

Namaste!

Welcome to the August 2004 edition of Namaste News!

It's been a great month on expedition, exploring the major cities of San Francisco, Los Angeles and San Diego; and the beautiful California coastline. Even time to squeeze in some healthy lifestyle options in a uniquely Californian way, from hot tubs to biosomatics! Then onto the Baja for an amazing Mexico appetizer and some fabulous scuba-diving...

Many congratulations to Lotta from Finland who has won the Namaste Competition which ended on 31 August...

Feel free to send me an email with your suggestions and ideas for future issues. If you would like to receive regular monthly email updates from Namaste you can subscribe to Namaste News via the Contact Us page on the website.

Cheers, Chris

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Global Expedition Highlights

30/8/04 Day 148
Loreto Mile 16442



Photo: Randy Harwood

1/8/04 Day 119
San Francisco Mile 14265



4/8/04 Day 122
Big Sur Mile 14370



7/8/04 Day 125
Cambria Mile 14691



10/8/04 Day 128
Santa Barbara Mile 15270



27/8/04 Day 145
Mulege Mile 16356



26/8/04 Day 144
Catalina Mile 15990



25/8/04 Day 143
Salispuedes Mile 15778



23/8/04 Day 141
La Jolla Mile 15675



21/8/04 Day 139
SD Wildlife Park Mile 15640



20/8/04 Day 138
Highway 5 Mile 15595



Photo: Lem Malabuyo

18/8/04 Day 136
Los Angeles Mile 15489



12/8/04 Day 130
Ojai Mile 15310



16/8/04 Day 134
Ventura Mile 15407



Expedition Trivia...

- # of Days (overall): 31 (149)
- Miles in month (overall): 2555 (16765)
- Avg miles/day (overall): 82 (113)
- Longest day (overall): 366 (527)
- # countries (overall): 2 (3)
- # of police stops (overall): 3 (9)

Top Tips this month...

- Top Tip: Loreto, Baja Peninsular
- Favourite City: San Francisco
- Adventure Spot: Baja Outpost, Loreto
- Place to Stay: Ojai, California
- Night Spot: Asia de Cuba, LA
- Wilderness: Baja Peninsular

Competition...

See page 3 for the results of the competition to win a trip on the Namaste Global Expedition (worth up to £1,000)... Congratulations to the winner, Lotta Pohjola from Finland, who gets to choose where to join the expedition...

Global Expedition Update

It was great to meet up with Odessa again, this time in San Francisco. We stayed downtown with friends, Anais, Jess and James and explored the beaches north of the city as well as the vibrant nightlife. There is an abundance of excellent restaurants, bars and clubs downtown and along the bay. And if you're into shopping, this is a cool place for retail therapy...



As you drive up and down the hills of the city, you can't help but think about all those films set here with those great car chases, though I think I would have found it

a bit tricky to get the Land Rover airborne!

After a lovely day of winetasting in the wine region of Sonoma, around 120km north of town, we headed south on the famous Highway 1 which meanders pleasantly along the entire California coastline. The first highlight was a mountainous region known as Big Sur, full of dramatic clifftop vistas, delightful cafes and a haven known as the Elasen Institute, a unique Californian experience. There we spent a wonderful few hours soaking in a hot tub overlooking the Pacific Ocean, bathed in moonlight as the waves lapped the shore. For people not staying at the Institute, they open the doors to anyone between 1-3am, though reservations are still required.

Further south, we found a beach that is home to a significant population of elephant seals. We sat in the sun and watched these enormous animals sleep, sunbathe, fight, belch and enjoy family life; before driving into the pretty town of Cambria for a great cup of coffee. That day, we were to discover again that the California coast is not the place for spontaneous camping trips. Reservations up to 7 months in advance is the norm, and especially so as you head south.

Fortunately for us though, we found our own private campsites along the coast and made use of the Land Rover facilities. On 8 August, we reached Morro Bay before returning to San Francisco for Odessa to catch her flight home.

The next day I picked up some supplies in town before meeting up with some new San Francisco friends, Katie, Shirra, James and co. for a great party on the beach. At 4am, I finally managed to put up the tent and awoke at 8am



to the sound of the sheriff's voice suggesting this was not the best place to camp, though he said it was fine for me to stay for a few more hours. Grateful for the extra sleep, I then drove back to Morro Bay, this time on the freeway, to rejoin the coast south.

On 11 August I arrived at the Land Rover garage in Santa Barbara where I had pre-arranged for a full vehicle service. This was my opportunity to check that everything was in full working order before heading into Mexico, Central



& South America. With brand new tyres and a happily serviced Land Rover, I drove inland some 30km to Ojai to see the famous "pink moment" sunset, created as the light reflects off the coastal mountain range.

Planning only to stay for a night, I stayed for 6 days, perhaps a sign that I was in need of being in one place for a bit, but also something to do with its magnetic attraction. Ojai is the epitome of California living - organic food, therapies galore, glorious sunshine, hot springs, music in the park, and more.

