

# *Communicating With Animals:*

## *Following In the Footsteps of S<sup>t</sup>. Francis*

**Assisi, Italy 17th - 23rd May 2015**

**Day 01: 17 May 2015 - Sun**

**Arrive Assisi - Italy**

Individual arrivals at our retreat centre at [Villa Mena](#), Assisi where lunch will be available. A transfer bus is also possible for those who want to book a spot on it from Rome airport direct to Villa Mena.

In the afternoon we offer a group welcoming & intention setting ceremony followed by a talk on St Francis by Cheri who has had many sacred visitations by this compassionate saint. Afterwards you have the opportunity to visit an exclusive private chapel owned by a local family who have close connections to St Francis in Assisi town itself.

In the chapel we offer you the chance to meditate as a group on our intentions for the week ahead followed by a visit to the tomb of St Francis in the basilica. If you wish you can sit & silently share your intentions with St Francis asking for his loving assistance on your journey of remembering your intuition. After this we return back to Villa Mena where dinner will be waiting if you fancy it.



**Day 02: 18 May 2015 - Mon**

**Animal Communication Workshop**

Today we offer the first day of our Introduction To Animal Communication workshop with the renowned [Pea Horsley](#). This workshop is designed to be a respectful and safe environment in which students are encouraged to express themselves freely and to let go of any fear of getting it wrong or making mistakes.

You will be encouraged down the path to realizing your own Animal Communication skills and ability. Over the course of the workshop you will begin remembering your intuitive connection with animals and given verified evidence to help you grow in confidence. Pea's unique teaching style is consistently described as gentle, compassionate, patient and nurturing.



Subjects include:

- Explanation of the what, why and how of animal communication
- Exploration of how you will receive information from animals
- Exercises on how to relax the body and mind
- Learn how to sense energy
- Meditation to strengthen the right brain hemisphere to intuition
- Learn how to 'listen' with the heart using the Heart-to-Heart technique
- Send and receive information telepathically
- Communicate with animals who are present 'face to face'
- Practice communicating distantly with an animal using a photo
- Receive answers about your animal from another student

**Day 03: 19 May 2015 - Tue****Animal Communication Workshop**

Today we offer the second day of our Introduction To Animal Communication workshop with Pea.

For those that want it, where we are staying has local walks, a tennis court, table tennis & a luxurious outdoor swimming pool to keep you nice and fresh for the days learning ahead.

There is also plenty of space to lay out a yoga mat for those of you who are practitioners already.

**Day 04: 20 May 2015 - Wens****Sacred Sites of St Francis**

Today we offer you the chance to join a group meditation in the morning before breakfast. There will also be time to make full use of the glorious amenities Villa Mena has to offer for those of you who like to start your day with exercise also. After breakfast we will be visiting the Church of Santa Maria degli Angeli as seen in the picture below. Inside this church is a smaller church called the Porziuncola.

This was the first church where St. Francis and his disciples lived together in poverty and where the Franciscan movement started. Francis especially loved this place that he chose to take his last breath here.

Afterwards, we will wander the picturesque, medieval streets of Assisi where Francis grew up and visit the most important sites of St. Francis and St. Clare who was a close confidant of the compassionate saint.

These include:



The Church and Convent of St. Clare where her tomb may be seen and where the original cross that spoke to St. Francis is kept.

The Cathedral of San Rufino. This is where both St. Francis and St. Clare were baptized and it was on hearing Francis preaching in the church in 1209 that Clare became deeply touched by his message and realised her calling.

The home where St. Francis lived as a child and the store where he worked with his father selling textiles.

We return back to Villa Mena for lunch then you will have time to yourself to soak it all up. Later in the day we offer you the chance to join in a group discussion & meditation followed by dinner.

**Day 05: 21 May 2015 - Thurs****Sacred Sites of St Francis**

Today we offer you the chance to join a group meditation in the morning before breakfast. There will also be time to make full use of the glorious amenities Villa Mena has to offer for those of you who like to start your day with exercise also.

After breakfast we will be visiting the Sanctuary of San Damiano. This Church with beautiful views and lush surroundings is where St. Francis saw the cross of Christ crucified come alive and spoke to him and said "Go repair my house." It was also the first monastery of St. Clare and where she built her community.

After that, we will travel up Mount Subasio to The Carceri or (The Hermitage) where St. Francis loved to go to meditate in the surrounding caves, commune with nature and talk to the animals. You can see how beautiful it is in the picture here. The Carceri in Latin also means 'isolated place.'



We will have group meditations at these sacred spots to help us tap further into the energy of St. Francis to assist us on this sacred journey.

We return back to Villa Mena for lunch then you will have time to yourself to soak it all up. Later in the day we offer you the chance to join in a group discussion & meditation followed by dinner.

**Day 06: 22 May 2015 - Fri**

Today we offer you the chance to join a group meditation in the morning before breakfast. There will be time to make full use of the glorious amenities Villa Mena has to offer for those of you who like to start your day with exercise also. Or at this stage you may just fancy a nice guilt free lie in - the choice is yours, this is your trip!

In the afternoon we offer a group session at Villa Mena to review our intentions and see have they changed over the course of the week. Assisting one another in realising our fullest potential as we subtly intend our next steps beyond this retreat.



In the evening time we offer a second visit to St. Francis' tomb at the basilica. This is a chance to check in with his loving energy once more & share our revised intentions with him if you so wish. There will also be the opportunity to take a guided group tour of the basilica with a local friar. Follow by dinner in a charming local restaurant.



## **Day 07: 23 May 2015 - Sat**

For our last morning we offer a meditation & a final group get together. Then you are free to enjoy the villa until it is time for your individual departures. A transfer bus is also possible for those who want to book a spot on it from Villa Mena to Rome airport direct.

Please note this itinerary is subject to change.

## **International Flights & Transfers**

Please note you are responsible for arranging your own international flights to Italy. Both Perugia (Ryanair) & Rome airport serve Assisi. We offer a transfer bus departing from Rome airport at 11am Sun 17th May to Villa Mena direct (approx 3hr journey).

Do let us know if you would like a spot. This is not included in the tour price & is approx €60 return depending on numbers. Otherwise you are responsible for arranging your own transfers to & from Villa Mena.

We need you to be at Villa Mena for 4pm on Sunday 17th May for our opening talk & evening activities. Lunch will be available for those that arrive earlier which we recommend so you are nice and settled before we begin.

Villa Mena is situated 5 km outside of Assisi town itself.

[Please click here for exact location details.](#)

For your international transfers on Sat 23rd May please bear in mind it takes 3 hours to get to Rome airport via our bus transfer plus airport check-in time (please check your individual airlines for their required check-in time). The bus will depart at 11am on the Saturday from Villa Mena arriving at Rome airport for approx 2pm. Please book your return flights in accordance with these timings, allowing yourself extra time should there be delays on the road.

## **Please keep in mind**

Italy is a magical country. Different perhaps to where you are from. Her cultures, her people, her food, her language will all be a new adventure for you.

The best way to enjoy your trip is to arrive with a relaxed mind & an open heart. Our mantra for this tour is 'surrender & trust'. Allow sacred Italy to take on a journey. One that she has perhaps planned for you long before you ever thought of it. And it may just be even better than you ever imagined possible!

**For more information & to book come over to the website:**

[www.journeysofthespirit.com/animal-communication-assisi-spiritual-journey/](http://www.journeysofthespirit.com/animal-communication-assisi-spiritual-journey/)



*“The greatness of a nation can be judged by the  
way its animals are treated.”*

*~ Mahatma Gandhi*