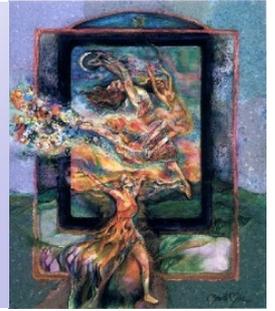


# Celebrating Freedom Goddess Retreat Temenos



## The Joy of Sound ...

## The Joy of Silence ..

**Fri 30 Sep – Tues 4 Oct**

**R 3 900**

**Paid in full  
by 26 August**

**Maximum  
12 spaces**

**R900 deposit  
to secure a  
place**

### INCLUDES

Fully equipped,  
self catering single accommodation

Dinner Fri  
Brunch Sat  
Brunch Sun

1 x Laughter Yoga  
3 x Nia classes  
1 x Group TRE\*  
2 x Silent walks

Meditations

Healing therapies  
extra

Treat yourself this Autumn, to a very special 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.....

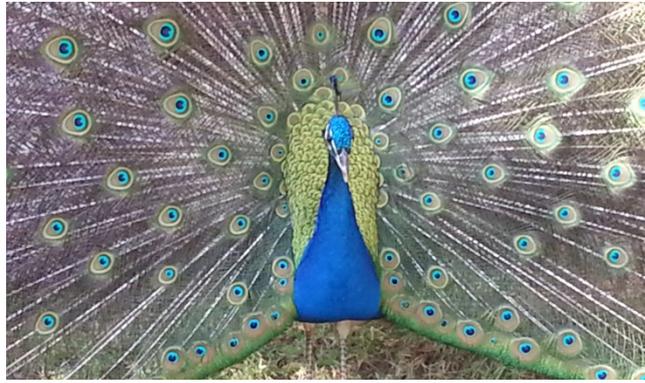


Contact Tania Bownes for more details or to book.

083 3266352 or

[taniab@celebratingfreedom.co.za](mailto:taniab@celebratingfreedom.co.za)





## Proposed Programme

A time just  
for you!



Contact Tania Bownes  
for more details or to  
book.

083 3266352  
or  
taniab@celebrating  
freedom.co.za

Nia Hout Bay,  
Nedbank Hout Bay,  
Branch 167 609  
Account 1676 035532



### FRIDAY 30 SEPTEMBER

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

### SATURDAY 01 OCTOBER

Meditation	8:00 - 8:20	The Well
<i>Fun Nia class</i>	9:15 - 10:30	Caritas
Saturday Brunch (cost included)	10:30—11:30	Tebaldis
Free time/therapies/village	11:30 -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 02 OCTOBER

Meditation	8:00 - 8:20	The Well
<i>Fun Nia class</i>	9:00 -10:15	Caritas
Sunday Brunch (cost included)	10:30—11:30	Tebaldis
Free time/therapies/village	11:30 -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)	20:00	Labyrinth

### MONDAY 03 OCTOBER

<i>Silent walk</i>	7:30 - 9:00	Hills/village
Meditation	9:30 -9:50	The Well
Free time/therapies	10:00 -17:20	Own cottage
<i>Chakra Dancer Nia</i> (in silence)	17:30 -18.30	Caritas
Meditation	18:40 - 19:00	The Well
Dinner (self catered) 19:00		Own cottage
<i>Labyrinth by night</i> (opt/weather dep)	20:00	Labyrinth

### TUESDAY 04 OCTOBER

<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	
Brunch in the village (optional)	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.....*

The retreat begins with a gentle introduction and then we move into a Group Laughter Yoga session. Thereafter, we find the joy of sisterhood, sharing a fun (and often rowdy!) meal together in Tebaldis 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 Tebaldis 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 Pot-luck, shared pyjama party .....

**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 come out of silence together in a ritual manner. This marks the end of our retreat. Optional farewell brunch in the village.

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

*Facilitated by:*  
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Nia Brown Belt Teacher  
TRE practitioner (Lev 2)  
Aromatherapist  
Reflexologist  
Reiki Practitioner  
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