There I met Meredith, a shiatsu massage specialist, and her mum, Lilian, once a dancer with the Canadian National Ballet, and the creator of a stretching technique, biosomatics [see Meredith's article on page 3 for more on this]. The orange grove in the garden made a fantastic camping spot, and an excellent atmosphere to relax and catch up with some writing. It was also great to see sunrise from the local hot springs, and I laughed when Meredith took her cat for a daily walk in the grove, though with all the coyotes nearby, I could see the sense!

After a day on the beach at Ventura, and my first time in the cool Pacific waters, I continued south for the 2 hour drive to Los Angeles.



For 3 days, I stayed with Vaughn in the heart of West Hollywood and Beverly Hills. Given that we had only

met for 10 minutes in Big Sur, his hospitality was legendary. We explored some of the big city nightlife, a highlight being a fabulous restaurant called Asia de Cuba, a blend of Asian and Cuban cuisine. Next door was a famous bar called Big Sky, a somewhat pretentious place where you

need a reservation just to have a drink, not uncommon in the network-driven heart of the film industry (well, it was LA!). It was also a chance for me to get all my immunisations and medical stores up to date, and after 6 injections my arms felt like pin cushions!

After meeting some of Vaughn's friends, notably Tom & his wife, who are fellow adventurers, and picking up a new 4-season tent from Adventure 16 (thanks to Roman & Traci, who were great), I was joined by Lem, a student from the Brookes Institute of Photography.

For 4 days we travelled together, exploring Venice Beach, southern LA, the San Diego wildlife park and into San Diego, where we stayed with Ed, one of my fellow climbers on Denali. It was interesting being photographed as I captured footage for the expedition log. I look forward to seeing the results of his project!

With a day of re-packing and a good night's rest in La Jolla - a beautiful coastal suburb of San Diego - I reached the Mexico border at Tijuana on 24 August. With somewhere around 225,000 people crossing every day, Tijuana is the world's busiest border, and surprisingly efficient. Only 45 minutes were needed to collect my tourist permit and temporary vehicle import certificate and I was on my south along the Pacific coast of the Baja Peninsular.

My first stop was a good surfing spot at a fantastic clifftop campsite at Salispuedes, just north of Ensenada. With 6-8 feet waves generated from the swell of a hurricane some 100 miles of the coast, I enjoyed watching the surfers do their thing. Thanks to Scott & friends, Rodrigues (from Brazil), Stu & Joe, I was convinced it is time for me to learn to surf. In a couple of months time, perhaps I will have a long board strapped to the top of the Land Rover!



Continuing south, I traversed the Catalina boulder fields, finding a great spot to camp amidst the many species of cacti, finally reaching the east coast of the Baja and the Sea of Cortez. I camped in a small town called Mulege and the difference in weather was very noticeable. On the Pacific coast, you need a sweater after the sun goes down; on the east, it is markedly sub-tropical.

Some 86 miles further south, I stayed in the delightful town of Loreto [August's top tip], home to an amazing marine park, and the opportunity for some fabulous scuba-diving with the guys from Baja Outpost. It was great to meet other keen divers (and paraglider pilots); and my first taste of true Mexican tequila with the locals.

On 31 August, I headed to Cabo san Lucas, which has a big reputation for its nightlife...

by Chris Charlton

Coming Up...to find out how to join, click below

September 2004

Exploring the Pacific Oaxaca coast of Mexico from Acapulco to Puerto Angel
Mayan cities of the Yucatan Peninsular & the Caribbean Coast of Mexico
The jungles of Belize and Guatemala...

October 2004

Travelling south through Central America from Guatemala to Costa Rica, exploring both inland and along both coasts. From ancient Aztec & Mayan cities to crystal Caribbean waters...

Competition

CONGRATULATIONS to Lotta Pohjola from Finland who wins a £1,000 holiday on the Namaste Global Expedition..!

The closing date for the competition was 31 August 2004.

Competition Results as at 31 August 2004

- | | |
|----------------------------|-----|
| 1. Lotta Pohjola, Finland | 129 |
| 2. Matt Banks, USA | 110 |
| 3. Sarah Archer, Canada | 96 |
| 4. Tim Wedgwood, England | 92 |
| 5. Ed Tyler, Australia | 83 |
| 6. Lisa McEwan, Canada | 71 |
| 7. Pierre Mathieu, France | 70 |
| 7. Jeanne Chow, Singapore | 70 |
| 9. Scott Lane, USA | 64 |
| 10. John Townsend, England | 59 |

Keep an eye out for the next competition opportunity...!

People

Fellow Adventurers...



Odessa Shuquaya, from Vancouver, joined the expedition from 31 July-10 August to explore San Fran & California.

Vaughn Hart played excellent host to the expedition in LA from 17-21 August.



Lem Malabuyo, from Ventura, California, joined from 20-23 August, LA to San Diego

Ed Earl hosted in San Diego from 21-23 August. Denali, Denali, it was great...



"This Land Rover is rockin'! Thank you for giving me the experience of this trip and letting me document it...", Lem, 22/8/2004



Along the way...

