:**

By 5 pm 31 January 2023 – full refund of monies minus \$350 administrative fee.

After 5pm 31 January through 5pm 31 May 2023 – percentage of refund (minus \$350 administrative fee) is dependent on Quadratos LLC maintaining a minimum of 6 pilgrims.

After 5 pm 31 May 2023: no monies are able to be refunded.