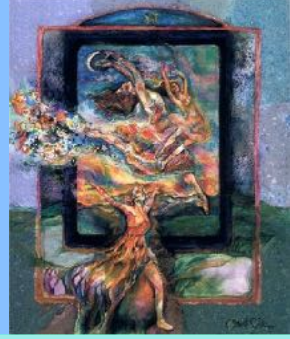




The Joy of Sound The Joy of Silence

A Celebrating Freedom Retreat



THURS 24 - MON 28 SEP 2020

Maximum 12
spaces all in single
accommodation

R5 300

Non refundable
deposit: R1 500

**Paid in full by
25 Aug 2020**

Price Includes

Fully equipped, self
catering single
accommodation
Dinner Thursday
Dinner Friday
2 x Nia Classes
1 x Yin Yoga Class
1 x Group TRE Class
1 x Silent Walk
Daily Meditations

Price Excludes

Healing therapies
Bowspring Yoga
All other meals and
drinks

Come and treat yourself this
Autumn, to a very special
Retreat at Temenos in the
village of McGregor

A time to come together in sisterhood
and dance under a starry sky
A time to share the joy of music and
movement through Nia

A time to laugh together, to celebrate life
and the beauty of human sound
A time to shake off stress with TRE
A time to inhale Mother Nature
A time for introspection through gentle
yoga, meditation and Chakra Dancer
A time to laze in the gardens, or walk the
labyrinth, spiralling to our centre.....

And then a time to slow down, to
turn within, to "slip beneath the
blanket", inviting rest and renewal
as we enter Sacred Silence

Facilitated by: Tania Bownes

Nia Black Belt Teacher
TRE Practitioner Fascia Release Therapist
Aromatherapist Reflexologist Reiki Practitioner



Tania Bownes

083 3266352

taniab@celebratingfreedom.co.za

www.celebratingfreedom.co.za

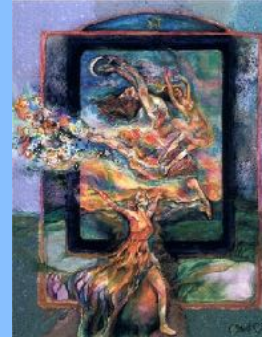
Banking Details: T E Bownes/Nia Hout Bay Nedbank Hout Bay

Current Account 1676 035532 Branch Code 167 609 Ref: Your Name



The Joy of Sound

The Joy of Silence



THURS 24 - MON 28 SEP 2020

R5 300

Non refundable deposit:

R1 500

Paid in full by 25 AUG



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Dinner Thursday
Dinner Friday
2 x Nia Classes
1 x Yin Yoga Class
1 x Group TRE Class
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Daily Meditations

Price Excludes

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Other meals/drinks

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Nia Black Belt Teacher
TRE Practitioner
Fascia Release Therapist
Aromatherapist
Reflexologist
Reiki

Proposed Programme

THURSDAY 24 SEPTEMBER

Welcome (Please arrive on time)	18:00	Caritas
Opening Circle and Introduction of Theme	18:15 - 19:45	Caritas
Dinner celebrating the Joy of Sound	20:00	Tebaldis

FRIDAY 25 SEPTEMBER

Meditation (silent sitting)	09:00 - 09:20	The Well
Fun Nia class (no experience needed)	10:00 - 11:00	Village
Brunch/free time/shopping/donkeys/therapies	11:15 - 16:00	Self
TRE session (bring mat/blanket/pillow)	16:00 - 17:30	Caritas
Dinner celebrating the Joy of Sound	18:00	Tebaldis
Entering the Silence Ritual (all to attend)	19:15 - 20:15	The Well

SATURDAY 26 SEPTEMBER

Meditation (silent sitting)	09:00 - 09:20	The Well
Chakra Dancer (Gentle Nia in silence)	09:30 - 10:45	Caritas
Free time/therapies/	10:45 - 16:30	Cottage
Gentle Bowspring Silent Yoga with Charmaine	16:30 - 17:45	Caritas
Dinner - self catered	18:00 - 18:30	Cottage
Meditation (silent sitting)	18:45 - 19:10	The Well
Labyrinth by Night (weather dependent)	19:15	Labyrinth

SUNDAY 27 SEPTEMBER

Meditation (silent sitting)	09:00 - 09:20	The Well
Yin Yoga with Tania	10:00 - 11:15	Caritas
Free time/therapies	11:15 - 18:00	Cottage
Dinner - self catered	18:00 - 18:30	Cottage
Meditation (silent sitting)	18:45 - 19:10	Little Way
Labyrinth by Night (weather dependent)	19:15	Labyrinth

MONDAY 28 SEPTEMBER

Silent Walk in hills	07:30 - 08:30	Caritas
Leaving the Silence Ritual (all to attend)	09:00 - 11:00	The Well
Check out (Please be packed)	11:15	Reception
Farewell brunch (optional)	11:30	Village

Travel home with a heart filled with inner peace and self love.....guaranteed!

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The Joy of Sound

The Joy of Silence

A Celebrating Freedom Retreat



R5 300

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August

**THURS 24 -
MON 28 SEP
2020**

Price Includes

Fully equipped, self
catering single
accommodation
Dinner Thursday
Dinner Friday
2 x Nia Classes
1 x Yin Yoga Class
1 x Group TRE
Class
1 x Silent Walk
Daily Meditations

Price Excludes

Healing therapies
Bowspring Yoga
R80
Extra meals/drinks

Facilitated by: Tania
Bownes Nia Black
Belt Teacher TRE
Practitioner Fascia
Release Therapist
Aromatherapist
Reflexologist Reiki
Practitioner

Retreat into the Joy of community with other women.....

Retreat into the Joy of your own quiet presence.....

THURS: We begin with a gentle opening circle, followed by full immersion into the "Joy of Sound", as we share a fun, somewhat rowdy meal in Tebaldis Restaurant!

FRI: After morning meditation (20 minutes of silent sitting), we share the joy of moving to music in a light hearted Nia class. Thereafter, free time or a shared brunch in the village. Late afternoon we allow our nervous systems to release long held tension patterns through a group TRE class, literally shaking out deep held tension. Our particular focus is on the "flight/fright/freeze" muscle group - the ileo-psoas. (Full details www.celebratingfreedom.co.za.) This session is strongly advised, but totally optional. It is followed by another fun dinner in Tebaldis. Thereafter, we share a gentle ritual in the Well, entering Sacred Silence together, a silence that we hold for the period, in fully loving, sisterly support.

SAT: Our morning meditation is followed by a special Nia class, called Chakra Dancer, The cues are marked by clapping or finger clicking, but there is no speaking. The movements of Chakra Dancer are specifically designed to stimulate these energy centres in our bodies. Thereafter, free time until our evening Bowspring yoga class, with local teacher Charmaine, She will guide us in sound, while we remain in silence. (Additional cost for those attending R80) Dinner is self catered in our cottage, This is followed by meditation in the Well and an optional moonlight/candlelight labyrinth walk to end the day. (weather dependent).

SUN: We repeat our morning meditation followed by Yin Yoga. Very gentle, easy, slow poses with lots of breathing and integration. The rest of the day is free time until we share meditation in the Little Way Chapel, followed by a possible second labyrinth moonlight walk. Dinner is again self catered, in your cottage.

MON: We begin with a gentle early morning walk in the hills, listening and looking in mindful silence. Then it is time to leave the Sacred Silence together in the Well, with a deep, sisterly sharing. This ritual marks the end of our retreat. For those not in a rush to travel home, we will share an optional farewell brunch in the village.



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