A big thank you to all those people who I've met along the way in August, including:

Anais, Katie, Shira, James, Matt, Natalie, Flan (San Francisco), Neil, Kevin, Peter, Byron, Markey, Ren (Santa Barbara), Meredith, Lilian, Wendy, Dave (Ojai), Vaughn, Kelly, Liza, Esther, Roxanne, Roy, John, Tom & ?, Roman, Traci (Los Angeles), Ed, Adam (San Diego), Shelley (La Jolla), Rodrigues, Scott & friends, Stu, Joe, Jeff (Salispuedes), Roberto, Leon, Kim, Mike, Randy, Lawrence, Clemente & friends (Loreto)..

The Art of NMR & Biosomatics...

While all forms of healing bodywork spring from ancient India, many different branches have developed in the East throughout the ages, and these techniques are slowly being incorporated alongside medicine and philosophy, where they originated.



Shiatsu is one branch that has evolved over thousands of years of healing arts in Japan. While history has changed its name and style, it differs greatly from Swedish

Massage – the most prevalent type of bodywork known in the West today. Swedish massage incorporates oils on the body with long, fluid strokes designed to rid the body of toxins through the activation of the circulatory system.

Shiatsu applies pressure – without oils and usually through loose clothing - to various points from head to toe in order to activate the nervous system, jumpstarting the body's natural healing abilities. The nervous system is a complex matrix of electrical impulses, relaying messages to every cell of the body. A finger is not raised and a beat of the heart is not taken without its impetus.

By activating the nervous system specifically, we can reconfigure muscular tension and further communicate with organs that are functioning inefficiently due to sluggish digestion, toxins or stress. It's much like house cleaning, offering space for better movement, and through its application, aches, pains, illnesses and emotional distress are ameliorated, creating a deeper sense of wellbeing in daily life.

NeuroMuscular Resonance (NMR) is the name I have given to the technique that has been evolving through my work and research over the last decade. As humans, we learn about our environment by discovering different phenomenon, and then piecing together these bits of knowledge until we can see a fuller picture. It is my belief that the concept of meridians as used in Chinese Medicine (energy

pathways through the body – an ancient art of tracking the nervous system), the chakra system (an energy system used by yogis for millennia and getting a lot of press today) and their nadis (part of the chakra system and the mainstream of Kundalini activity) can be combined, much as our current view of radiation, to form one full spectrum of energetic activity in the body to make treatments much more effective than usual.

BioSomatics is a deep stretch and realignment technique created by Lilian Jarvis, former principal dancer and founding member of the National Ballet of Canada (aka, my mother). This method allows students to work with their own level of flexibility, releasing tension on deeper levels than other bodywork techniques allow.

As we live in such a goal oriented society, and as tensions build in such intricate layers, we become unaware of its presence and usually 'reach' for the goal of a posture – or the tips of our toes - attempting to use our bodies in ways that can easily cause injury. Unless tension is reduced, these 'goals' we try to attain create a strong contractive response that no amount of repetition will truly alleviate.

BioSomatics reduces this natural contractive response by easing gently into personal physical limitations, increasing blood flow and vital nutrients that give the body a level of resilience not otherwise attained. This creates a state of unique rejuvenation, preparing the body for better use in any other activity, or acting as a physical conditioning technique of its own.



by Meredith Sands Keator
Ojai, California

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Letters & Emails

Thank you for all your letters, emails and faxes. Each month, a few excerpts will be printed here...

"Namaste indeed! Who are you? What has brought you so far with your beautiful, peaceful ride? We're on our way to yoga and were inspired to stop and connect! Call us to hang out. Fellow yoginis", Shirra & Katie, San Francisco, USA

"Wow! What an extensive website... Sounds like a trip of a lifetime, Chris. And it sounds right up your alley. I love hearing about people realising dreams, finding something they truly love and are good at and going for it... I look forward to keeping up to date on the trip via the web site. I keenly looked at the bit about the Australasian leg! I might even have a new VW for you to trip around in by then!!!" Sally & Trevor, Healesville, Australia

"I really enjoyed the conversations we had that week. You are truly an inspiration. Get my feet itchin to get up 'n' go someplace. By the way, if you noticed an abundance of shooting stars, there was a meteor storm taking place that week. Hope your journey is going well. I'll be watching for new developments on your website. Take care!!!!!!", Byron, Markey & Ren, California, USA

Congratulations to Paul & Ali on their new baby daughter, Sacha, born on 14th August

And well done to Sophie who completed her first half-ironman in 6 hours 6 minutes, no less!

Website Update

Stage 2 Development

The first Namaste Management Guides (Project Management Series; Leadership & Management Series) and Namaste Fun Films (Climbing Denali; A Taste of North America) are now in production; and should become available from November 2004.

Statistics

August 2004	July 2004
Hits: 37,717	Hits: 27,975
Countries: 29	Countries: 27
Downloads: 2,453 Mb	Downloads: 1,393Mb

In the News

In-Country from the Expedition

US election fever continues; though thankfully, the Athens Olympics begins to take the major headlines. Same in Mexico...

Previous Newsletters

Previous issues of Namaste News are also available at www.namaste.co.uk/news or click the links below if online:

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|-------------------|------------------|
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| June 2004 | July 2004 |