



In the Footsteps of Mary Magdalene
A Pilgrimage to Provence, France
May 19 – 24, 2019

Join an intimate circle of seekers on a sacred journey in the footsteps of Mary Magdalene as we embark on a once in a lifetime experience that weaves together the outer radiant beauty of Provence with the deep call to the contemplative life. Through myth, history, art, music, ritual, nature, prayer, personal reflection, community building and sharing in the intimate company of fellow pilgrims, Mythica invites you to step into an adventure of awakening, transformation and wonder with Kayleen Asbo, Ph.D as guide.



May 19: Arrival

You will be met in the afternoon at the Train Station of Aix en Provence. Veronique Flayol will guide us through the Basilica of Mary Magdalene at Saint Maximin La Saint Baume. We will see the tomb created in Magdalene's honor and hear the stories of the festivals that continue in an unbroken tradition each summer. From there you will be transferred to a beautiful five-star hotel - an oasis of calm and tranquility that was once a Benedictine Abbey, nestled in a charming Provencal village. We will gather in the 12th century Chapter House to create a ritual of our intentions for the week and share a contemplative Vespers service of poetry, silent meditation and music. This evening will be our first taste of the cuisine of Provence in our Michelin-starred restaurant under the direction of famed chef Alain Ducasse.



One of the ten luxurious bedrooms- we will be the only guests in the Abbey



The breakfast garden

May 20: Awakening the Ear of the Heart

We will gather in the Chapter Room for a morning service to welcome the day, interweaving medieval chant, silent meditation and poetry.

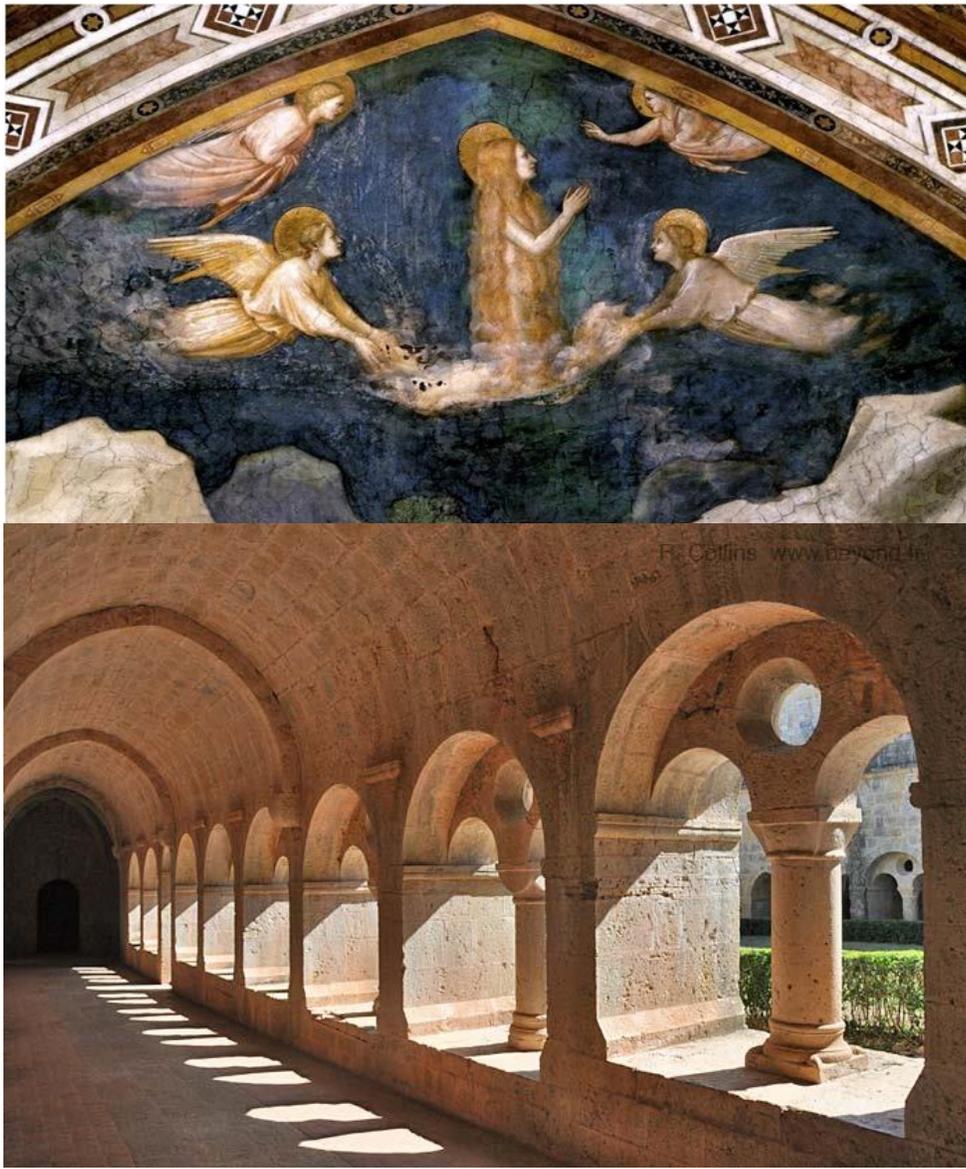
After a bountiful breakfast, we will gather for a day of lecture, art and journaling. A slideshow of 333 images will reveal how Mary Magdalene carries the archetype of Everywoman, representing our full humility in both grief and joy, representing every age, race and emotion. We'll explore Mary Magdalene as the courageous disciple of early Christianity and the wisdom of her teaching in the *Gospel of Mary*. We'll trace how Magdalene's image shifted in the 6th century as the myth of the penitent prostitute was adopted and spread by Pope Gregory the Great, and we'll compare that with the early Provençal legends of Magdalene as a contemplative teacher who preached throughout France. The afternoon is free for a nourishing nap, journaling or an invigorating swim in the luxurious pool.



