

T R I N I T Y C O D E S

# *Sacred Waters*



**May 7th - 10th 2026**  
**GLASTONBURY/ UK**

**HEALING PILGRIMAGE**

# THE PROGRAM

## Thursday

9:30 AM OPENING CIRCLE - INT. FAIRY DAY  
1 PM HIKE TO THE THOR  
3PM TREE WALK WITH MATT WITT

## Friday

9:30-11:00 AM CIRCLE, ACTIVATIONS & MYSTICAL TALES  
AND REMEMBRANCE  
11:30H GLASTONBURY ABBEY VISIT WITH A TOUR GUIDE  
& GUIDED MEDITATION  
TO WORK & FEEL THE ST. MICHAEL & MARY LEYLINES

## Saturday

9:30-10:30AM CIRCL, ACTIVATIONS & MYSTICAL TALES AND  
REMEMBRANCE  
11H CHALLICE WELLS  
& WHITE SPRINGS

## Sunday

9-10:30 AM CLOSING CIRCLE  
& INTEGRATION

\*There can be plan changes



# A Journey into the Heart of English Mysticism

The English landscape is more than rolling hills, ancient woods, and mossy stone circles.

It is living memory – a land steeped in folklore, rituals, myths, and legends.

A sacred place that quietly calls to all who seek... and those who are ready to remember.

This pilgrimage is for you if...

... you long for beauty, peace, and deep inner rest & remembrance.

... you feel drawn to the wisdom and mystery of ancient cultures and sacred sites.

... you're ready to enter the magical realms of the Rose Lineage, Joseph of Arimethea, Mary Magdalene, Avalon, Merlin, King Arthur, the Lady of the Lake, Brigid and many more.

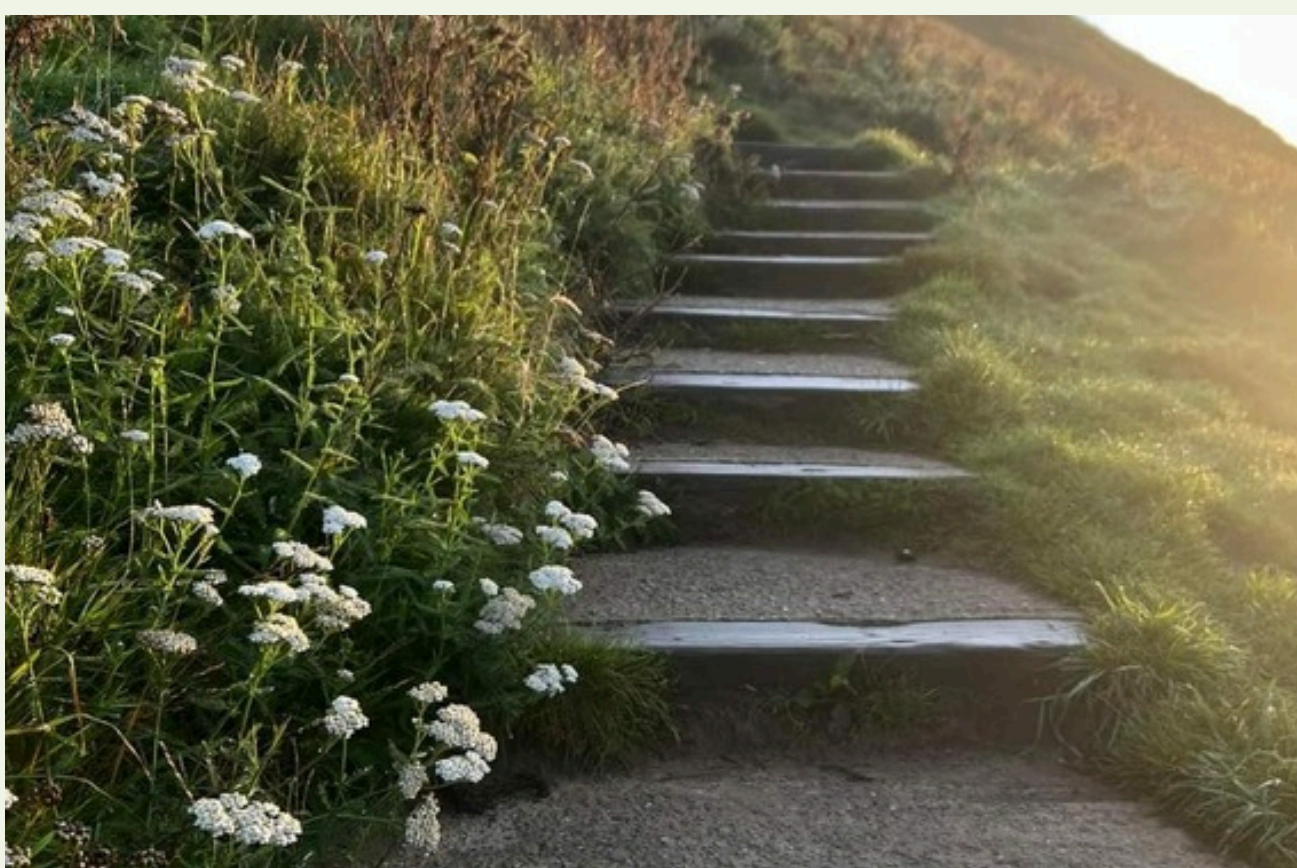
... you seek connection to the Celtic roots, earth-based healing, and the soul & trees of the land.

