



The Joy of Sound

The Joy of Silence A Celebrating Freedom Retreat



Max 12 spaces
within Temenos

Single accommodation
only as we are in silence

4 spaces outside
Temenos

With full access to
Temenos/gardens

R6 700

Non refundable
deposit: R1 600
Paid in full by 31
Aug 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
Meals during silence
Drinks/Snacks
Bowspring Yoga

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



Share the joy of community with others
Retreat into the joy of your own quiet presence

Proposed Programme

Wed 25
- Sun
29 Sep
2024

WEDNESDAY 25 SEP

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

THURSDAY 26 SEP

Meditation (silent sitting)	09:00 - 09:25	The Well
Fun Nia class (no experience needed)	10:00 - 11:00	NGK Hall
Brunch/free time/therapies etc	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

FRIDAY 27 SEP

Meditation (silent sitting)	09:00 - 09:25	The Well
Chakra Dancer (Gentle Nia in Silence)	09:40 - 10:50	Caritas
Free time/therapies	11:00 - 16:15	Self
Bowspring Yoga with Charmaine	16:30 - 17:45	Caritas
Dinner - self catered	18:00	Cottage
Meditation (silent sitting)	18:45 - 19:10	The Well
Labyrinth by Night (weather dependent)	19:15	Labyrinth

SATURDAY 28 SEP

Meditation (silent sitting)	09:00 - 09:25	The Well
Yin Yoga with Tania	10:00 - 11:15	Caritas
Free time/therapies	11:15 - 18:00	Self
Dinner - self catered	18:00	Cottage
Meditation (silent sitting)	18:45 - 19:10	Little Way
Labyrinth by Night (weather dependent)	19:15	Labyrinth

SUNDAY 29 SEP

Silent Walk in the hills	06:45 - 08:15	Caritas
Leaving the Silence Ritual (all to attend)	08:45 - 11:00	The Well
Check out (Please be packed)	11:15	Reception
Farewell Sunday lunch (optional)	12:00	Village

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

taniab@celebratingfreedom.co.za

www.celebratingfreedom.co.za

Banking Details: T E Bownes/Nia Hout Bay
Account number 1676 035532

Nedbank Hout Bay
Branch 167 609

Current Account
Ref Your Name

