

# MEDITATE IN MALTA

with Lisa Alexander





# MAY 15-22, 2024

Come and explore the Ancient Sites of Malta through the eyes of Spiritual Intuitive and Master Sound Therapist, Lisa Alexander on this all-inclusive weeklong adventure.

**For in-depth trip details, click [HERE!](#)**

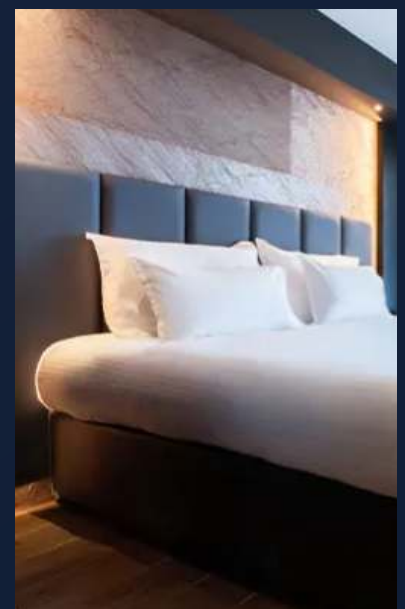




# MAY 15TH

## Arrival Day

Check in at the Five-Star Resort and mingle at the welcome dinner with fellow travelers.







# MAY 16TH

## Day 1 of Sightseeing

Our journey begins with Three Cities, Grand Harbour, & Valletta: Order of St. John/Knights of St. John.

**Join us in Malta, Register NOW!**



# MAY 17TH

## FREE DAY

A day to just relax or take in the Maltese Culture.







MAY 18TH

## Day 2 of Exploring

This time we traverse back in time to Mdina & Central Highlights: Roman & Medieval periods. We will also get to partake in “field to fork” cuisine for lunch.

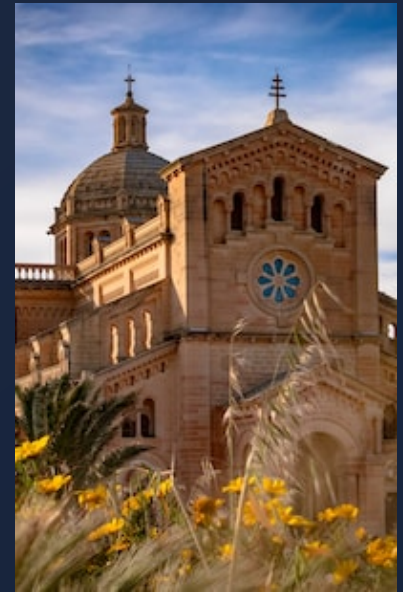
**Malta is calling...Register NOW!**



# MAY 19TH

## Day 3 of Seeking

We will soak in the temples, churches, and shrines of Gozo & Comino Islands while partaking in the local cuisine.







# MAY 20TH

## Day 4 of Exploration

This day we will step back in time in part I of the Ancient Temples tour and visit four of them. We will end the day's travels with the stunning vista of Dingli Cliffs.

In the evening, Lisa will offer a presentation and sound experience in preparation for the Hypogeum the next day.

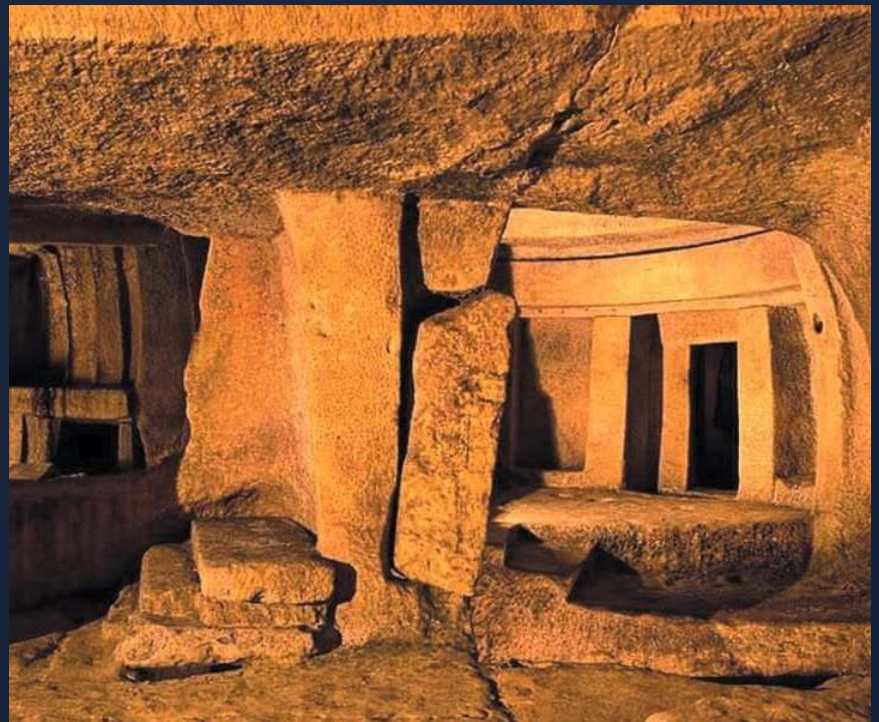


# MAY 21ST

## Our Last Day

In part 2 of exploring Ancient Temples, we will tour Tarxien Temples, the Hypogeum & Ghar Dalam Cave and lunch at the charming fishing village of Marsaxlokk.

**For more details on these Ancient Sites, click [HERE!](#)**







# MAY 22ND

## Departure Day

Take the memories and experiences with you!

**Register for Meditate in Malta NOW!**

## Message from Lisa:

As a certified meditation instructor, HeartMath practitioner, intuitive, former history teacher, and current researcher on ancient civilizations, I promise to guide you through this journey in the most deeply relaxing, educational, and esoteric way.

We will infuse ourselves with the feelings and memories of those who walked this path before us, be in the present moment with the energies, and feel a portal to the future.

You will return from this Pilgrimage refreshed, recharged, and rejuvenated. And hopefully, it will forever change how you look at our past and towards our future.