Those who feel called are drawn by the ancient portals of this land.

The moment you step onto England's sacred soil, an inner alchemy begins.

A journey not just across land, but into your own sacred center.

The first time I visited this land with my son, I was deeply moved by the sacredness of this vortex in Glastonbury.





Each day of the retreat will begin together in a special space in Glastonbury, where we will come together to set our intentions and gently arrive in the energy of the day. We will tune into the mystics and stories and we will dive deeper what we have to activate and remember. From this shared space, we will venture out as a group to visit various sacred and significant sites in and around Glastonbury, deepening our connection with the land, with ourselves, and with one another.

You can feel it vibrating. This is a presence that awakens profound peace and grounding within.

That experience touched me so deeply that I returned last year with a group, to explore healing between the inner masculine and inner feminine.

Now, the journey continues – a step deeper, a layer further. From Polarity into Trinity.

Father, Mother, Child. You are very welcome if you hear the call to work on your own relationship or family patterns & imprints.

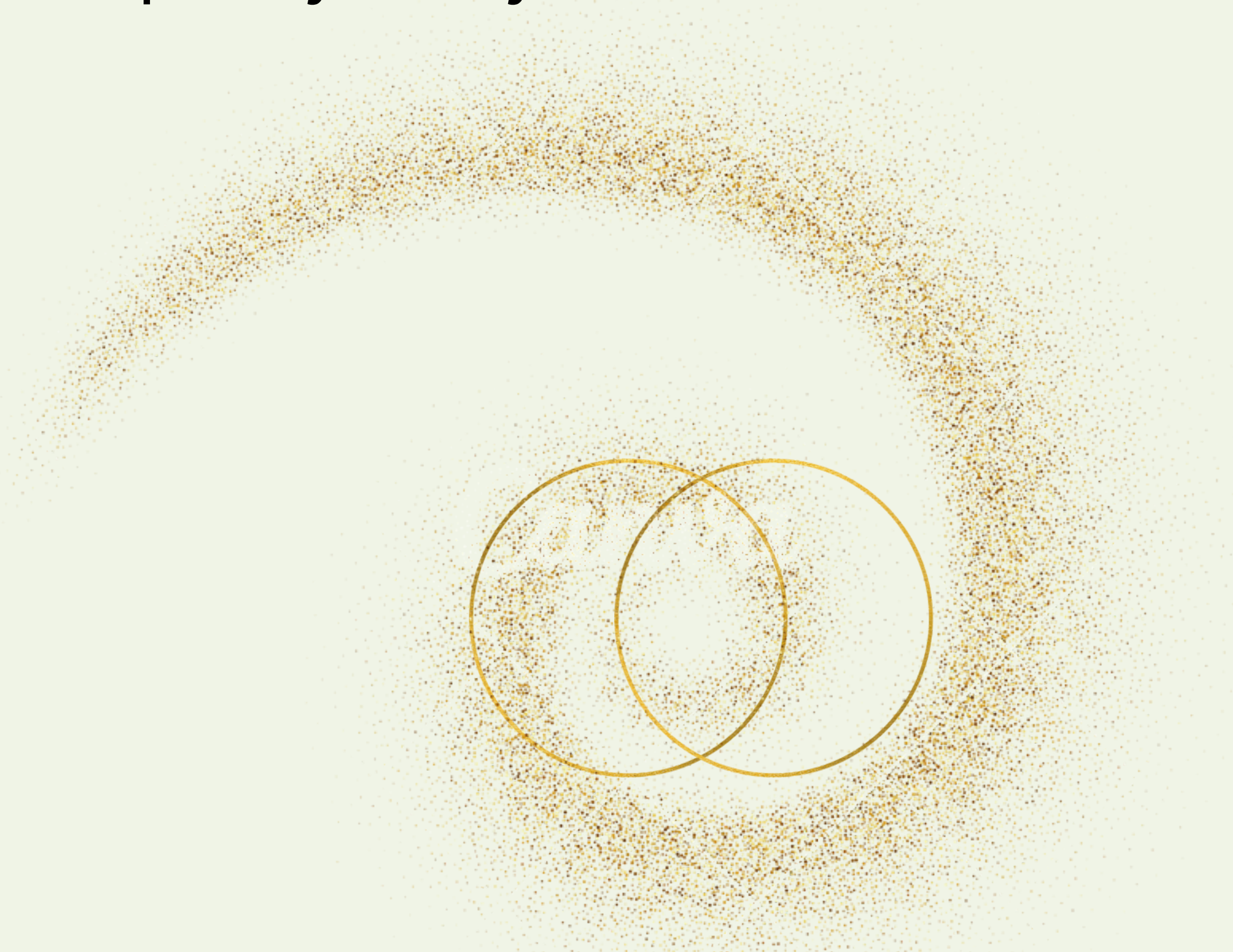
This 4-day pilgrimage is a path of remembrance, of healing & activations.

