

The rising of the light

10-12 January

At the dawn
of a new
year we
prepare the
field
creating
space for
new
qualities,
new
beginnings.



All of us are defined, originally, by our capacity to be conscious and capable of remembering the great energetic potential contained in us. In the midst of this inner cosmos a light calls us to awaken from our conditioned forgetfulness. The great journey of remembering who we are is reignited and again we find ourselves on the path of transformation.

This weekend retreat is for those who would like to recover from the over stimulation and consumerism associated with the festive season. We will get into sacred practices and ceremonies which draw on Yoga and Core Shamanism.

Silence, blind-folded practices, advanced pranayama and asana, meditations, mantra japa, dances, journeying and dreaming tasks. All tuition and facilitation Sama Fabian.

The weekend is intensive and requires a good understanding of one's own process.

Friday arrive at 3 pm to settle.
Sunday depart at 2 pm after lunch.

Cost: £325 includes full board and all tuition.
Please forward £100 non-refundable deposit to book your place.
Balance due by 15 Dec. Payment in instalments available.

What you need to bring:

Warm indoor clothes and footwear
Water proof outdoor clothes and footwear
Towel and toiletries
Hot water bottle
Mind-fold
Pen and paper or a diary.

On receipt of your deposit you will receive the full schedule as well as recommendations and food menu for the retreat.

There are 8 places on this retreat. Please forward your deposit in good time.