

Arrive Tuesday 20th June ; relax and unwind

Day 1; Wednesday

AM Class :

We open our heart ANAHATA Chakara

Using lotus mudra a sign of purity



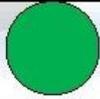
Like the lotus flower, which grows and beautifully blooms in muddy water, the lotus seed symbolizes spiritual growth and the ability to rise above obstacles. Also said to increase one's devotion, peace of mind, and inner beauty.

13 heart opening stretches to make you feel positively blissful by working on our heart chakra, these postures will be revisited within our acro, yin and flow throughout the week to work even deeper within.

PM class:

Heart opening yin

using ANAHATA mantra YAM ; YAAAAAAM

<p>4. HEART CHAKRA ANAHATA (LOVE) Heart</p>		<p>Right Hand: Index finger and thumb touching at Heart Centre. Left Hand in same Mudra resting on the Knee. Chakra Sound... Long Y-A-A-A-M.</p>	 <p>YAM</p>	
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“There is a blessing hidden in every trial in life, but you have to be willing to open your heart to see them”

HEART CHAKRA ~
Mantra: “I LOVE”

AFFIRMATION: I am loved, and loving Divine provides all I need. Everything I do, I do with love. I am receptive and open to receiving love. My heart is healing, my needs fulfilled. I let go of all resentments. I forgive others and ask forgiveness and lovingly let go of the past. I allow the abundance of the universe to pour into my heart. I feel others but do not attach to their lives.

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Day 2: Thursday

Am class

Heart opening Iyengar yoga ; using props

“Open your heart to LOVE, truly let go of fear of what could fail, believe that this is YOUR time. Love freely and know that good things are round the corner”

PM class

Pranayama and meditation

“Breathing and thinking are the two most important processes, one for sustaining life and the other for giving it a purpose” (Tasneem Hameed)

Day 3; Friday

Am class

Heart opening Vinyasa flow

Pm

Reiki treatment

Using mantra/vibration ; OM shanti shanti shanti

Sound of the universe

Peace

“Every cell in my body vibrates with energy and health.
Loving myself heals my life. I nourish my mind, body and soul.
My body heals quickly and easily”

“The touch of reiki: dissipates Anger, soothes away worries,
evokes a heart-felt sense of gratitude, inspires us to be and
do our very best, engenders a state of loving kindness.....”
(James Deacon)

Today's significant gift; Eye mask

Day 4 Saturday : Chakra cleansing hatha

Chakra Cleansing & Balancing Mudras & Mantras				
While SEATED in Easy Pose (Cross-Legged on the Floor), VISUALIZE the CHAKRA LOCATION; its COLOUR and REPEAT the MANTRA for 3 MINUTES for EACH CHAKRA; beginning with Root Chakra...				
CHAKRA NAMES, PURPOSE & LOCATION	MUDRA	PROCEDURE	MANTRA & CHAKRA COLOUR	CHAKRA SYMBOL
1. ROOT CHAKRA MULADHARA (SURVIVAL) Base of Spine, on Perineum.		Thumb & Index fingers touch. Arms Straight, hands on knees. Chakra Sound... Long L-A-A-A-M.	 LAM	
2. SACRAL CHAKRA SWADHISTHANA (CREATIVITY) Hips		Place Hands in your lap with your palms facing upwards, right palm resting on top of left. Chakra Sound... Long V-A-A-A-M.	 VAM	
3. SOLAR PLEXUS CHAKRA MANIPURA (WILL POWER) Two-Inches Below Naval		Place Hands between your heart and your stomach. Chakra Sound... Long R-A-A-A-M.	 RAM	
4. HEART CHAKRA ANAHATA (LOVE) Heart		Right Hand: Index finger and thumb touching at Heart Centre. Left Hand in same Mudra resting on the Knee. Chakra Sound... Long Y-A-A-A-M.	 YAM	
5. THROAT CHAKRA VISHUDDHA (EXPRESSION) Throat		Hands by Stomach, fingers interlaced and thumb tips touching. Focus on Throat Chakra. Chakra Sound... Long H-A-A-A-M.	 HAM	
6. THIRD EYE CHAKRA AJNA (INTUITION, WISDOM) Third Eye		Hands in front of the lower part of your breast. Middle fingers stand up tips touching, other fingers bent at first joint as shown. Chakra Sound... Long A-A-A-U-U-M.	 AUM	
7. CROWN CHAKRA SAHASRARA (SPIRITUAL CONNECTION) Crown		Hands in front of your stomach, fingers interlaced, Little fingers pointing upwards. Chakra Sound... Long A-A-A-A-N-G.	 ANG	

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Light heart opening acro yoga

Instinct, Emotions, Energy, Love, Truth, Intuition, Connection

“Today and every day I choose healing for my heart, mind, body and spirit”

Today's related gift : chakara cleansing bracelet and throat chakara themed dvd directed and led by your instructor Becky, also our tigers eye works in partnership with the solar plexus Chakara

Day 5; Sunday

Am

Seated Balancing postures to balance the body and mind

Pm

Standing balancing postures to leave the retreat feeling grounded

“Life is about balance. Be kind, but don’t let people abuse you, Trust but don’t be deceived, Be content, but never stop improving yourself.”

TODAYS SIGNIFICANT GIFT: TIGERS EYE; HARMONY, BALANCE, RELEASE FEAR OF ANXIETY, MAKING DECISIONS, UNDERSTANDING.