Guided by the Trinity Codes and the Sacred Waters, you'll awaken what already lives within you. Trinity Codes. Father, mother, child. 3rd eye, heart and womb.

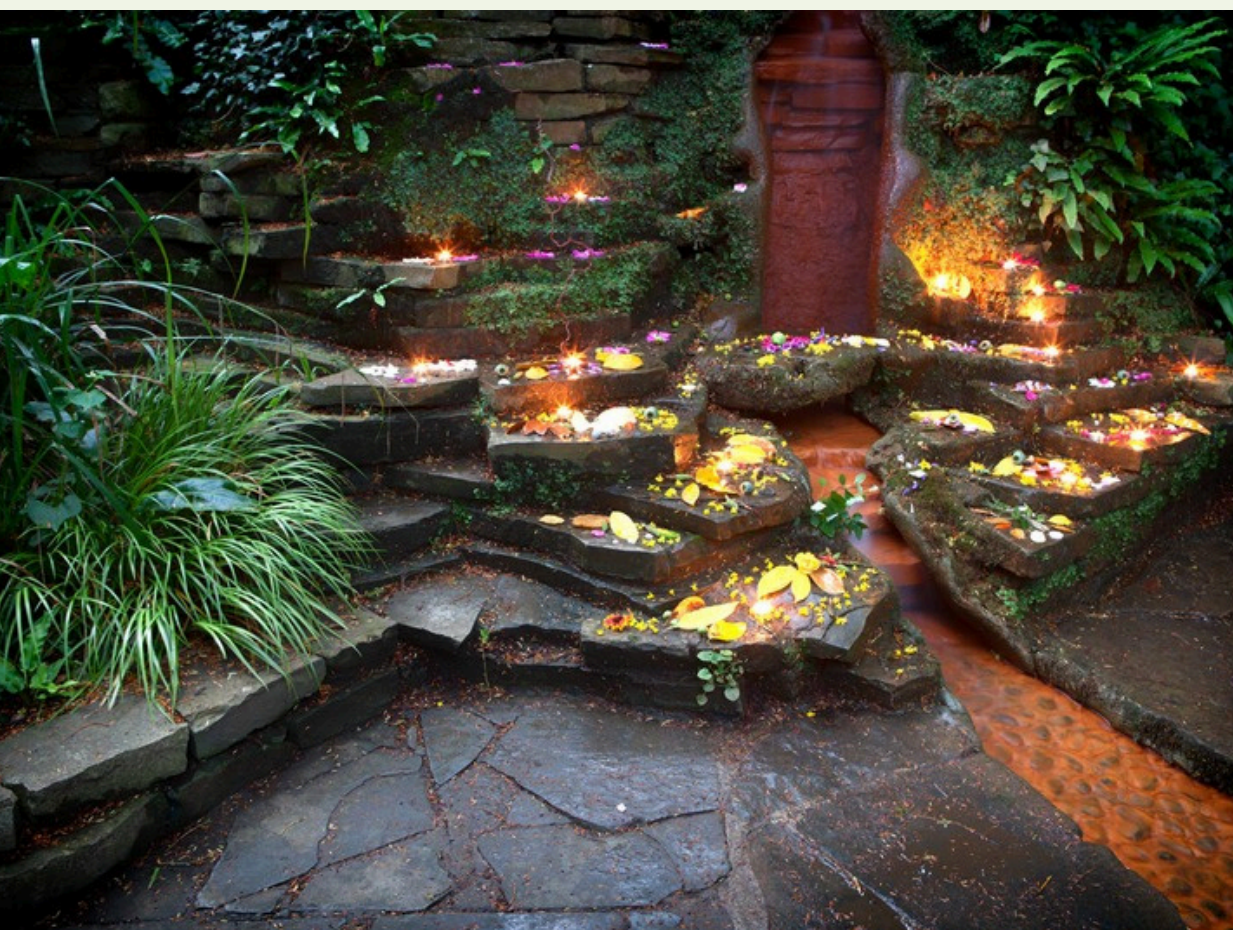
Work with your inner Waters and on your Family Templates.

