

A silent retreat is about more than silence, al be it silence is very important. By silence it is implied that you have a silent body, mind and soul. This is the only way to get to connect to Source fully. Allow your being to surrender to source and life from Love, Live and Light.

We work with breathing, silence within, releasing, meditation, and celebration of life and living. The point is to settle the body, mind and soul to make a deep connection to the divine. Take these experiences home and practice them when you feel the time is right.



# Silent Retreat

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# Silent Retreats

We have two silent retreats, the one a

## weekend retreat

consisting of three information and feedback sessions. All the rest of the time is spent in silence somewhere on the premises.

The themes for the three information session are as follows.

- 1.1 Breathing
- 1.2 Point Of Silence
- 1.3 Dance (in silence)
  
- 2.1 Connect To All That Is
- 2.2 Crystal Temple Meditation
- 2.3 Dance (in silence)

During the feedback sessions we each get a chance to discuss our experience of the day.



## Week retreat

The week retreat consists of three information and feedback sessions. All the rest of the time is spent in silence somewhere on the premises.

The themes for the three information session are as follows.

Information and sharing session.

- 1.1 Breathing
- 1.2 Point Of Silence
- 1.3 Dance (in silence)
  
- 2.1 Connect To All That Is
- 2.2 Crystal Temple Meditation
- 2.3 Dance (in silence)
  
- 3.1 Check Breathing
- 3.2 3 Mind Meditation
- 3.3 Aloha Breathing
  
- 4.1 Eulogy And Contract
- 4.2 Communication With Your Subconscious
- 4.3 Manage Anger

- 5.1 Ho'oponopono
- 5.2 Silence
- 5.3 Workshop
  
- 6.1 Meadow To Mountain Top
- 6.2 Sensory Development
- 6.3 Celebrate Life - Dance And Music.

During the feedback sessions we each get a chance to discuss our experience of the day.

