



**THE
ULTIMATE TRIP**
TRAVEL TO TRANSFORM
YOUR WORLD



2012



BRAZIL

**EXPERIENCE THE SACRED IN NATURE;
BOOST OPTIMISM AND VIBRANCY WITH
RHYTHM**

December 2012

In Brazil join us to.... be inspired by the soaring peaks of the Modernist architecture of Brasilia; nourish your essence in the crystal fields of Alto Paraiso; explore your connection to nature in at The Sacred Music Festival; dive into the street life and musical vibrancy of samba schools and youth programs in the favelas of Rio; find your own inner rhythm playing Capoeira and Volleyball on the beaches of Ipanema; get in touch with our ancestral wisdom thorough the African-inspired spirit worlds of Macumba and Candomble.

BENEFITS OF THIS ULTIMATE TRIP:



HAPPINESS



VITALITY



HEALING



CONNECTION

WHAT ARE ULTIMATE TRIPS?

Ultimate Trips are designed to facilitate deep and powerful transformation through an 'active' retreat experience, harnessing our shared, unique and precious cultural heritage to shift our inner world through experience.

Ultimate Trip experiences are designed for the discerning, independent traveller, part-cultural adventure and part-spiritual retreat.

We immerse ourselves in a curated sequence of unique cultural experiences in a country or region chosen because of a specific transformation that it can foster. We focus on creating the right conditions for transformation through enjoying festivities and celebrations, wisdom traditions, art forms, spiritual rituals and more.

Each morning we meet to set intentions for the day. Each evening we come together to share insights from our experiences and engage in peer-to-peer work to integrate it inside us. On some evenings, we enjoy a 'SoundWaves' live DJ-led music meditation to further embed the transformations glimpsed during the trip.

The cohesion, interconnection and intentionality of the group is more important than the exact itinerary, which will always remain fluid, with plenty of choice and free time.

Find more about our vision, tours and social mission at www.ultimatetrip.tv

ABOUT THE HOST

Nick Jankel is an extreme traveller, philosopher, psychological anthropologist, inspirational speaker and transformational coach and teacher. He designs experiential ways to engage us in transformation.

At 18, Nick spent a year in rural Africa, and it changed his views on life forever, driving his social innovation work and prompting him to study psychology, anthropology and the world's wisdom traditions for half a lifetime. Now, almost 20 years later, he has spent his adult life traveling the world for answers to our emotional, spiritual and psychological challenges. He has explored the mystical, shamanic and spiritual best of whatever country he has found himself in. Nick has also travelled the world many times over researching culture, trends and psychological mindsets for many of the world's most innovative companies.

He holds a triple 1st Class Degree in Philosophy and Medicine from Cambridge University. His transformative ideas have found their way to Prime Ministers and Fortune 500 Chief Executives right through to billionaires and gang members in Africa. He is deeply passionate about the role transformational experiences can play in building a better world. He writes for The Guardian and The Financial Times on the power of ideas to change the world.

www.nickjankel.com

BRAZIL

Dec

2012

WEEK 1:

Crystal healing in Alto Paraiso de Goias, Sacred Music Festival, Modernist Magic in Brasilia

The beauty of Oscar Niemeyer's work in Brasilia - including modernist cathedrals and more - will inspire us with its audacity. We will mix the sharp angles of roofs of the City with a walk along a canopy on top of the rain forest nearby. From this elegant start we will take a visit the legendary mystic and healer John of God (Joao de Deus).

Then we move to Alto Paraiso where there are more than 40 mystical, philosophical, and religious groups. We will have a chance to enjoy massages, therapies and engage in the first ever Sacred Music Festival with shamens coming in from across the world to share. There will even be a workshop on how to prepare the medicines.

Core to this week is to connect with our resonant essence in the crystal mines of the UNESCO world heritage site Chaoada Dos Veaderos. Here we will dip into the magic of the Earth's minerals as well as dip into stimulating and stunning waterfalls.

WEEK 2:

Finding Our Rhythm & Lust for Life in Rio

After hitting town, we will head towards Santa Teresa, a stunning historic village within Rio full of artists and musicians

Then it is time to experience the vibrancy and humility of life in the favelas or slums within a Samba School in the run up to carnival. We will join thousands of locals as we gyrate and move around the dancefloor, perhaps study percussion such as zabumba and pandeiro and celebrate in the clubs and parties of Lapa.

The dance / martial art of capoeira holds powerful learning for processing aggression and oppression. We will head to Ipanema beach at dawn to catch a lesson from a Master. We will also experience what it is like playing Volleyball on the beach.

Its back to the favela to work with former street kids who are rebuilding their inner and outer worlds. Here we will help out and do whatever we can to contribute with our combined skills.

If we have access we will go knee deep into the mysterious 'black magic' of Macumba and Candomble with spirit possessions and trances.

COSTS & LOGISTICS

Applications

Due to the nature of the trip, we have a simple but powerful application form that allows us to design and host a transformational travel experience with a balanced and committed group of people. We may want to speak on the phone to confirm expectations and intentions. The group will be kept between 10 and 20 people.

An application form can be requested by emailing connect@ultimatetrip.tv

Itinerary

Once we have finalised all participants on the trip, we will issue the group with a more detailed itinerary, as well as recommended places to stay to suit various budgets, and the accommodation details of our host, where morning meditations and evening contemplative discussions to integrate our experiences take place. All individuals are requested to book their flights, accommodation and any excursions themselves. Participants are welcome to come for one or both weeks.

Costs

Ultimate Trips take a vast amount of time, energy and expertise to deliver. We host the experience; design, plan and organize each adventure within the trip; hold the space for transformation and lead integration and reflection experiences (often with music and DJ experiences); offer ongoing meditation teaching and transformational coaching each day; and provide cultural, spiritual and literary insights, expertise and information.

The costs are \$999 per week for the tour and experiences. Travel, accomodation and indidentals are additional.

Important Information

We reserve the right to alter or change any element of the trip in keeping with our commitment to transformation; our promise of value-for-money; and respect of our host culture. If we have to postpone or alter the date of the trip we will offer a 90% refund or a space on a future trip. Whilst we endeavour with all our heart and mind to create a safe, enjoyable and enlightening journey, we take no responsibility for the safety or emotional well-being of fellow travellers. This would risk disempowering the participant and limiting their potential for growth. Personal safety and well-being will, and should, remain always yours to manage. Likewise all relationships, contracts and agreements with 3rd parties such as airlines, hotels and restaurants are entirely the responsibility of each participant.