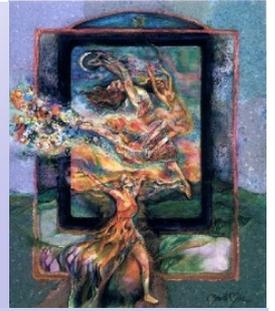


# Celebrating Freedom Goddess Retreat Temenos



The Joy of Sound ...

The Joy of Silence ..

Fri 29 Sep - Tues 03 Oct 2017

R 4 390

**Paid in full  
by 25 August 2017**

**Maximum  
12 spaces**

**R1 000  
deposit to  
secure a  
place**

## INCLUDES

Fully equipped, self catering single accommodation  
Dinner Fri  
Brunch Sun  
Brunch Tues  
1 x Laughter Yoga  
3 x Nia classes  
1 x Group TRE (tension/trauma releasing exercises)  
2 x Silent walks  
Daily meditations

## EXCLUDES

Healing therapies  
Dinner Monday  
Brunch Monday  
Drinks/snacks

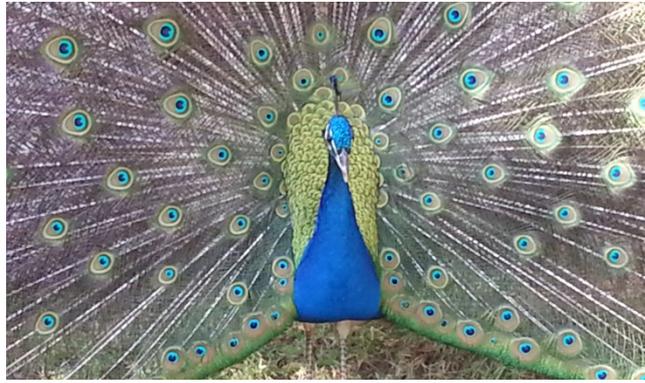
Come and treat yourself this Autumn, to a very special goddess retreat at Temenos, in the village of McGregor.

A time to come together in sisterhood and **dance** under a starry sky.  
A time to celebrate the joy of music and the joy of movement, through **Nia**.  
A time to **laugh** together, to celebrate life and the beauty of the human voice.  
A time to **shake off stress** with TRE.  
A time to **walk** in the hills, connecting to Mother Earth.  
A time for gentle, daily **meditation**.  
A time to **laze** in the gardens or walk the labyrinth, spiralling to our centre.

And then a time to **slow down**, to turn within, to "slip beneath the blanket", inviting rest and **renewal** as we enter the **Sacred Silence** together.....



Contact Tania Bownes 083 3266352 or  
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More details on  
www.celebratingfreedom.co.za



## Proposed Programme

A time  
just for  
you!



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### FRIDAY 29 SEP

Welcome	18:00	Caritas
<i>Opening circle and Laughter Yoga</i>	18:15—19.45	Caritas
Dinner (cost included)	20:00	Tebaldis

### SATURDAY 30 SEP

Meditation	8:00 - 8:20	The Well
<i>Fun Nia class</i>	8:30—9:45	Caritas
Saturday Brunch (cost excluded)	10:00—11:15	Flora's (village)
Free time/therapies/village	11:15 -16:15	Own cottage
<i>TRE session **</i> (bring blanket and mat)	16:30—18:00	Caritas
Meditation	18:15 - 18:35	Little Way
Shared potluck dinner	19:00	Veritas

### SUNDAY 01 OCT

Meditation	8:00 - 8:20	The Well
<i>Fun Nia class</i>	9:00 -10:15	Caritas
Sunday Brunch (cost included)	10:15—11:15	Tebaldis
Free time/therapies/village	11:15 -12:15	Own cottage
<i>Entering the Silence</i>	12:30 -13:30	The Well
Free time/therapies	13:40 - 18:30	Own cottage
Meditation	18:40 - 19:00	The Well
Dinner (self catered)	19:00	Own cottage
<i>Labyrinth by night</i> (opt/weather dep)	19:30	Labyrinth

### MONDAY 02 OCT

<i>Silent walk</i>	7:30 - 9:00	Hills/village
Meditation	9:30 -9:50	The Well
Free time/therapies	10:00 -16:45	Own cottage
<i>Chakra Dancer Nia</i> (in silence)	17:00 -18.10	Caritas
Meditation	18:30 - 18:50	The Well
Dinner (self catered)	19:00	Own cottage
<i>Labyrinth by night</i> (opt/weather dep)	19:30	Labyrinth

### TUESDAY 03 OCT

<i>Silent walk</i>	7:30 - 8:45	Hills/village
<i>Leaving the Silence</i>	9:45 —11:00	The Well
Check out	11:15	Reception
Shared brunch (cost included)	12:00	Village

\*\* TRE = tension and trauma release exercises. Optional



*The Joy of Sound ...*

*The Joy of Silence ...*

*Retreat into the Joy of community with other women  
Retreat into the Joy of your own quiet presence.....*



**FRIDAY:** The retreat begins with a gentle, introduction circle—introducing the theme of the retreat and introducing ourselves to one another. We then move into a Group Laughter Yoga session. Thereafter, we find the joy of sisterhood, sharing a fun (and often rowdy!) meal together in Tebaldi's Restaurant.

**SATURDAY:** We are fully in the Joy of Sound. First, early morning quiet time in meditation, then a Nia class, where we can move our bodies in joy together (no experience necessary). Brunch at Flora's Eating House in the village brings more sisterhood, then time alone, followed by an evening TRE session. TRE is all about releasing tension via neurogenic tremoring. An organic body response to stress and trauma, which is something all animals and children do when afraid—they literally shake the tension out of the muscles, in particular the "fight/flight/freeze" muscle—the psoas. TRE brings us to the joy of releasing, of letting go. (see [www.celebratingfreedom.co.za](http://www.celebratingfreedom.co.za) for a vide clip). We end the day with a Potluck, shared pyjama party .....too much girl fun!

**SUNDAY** begins with a gentle morning meditation in silence and then we delight in another Nia class, bringing us into deeper connection with our bodies. At midday we enter the Great Silence together, going within, through a held ritual. A shared sisterhood of silence. We end the day with a labyrinth moonlight walk (weather dependent).

**MONDAY**, we walk the hills of the village together in silence, looking, listening. The joy of observing and sharing in nature. Quiet, alone time during the day leads into an evening of Chakra Dancer, a Nia class, where the cues are marked only by clicking of fingers, no speaking. The movements stimulate all the chakras, the energy centres of our bodies. The Joy of moving energy, without words. A second labyrinth moonlight walks follows our dinner alone in silence in our cottage (weather dependent).

**TUESDAY**, we walk the hills in silence, early morning and then prepare to leave the great silence together, in a ritual manner. This marks the end of our retreat. Optional farewell brunch at Tebaldi's restaurant.

So come and *be* in YOUR joy, as we share in community and turn deep within.....

*Facilitated by:*

Tania Bownes

Nia Brown Belt Teacher

TRE practitioner (Advanced)

Aromatherapist

Reflexologist

Reiki Practitioner

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