

The Joy of Sound

The Joy of Silence

A Celebrating Freedom Retreat



WED 18 - SUN 22 OCT 2023

Once Temenos spaces filled, 4 spaces available at the beautiful Old School in the village. Walking distance and full access to Temenos

R6 300

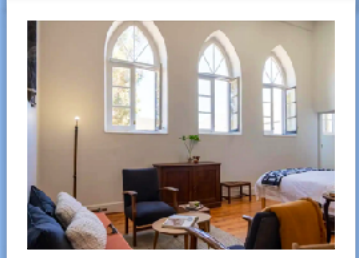
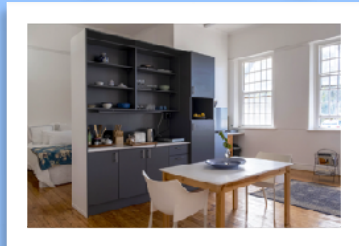
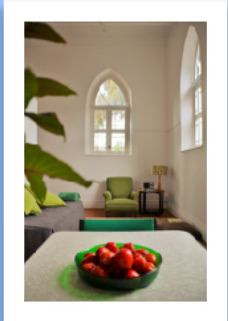
Non refundable deposit: R1 500
Paid in full by 18 Sep 2023

Turn within and experience a very special retreat at Temenos in the village of McGregor. Self catered, beautiful apartments at the stunningly renovated Old School
www.oldschoolmcgreor.co.za

- A time to share the joy of music and movement through Nia
- A time to laugh, to celebrate life and the beauty of human sound
- A time to shake off tension with TRE
- A time to exhale, to pause, to "be"
- A time for stillness through gentle yoga, contemplation and meditation
- A time to laze in the gardens, or walk the labyrinth, spiralling to our centre
- A time to come together under a starry village sky and enter Great Mystery

Mostly, a time to slow down, to "slip beneath the blanket", inviting rest and renewal while finding deep presence within the Sacred Silence

Facilitated by: Tania Bownes,
 retreat facilitator over many years, including 17
 Sound and Silence Retreats at Temenos
 Nia Black Belt Teacher
 TRE Practitioner Fascia Release Therapist
 Aromatherapist Reflexologist Reiki Practitioner
 Yin Yoga Teacher



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
- Meals during silence
- Drinks/snacks

Tania Bownes

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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

