

## **GLASTONBURY, UK: July 1-3, 2022**

### **JOURNEY with Foster and Kristos in Glastonbury, England with a tour of Stonehenge and Avebury Circle of Stones**

**July 1-3: Kristos and Foster's 3 day Magical workshop with rituals for protection of self and home, empowerments for Nutrition and Health, Sound Frequencies to heal the body.**

Magical workshop with Kristos with all new material, new practices and deep spiritual teaching. Inner Alchemy with everyone worked on for healing. We will explore Glastonbury and the Tor, the Chalice Well, the legacy of Dion Fortune, and the impact of Magick, Avalon, Arthur and the Goddess Temples that are Glastonbury. An incredible insightful tour to one of the great vortexes and sacred places of the World. You will feel energized, healed and transformed.

### **July 1<sup>st</sup>, 2022**

**8:00 am - 7:00 pm all day excursion to Tintagel Castle & Merlin's Cave**

The castle has a long association with legends related to King Arthur. This was first recorded in the 12th century when Geoffrey of Monmouth described



Tintagel as the place of Arthur's conception in his mythological account of British history, *Historia Regum Britanniae*. Geoffrey told the story that Arthur's father, King Uther Pendragon, was disguised by Merlin's sorcery to look like Gorlois, Duke of Cornwall, the husband of Igraine, Arthur's mother.



Go on a legendary adventure at Tintagel - a Cornish castle with links to the stories of King Arthur. Cross the spectacular new bridge to take in unforgettable views of the coastline and explore the history-rich headland. Walk among the castle ruins that still cling to the cliffs, find early-medieval remains and meet Gallos - the life-size bronze statue of an ancient king who keeps watch over the wild seas below.

Soak up the natural beauty of the headland and look out for wildlife. You can often see seals playing in the water and the rugged cliffs teem with birds sheltering from the winds.

Head down to sea level to stroll along the sandy beach and venture into Merlin's Cave. Uncover tales of King Arthur at the exhibition in the visitor centre, and enjoy a spot of locally-sourced lunch at the Beach Café.

Tintagel Castle has fired the imaginations of writers, royals, artists and poets for hundreds of years. Now it's your turn to be inspired.

**July 2<sup>nd</sup>, 2022**

**9:30 am - 12:00 pm - Workshop in Goddess House**



## 12:00 pm - 6:00 pm - Glastonbury Abbey



A hidden jewel in the heart of Somerset, Glastonbury Abbey is known as England's cradle of Christianity and is the resting place for three Saxon kings and the legendary King Arthur. Set in 36 acres of parkland in the middle of the town, the histories, mysteries and myths of Glastonbury Abbey define it as a place of extraordinary spiritual significance.

## Tor



## Saint Michael's chapel

The tower on the Tor is all that remains of a fourteenth-century chapel dedicated to Saint Michael, a replacement for an earlier church destroyed by an earthquake in 1275. The chapel is in itself evidence of the site's pre-Christian roots. It was a common practice to build churches on pagan worship sites both to cement the ascendancy of the new faith and to give the people a Christian gathering place at a familiar spot. Such churches were often dedicated to Michael in his role as spiritual guardian.

## Arthurian legends

In the 1960s excavations suggested that a sixth-century fortress or at least a stronghold stood on the site of the Tor, which for some supports another legend connected with the Tor, that it was the location of the stronghold belonging to 'Melwas', who is credited in one of the many Arthurian legends as the man who abducted 'Guinevere'.

## Chalice Well



According to legend the Chalice Well is believed to have sprung from the ground at the location where the chalice (the Holy Grail), that Jesus drank from at the Last Supper and in which drops of His blood were caught during the Crucifixion was placed.

The sacred vessel is believed to have been placed into the well by 'Joseph of Arimathea'. The well itself is thought to have been built by the Druids, and that the water that gushes from it, reddish in color and tasting of iron, has been claimed to have magical powers.

The color of the water and the taste according to legend is said to symbolize the iron nails that were used at the Crucifixion. Visitors can still drink the water which is today believed to possess healing properties.

For others with a more mystical, pagan outlook the waters are acknowledged as the essence of life, the gift from Mother Earth to sustain its living forms. There are events that take place through the year at Chalice Wells for followers of this outlook.

The famous well is located at the back of the ample garden, and there are benches located throughout for relaxing and taking in the beauty, contemplation and meditation. The water flows through the garden and there is a small pool where you can paddle or bathe in the waters.

## White Spring - private visit



Less than 100 metres from the Chalice Well, famous for its red water, flows a second and uniquely related well, the 'White spring'. The white spring is a calcium and energy rich well that flows up at the foot of Glastonbury Tor.

So we have two springs, one, tasting sweet with calcium, leaves a white trail. The other, tasting metallic with iron leaves its mark in red. Both have healing properties in their flow to believers.

Unlike Chalice Wells this spring has not been protected. At the moment it's in the hands of enthusiasts trying to resurrect the well into a 'temple'. The spring used to be a Victorian reservoir, and a water source for the town of Glastonbury. The buildings from this that enclose the spring are being upgraded to make it a Temple, as attractive as Chalice Well next door.

**6:00 pm - 9:30 pm**  
**Workshop in Goddes House**

**July 3<sup>rd</sup>, 2022**

**10:00 am - 8:00 pm**  
**Workshop in Goddes House**

**Price for the 3 days Workshop (July 1-3, 2022): 1.200 GBP**

Included in price:

\* Transfer from Bristol Airport to Glastonbury & Glastonbury to Bristol Airport

- \* Workshop July 1-3, 2022
- \* Excursion to Tintagel Castle & Merlin Cave - tickets to the Castle & lunch
- \* Glastonbury Abbey, Tor, Chalice Well, White Spring - all tickets

Not included in price:

- \* Flight tickets
- \* Food & Accommodation

We can help in suggesting accommodation in Glastonbury.

Organizer of the event: Sara Zieborak

Please contact Sara in case of further questions and if you like to sign in.

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