

Retreat for Awakening

**3 Day retreat with Marja, Anneriek & Carmella
16-18 November 2018**

The spiritual journey is the unlearning of fear and
the acceptance of love

~Marianne Williamson

In this beautiful 3 day retreat three amazing teachers - Marja, Anneriek and Carmella - will take you on a spiritual journey to increase your level of awareness using yoga, breath work and sound healing.

Marja will help you to use 'Clarity Breathwork' a gentle, safe and powerful breathing process that releases stress from the cells of the body and helps to transform limiting thoughts emotions and beliefs. It is a highly effective method of dissolving any obstacles in the subconscious mind and the emotional body.

Anneriek will teach yoga to create a deep connection to your body. Creating conscious movement, releasing the layers of tension we built up in our body and creating strength in order to allow your vulnerable self to shine.

Completing your journey through sound healing with the beautiful **Carmella** Baynie - finding expression of your true self through voice, creating harmony within.

Where

Anneriek's beautiful property in Cattai, NSW.

Program

Friday 5PM start,
Sunday 2PM finish.

Cost

\$500 twin share.
\$400 triple share.
\$350 camping.
Book with a friend and both receive \$50 off.

Breakfast, lunch, dinner, morning and afternoon tea included.

Experience?

Some yoga experience is recommended.

Questions?

Contact Anneriek on
0439 886 185 or
anneriek@yoga4you.com.au
www.yoga4you.com.au



About the Intensives

Anneriek and Maria welcome people into Anneriek's beautiful home, which creates a trusting and open environment to share and explore the themes of the retreat. Group size is kept to a limited number.

This retreat includes:

- ▶ Breath work using meditation
- ▶ Yoga asana classes (Yin and Flow) and moving meditation
- ▶ Sound healing and exploration of your voice
- ▶ Delicious vegetarian breakfast, lunch and dinner, drinks and snacks. All freshly made for you.
- ▶ A beautiful yoga shala and accommodation surrounded by a peaceful and quiet valley

This retreat is **suitable for all levels of yoga experience** as long as you have a willingness to explore and deepen your yoga journey.

Booking

A non refundable \$100 deposit is required to secure your spot. Payment in full to be made 30 days before the start of the retreat.

Payments can be made via cash, bank transfer or secure credit card payment. Paypal booking available online at www.yoga4you.online. Payment plans can be organised.

Bank details:

- ▶ Commonwealth Bank Windsor
- ▶ Account name: Johanna Favelle
- ▶ BSB: 062 622
- ▶ Account no: 10409912

Please put your full name as reference



Marja

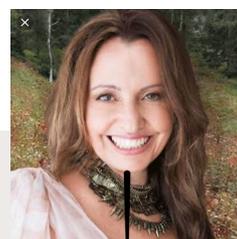


Marja has been a practitioner and teacher of yoga, Reiki & breathwork for over a decade. She believes that all challenges have the incredible ability to transform us into more powerful and peaceful beings. Her warm, caring, nurturing style of teaching holds space for her students to go deep while feeling safe and supported.



Anneriek

Anneriek has studied yoga traditions for nearly 2 decades and is a Senior Yoga Teacher with experience in multiple yoga disciplines, including Prana Flow, Yin, Asthanga and Vinyasa. She has a unique ability to allow you to embody the flow of the yoga practice, connecting to your inner power with fluidity.



Carmella

Carmella is a singer and inspirational award winning composer. She has studied, performed, and taught sacred music from an early age, dedicating herself to facilitating sound as a healing force. Her unique personal style weaves various cultural explorations of sacred music and song which awakens the heart, uplifts the spirit and opens the channels of inspiration.