

# Your Adventure on "Jagged Rock" in Explore Malta

*"Very little grows on jagged rock. Be ground. Be crumbled, so wildflowers will come up where you are."*  
—Rumi

Breathe in the fascinating history of Malta, and exhale a new you!

A gorgeous blend of the rich European, once British colonial experience, with Arabic roots in the Maltese language, this island country has more to offer than meets the eye.

With a long cultural history of hostile siege and foreign conquest due to its location, Maltese people are rich in the experience of faithful enduring of trials and challenge. Even the Apostle Paul was believed to be shipwrecked on Malta on his journey to prison in Rome.

These cliffs and jagged rocks inspire us to look deeply at those life changing moments of our own brokenness. As the cliffs loom, and then break into gorgeous blue water and caves offer refuge/shelter, we also witness how our lives find a mirror in this gorgeous landscape.

How can a leap of consciousness guide you in your journey navigating the tough times?

Where in your life are you being Jagged Rock, limiting your growth, resisting life's blessings?

How does the crumble or feeling of being ground up by life's challenges, transform you into Beauty, Grace and Awareness?

We will explore how to tap into the power of the Sea to bring change, life force and beauty. Eroding all jagged edges so that the breath and rhythm of life is restored to peace and blissful acceptance of the moment.

## DAY ONE: ARRIVAL



**Afternoon/ early evening:** Our group arrives and settles in to accommodations and orientation.

**7pm:** Welcome Group Dinner at the Orchard.

## DAY TWO



**830-10 am Class 1: Jagged Rock**

**10am -12 pm:** Azure Window, snorkeling

**Lunch:** Xlendi

**Afternoon:** swimming and snorkeling in Xlendi

Dinner optional locations: Xlendi, Ramla or Marsalforn

## DAY THREE



**830- 4pm** Boat Tour- 4 hour or 8 hour tour around Gozo, to Comino Island in afternoon. Includes lunch

If you choose to do only 4 hour on boat tour, then you have free morning time for independent exploration.

**5:00 -6:30 pm Class 2: Wildflowers**

Dinner optional locations: Marsalforn or Ramla



The Blue Lagoon, on Comino Island is one of the beautiful coves you will visit on your Boat Tour

## DAY FOUR



### **Morning:**

#### **Citadella and Museums**

The Citadel in Rabat is enthroned high above the capital of the island of Gozo. It offers an almost panoramic view of the island and its beautiful table mountains. Explore their museums, including the Old Prison, Gozo Museum of Archaeology, Gozo Nature Museum.

### **Afternoon:**

**Free time for Beach** as well, in Marsalforn or Ramla, as desired/able.

Visit Salt Pans near Marsalforn.

Visit Calypso's cave near Ramla.

Or stay in Rabat for self guided exploration of the city

Dinner optional locations: Rabat, Ramla or Marsalforn



## DAY FIVE

All Day Trip to Malta, morning ferry from Gozo to Malta

Highlights:

**Hagar Qim Temple and Mnajdra Temple** Dating back to 3000 BC, inside the temple you will find everything that is typical of Megalithic culture: pedestal and trilithon altars, window stones, oracle holes and more.

**Hypogeum of Hal-Saflieni** Anyone wishing to learn more about the Neolithic period should visit this multi-level subterranean structure. There is nothing quite like it in the world. A Unesco World Heritage site, a fascinating detailed insight to the Neolithic temple and necropolis regarded to be one of the oldest of its kind, possibly used from

about 3600 BC. (Entrance fee is extra cost for individuals interested to include this, must be booked in advance upon our registration process)

**Mdina** Enclosed within its high fortress walls, Malta's "Silent City" Mdina has preserved its baroque character. Stroll through its streets, exploring the shops and local artistry, it requires little imagination to step back into the past, enjoy the clear view over the island out to sea, and eat and drink to your heart's content under the vaulted ceilings of the city's historic buildings.

**St. Paul's Church and Catacombs** Dating from the end of the 17<sup>th</sup> century, the church was built upon the ruins of ancient early Christian Catacombs, where St. Paul was believed to be held as he was brought to prison in Rome. In World War II, a large bunker was built in the catacombs to save Maltese lives from bombing.

**Marsaxlokk Bay** The little fishing town of Marsaxlokk has picture postcard appeal: colorful fishing boats, outdoor street markets, good fish restaurants and the sea.

**Valetta and St. John's Co-Cathedral** The island's historically most important church in Valetta. Beneath its splendid inlaid marble floor are the mortal remains of Knights of St. John from three centuries. Novelist and poet Sir Walter Scott was full of praise, describing the Cathedral as "by far the most magnificent place I ever saw in my life." The interior of the religious building presents an overwhelming blaze of baroque colors and shapes.

Dinner in Malta, ferry back to Gozo at end of day



## DAY SIX



**8:30 to 3:30 pm:** Swimming and snorkeling in Xlendi, or independently the beach of your preference.

**4:30pm -6pm Class 3: Four Directions Meditation**

Dinner optional locations: Rabat, Ramla or Marsalforn

## DAY SEVEN



**830 am to 10am Class 4: Closing Session Jagged Rock**

**10:30am -5pm** Ramla Bay Beach Day, free time for independent exploration as well.

**7:30 pm** Group Dinner Party at the Orchard

## DAY EIGHT DEPARTURE

Free time according to your travel itinerary.

Travel arrangements will be pre-arranged, including transportation to ferry and Malta International Airport.

