



# The Joy of Sound

# The Joy of Silence

## A Celebrating Freedom Retreat



**R6 300**

Non refundable  
deposit: R1 500  
Paid in full by 18  
September 2023

**WED 18 -  
SUN 22 OCT  
2023**

### Price Includes

Fully equipped, self  
catering single  
accommodation  
Dinner Wednesday  
Lunch Sunday  
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  
Extra meals/drinks

Facilitated by: Tania  
Bownes Nia Black  
Belt Teacher TRE  
and Fascia Release  
Practitioner Yin  
Yoga teacher  
Aromatherapist  
Reflexologist Reiki

Share the Joy of community with others.....

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

**WED:** We begin with a gentle opening circle, in which the theme of the retreat is introduced and we meet each other. You are welcome to work into this theme during our time, or not. Our circle is then followed by full immersion into the "Joy of Sound", as we share a fun, somewhat rowdy meal in Tebaldis Restaurant!

**THURS:** After morning meditation, we share the joy of moving to music in a light hearted, fun 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 and integrating deep stress. (Full details [www.celebratingfreedom.co.za](http://www.celebratingfreedom.co.za).) This session is strongly advised, but totally optional. It is followed by a fun, potluck dinner in Veritas. Thereafter, we share a gentle ritual in the Well, entering Sacred Silence together, a silence that we hold for the period, in loving, support of each other. Note: I am available to help anyone who might struggle during silence. It is an experience, not an endurance test!

**FRI:** 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 late afternoon Bowspring yoga class, with local teacher Charmaine, She will guide us in sound, while we remain in silence. (Additional cost for those attending R100) 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).

**SAT:** 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. Thereafter a possible second labyrinth moonlight walk, weather dependent. Dinner is again self catered.

**SUN:** 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 an open hearted sharing. We return to the world of sound with a hearty Sunday lunch at Tebaldis restaurant. Balance. Balance. Balance!



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