



The Joy of Sound

The Joy of Silence

A Celebrating Freedom Retreat



R6 700

Non refundable
deposit: R1 600
Paid in full by 31
August 2024

WED 25 -
SUN 29 SEP
2024

Price Includes

Fully equipped, self
catering single
accommodation
Dinner Wednesday
and Thursday
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.) 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 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 ritual. We return to the world of sound with a hearty Sunday farewell lunch in the village, A beautiful balance of Silence and Sound.



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www.celebratingfreedom.co.za

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

1676 035532 Branch Code 167 609 Ref: Your Name

