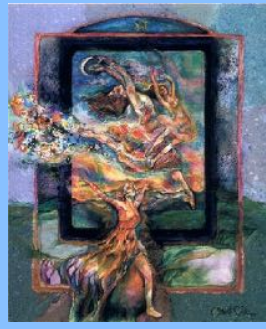




The Joy of Sound

The Joy of Silence

A Celebrating Freedom Retreat



WED 25 - SUN 29 SEP 2024

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
Bowspring Yoga
Meals during silence
Drinks/snacks

Turn within and experience a very special retreat at Temenos in the village of McGregor

- 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 18
Sound and Silence Retreats at Temenos
Nia Black Belt Teacher
TRE Practitioner Fascia Release Therapist
Aromatherapist Reflexologist Reiki Practitioner
Yin Yoga Teacher



Tania Bownes

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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

