

AWAKENING TO FREEDOM - A JOURNEY INTO SILENCE

In this retreat we will guide you through the seven Chakras through the use of Yoga, Yoga Nidra, Meditation, Sound and Sound Healing, Meenal Healing and by connecting with Nature.

The Chakras are part of our subtle energy system. When the energy flows freely through the Chakra System, it nourishes and revitalizes our whole state of being. If a chakra is out of balance, either excessive or deficient, it impacts our body, thoughts and emotions. By clearing and harmonizing these important energy centers, we can bring our whole system into a state of dynamic balance, positively influencing our physical, emotional and mental health.

1. YOGA ((Asana, Pranayama, Mudra, Mantra, and Meditation)

We will learn the theory about each chakra and use different yogic tools - Asana (Posture), Pranayama (Breathing Exercise), Mudra, Mantra, and Meditation - to connect to each chakra in order to clear, cleanse and balance it.

2. YOGA NIDRA (Deep Relaxation, Healing and Transformation)

Yoga Nidra means 'sleep with a trace of awareness'. It is a deep relaxation and transformative method that creates a state between wakefulness and dream. In this state, we open deeper phases of our mind and connect to our subconscious and unconscious mind. We are very receptive in this state so if you plant thoughts or feelings into your mind in this receptive state, you can slowly start to live them from the inside out and transforms step by step your personality in the way that you wish.

It helps to release deep rooted tensions from your muscular, emotional and mental system. It is constituted to help clearing and balancing each chakra (each chakra has an different Yoga Nidra version to connect to each chakra and harmonize it) and it has an enormous healing effect on body and mind and transforms your personality step by step.

3. SOUND JOURNEY (Sound Meditation, Healing, Transformation)

A sound journey or sound bath is a through sound guided meditation where I will use live instruments to help you let go and journey to connect with the Source within. While receiving this sound bath you will observe, feel and sense into all the sounds created in the space around you. I will make use of singing bowls, gong, rain-stick, wave-maker, pentatonic chimes, bells, drum, shakers, flutes, mouth bow. Each instrument will bring their own medicine.

4. MEENAL HEALING (Transformative Reiki)

Meenal means "precious gemstone". In this lineage, a crystal is transmitted into the spiritual heart of the healer. It works as an amplifier for high-frequency transformative energies and universal consciousness and makes this healing modality very powerful. It supports the whole human being to come into balance and to evolve to states of higher consciousness. This changes the code of "junk" DNA (DNA which decodes for higher consciousness) and with that helps to integrate higher frequencies of energy into the physical body to facilitate awakening and living from an awake place.

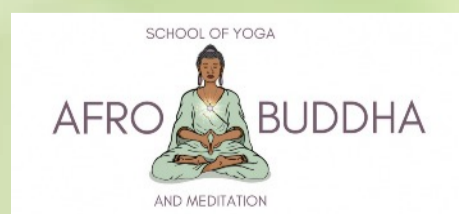
5. CONNECTING TO NATURE - SHIFTING FREQUENCIES (Self Healing, Sound Exploration)

In a playful way we will every day, in a different way, connect to nature. we learn how to use our own sounds consciously, to affect our own vibratory patterns and align with these energies for health and transformation. By doing so we align our physical, emotional, mental and spiritual body to bring us to a state of sound health.

When : Saturday 31 October till Sunday 8 November

Where: Suikerbossie Guest House, Waterfall Campsite

Investment options: R7900 (shared space), R7900 (camping with own tent), R9500 (private room), R8900 (Glamping shared tent), R9900 (Glamping private tent). For more information or bookings, please contact



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