



PACKING LIST
Golden Hummingbird Training Level I: Healing

Italy, Umbria / June 22 - July 1, 2012

- * Light summer clothing
- * Light sweaters
- * Sunscreen and/or sunhat
- * Sunglasses
- * Sneakers, sandals
- * Bath towel
- * Semi formal evening outfit (last evening)
- * Sleeping bag or air mattress (for comfortable sitting during meditation)
- * Pendulum
- * Blindfold
- * Writing notebook and some blank paper (no lines)
- * Diary (with blank pages)
- * Directional compass
- * Colour pencils and pens

Italy and this gorgeous resort is a great gift for our training. Umbria is where St. Francis was born. The hotel we stay in is very relaxing, with indoor/outdoor pools for swimming, air conditioning, refrigerators, safety boxes and a massage and sport fitness centre! Situated on 140 hectares of forest and land, it is the ideal place to go deeply in to joyful spiritual practices with sound, colour, drawings, healing techniques, Shamanic storytelling and much more. Please join us for this amazing experience in Italy!

Food and lodging is provided during the workshop. Please notice that everybody shares a double room with another participant. Many thanks for your understanding. Private rooms are available if you book early at an extra single supplement cost.

In your free time you can enjoy the wellness paradises, which offers an alpine sauna outdoors, 2 indoor saunas, steam bath, whirl-pool, Kneipp-waterfall and much more. The massage rooms will enable you to relax and recuperate.

Address of the hotel:

La Tenuta dei Ciclamini Fine Country Resort
Loc. Casa Pancallo, 3
05020 Avigliano Umbro (TR) / Italia
Phone 0744/93431 and Fax 0744/935272
E-mail: info@iciclamini.it
Presidente Daniela Gimmelli
E-mail: iciclamini@cetmusic.it or daniela@cetmusic.it

You can find more informations and pictures of La Tenuta dei Ciclamini on: www.iciclamini.it

Arrival and departure times:

All Participants will be collected at the Meeting Point at Rome International Airport at 1 PM on June 22, 2012 (in front of International Arrivals). The Bus driver will have a list with your name on it and the bus will not leave until everyone is on board (please no later than 1:30 PM). The Bus will take you to the Resort. When you arrive, you will receive your room and you can unpack, go to the Spa, relax, and the training begins at 6 PM that night. We return on July 1st with the Bus at 1:30 PM from the Resort after lunch is served at 12 noon. Do not book flights earlier than 7 PM from Rome International Airport on July 1st.

You will have a thorough and deep training with a certificate of completion. A workbook containing important processes and diagrams will be provided to each person.

We hope you will love the teachings and look forward meeting you in Umbria - Italy!