May 21: Ascending the Holy Mountain

Today, we will focus on how Mary Magdalene calls us to the inner life. We will travel by comfortable coach to La Sainte-Baume, Mary Magdalene's legendary last home. After attending a contemplative service in the pilgrim hostel at the base of the mountain, we will silently hike up the mountain- a journey that takes about an hour of strenuous walking. We will pass through the verdant forest dedicated to the Greek goddess Artemis for 700 years, before ascending the steep pathway trod by centuries of seekers in search of Magdalene's grace filled spirit. Inside the grotto where she dwelt for 30 years, time seems to stop.





May 22: Celebrating the Goodness of Creation

In the morning, we will visit Thoronet Abbey, established as a Cistercian monastery by Bernard of Clairvaux in the 12th century. We will learn about liturgical life and the balanced rhythm of study, work, and prayer that developed following the Rule of Saint Benedict. We will marvel at the beauty of the extraordinary architecture based on sacred geometry and hear the stories of how the mystical devotion to the sacred feminine emerged in the 12th and 13th centuries and then chant the *Salve Regina* together. After an al fresco lunch amidst the trees, we will take a short walk to the Sisters of Bethlehem, a contemporary community of artisan nuns whose sculptures and paintings open the heart.

We will return in the afternoon to allow time for a swim, massage, yoga class, art making or journaling before gathering together again for our musical circle. Once again, we will feast on a delectable dinner and drift off to sweet slumber.



May 23: Claiming Our Inner Light

Today, we lunch amidst the rolling vineyards and lavender of Chateau Berne. In the afternoon we will visit St. Michel du Var, a contemporary monastery with joyous Byzantine style frescoes that depict the life, legacy and teachings of Mary Magdalene. We will see relics believed to be her hair and bones, and learn more about the “Boat of Bethany” that brought Magdalene, Lazarus and Martha to Provence and the French Orthodox tradition and participate in a celebration of music and circle dance.



During the afternoon we will share an integrative experience based on the work of Marian Woodman.

Our day will come to a gentle close as we settle into the soothing rhythms of Vespers and another delicious dinner.







May 24: The Garden of New Beginnings

On our last morning together, we will bless one another on our journeys and offer a ritual of gratitude to this extraordinary site that has held us so magnificently as we have come into our fullness. After one last delicious breakfast, you will be transferred as a group to the Aix en Provence Train Station, carrying with you the gifts of this pilgrimage to share with those you love.



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Single Occupancy in Suite: \$4900

Double Room: \$4200

Included:

All classes taught by Kayleen Asbo, Ph.D.

Entrance fees to all sacred sites

Five night's lodging at a five star Relais and Chateaux

Full breakfast every morning: fruit, juice, yogurt, coffee or tea, croissants and other pastries, omelettes or poached or scrambled eggs

Sumptuous dinners every evening in a Michelin-starred Restaurant

Round trip transfer from train station to Abbaye de La Celle

Minibus transportation to all sites.

Not included:

Lunches (many participants find breakfast and dinner so bountiful that no other meal is required during the pilgrimage)

Airfare

Tips and gratuities for hotel staff and driver