**Do you feel the call?** Then now is the time to follow it. Join us!

**England awaits you –  
and the part of you ready to rise & remember.**









# INCLUDED

\*ALL ENTRANCES, TOURS & DONATIONS

°ALL RITUALS, SESSIONS & RITUAL ROOM

°SPACEHOLDING & TONS OF JOY, LOVE & MAGIC

## NOT INCLUDED

TRAVEL & ARRIVAL, ACOMMODATION, FOOD, TRAVEL INSURANCE

## Prices

EARLY BIRD PRICE UNTIL END OF JANUARY 2026

444 £

NORMAL PRICE FROM FEBRUARY 2026 ON:

555 £





# Ulrike Manhart

**i am a certified yoga teacher, healing therapist, qualified media technician and have been working in holistic body and energy work for over 25 years. Trained in biodynamic cranio sacral therapy and numerous other therapeutic methods, I combine sound knowledge with intuitive feeling.**

**My roots lie in a family with a passion for health. My father a general practitioner, my mother a kinesiologist. From an early age, I was surrounded by the idea that healing and prevention are possible in harmony with body, mind and soul.**

**For over 10 years I have been intensively dedicated to healing work with the female womb space (Womb Healing) - a deep, transformative space of reconnection with primal power, intuition and creation.**

**I accompany people on healing retreats and offer akashic records trainings in which we travel together to the soul level to facilitate memory, insight and healing. Bringing the connection to one's own soul essence through the quantum field into the body - that is my specialty.**

**Conscious movement and the activation of self-healing powers are key to my inner return and grounding. When I first arrived at Glastonbury, I immediately felt a deep connection. This sacred place for me gave me grounding, strength and an expanded spiritual understanding - knowledge that I incorporate into my work today.**

Globetrotter with an open heart, on a journey through countries, elements and stories . I always accompanied by my love for Mother Earth, for healing water, for art and for the beauty of life. With shining eyes, open hands and a heart-centered space, I invite you to join me: In retreats, sessions or trainings - rediscover yourself, remember, return home. Experiences and shifts that you will never forget.



*I am really looking forward to meeting you!*







# Additional Infos

## How you get there:

The nearest airport is Bristol (BRS), but the flight to London is possibly the cheapest. And then an hour by bus or 1 hour by cab

### **Travel by train from London**

Glastonbury by train from London

From Paddington station to Castle Cary (about 1.5 hours) and then a cab (best to book in advance) to the retreat.

Or take a train from Paddington station to Bristol Temple Meads and then change to a bus to Glastonbury, which departs from the Street stop (approx. 3 hours).

### **Travel by bus from London**

Glastonbury by bus from London

National Express or Berrys coaches (approx. 3-4 hours)

National Express also operates very frequent services between London and Bristol, from where you can also take a local bus to Glastonbury, which takes around 90 minutes.

This service usually stops at London Heathrow Airport and there are also connections to Gatwick Airport.

### **Getting there by car**

Glastonbury by car from London

The drive from London to Glastonbury and our retreat center takes approximately 2.75 hours.

If you hire a car in London, the price is around £300.

### **Travel by bus from Bristol**

Glastonbury by bus from Bristol

A1 from Bristol Airport to Bristol Temple Meads and from there with 376 Bus to Glastonbury (2h)

### **Travel by taxi from Bristol Airport**

Uber around 55 Pounds and private Taxis around 70/80 Pounds one way

Car hire also possible in Bristol. Would be a possibility to rent one together.

In this case I will also connect the participants in front to connect.

My personal recommendation

I would really recommend to rent a car if you have more Days to visit Stonehenge it is between London & Glastonbury or other sacred sites like Avebury, Wells, Baths, etc.

### **Accommodation:**

I recommend to book as soon as possible via Booking.com your own Nest for the Days.

### **Flights:**

Around 200-300 Euros within Europe



# Thursday to Sunday

MAY 7TH TO 10TH 2024  
GLASTONBURY/ UK - ENGLAND

LIMITED SPOTS!

## Reservate your Spot now!

WWW.UMA-HEALING.COM  
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JOIN THE INSIDE - MOVE THE INSIGHT!

