



LUMINOUS HEART – IBIZA RETREAT

Thursday, 24 May 2012 until Thursday, 31 May 2012

Come and explore the landscape of your Luminous Heart by sharing lots of fun, relaxation, love, laughter and daily spiritual practices on the Beautiful Isle that is Ibiza.

- ♥ Melt into Joyous transformation, expansion and elevation
- ♥ Share heartfelt connections, laughter and delight!
- ♥ Enjoy poolside relaxation, wonderful beaches and delicious food

Each day shall be begin with Early morning Sadhana enjoyed by those who wish to start their day in the joy of the magical ambrosial hours sharing kundalini yoga, meditation and mantras.

Each day there will be sessions on offer both in the morning and evenings, with the afternoons free for your own time. The invitation is to embrace yourself through yoga, dance, movement, breathwork, sacred ceremony, tantra, and lots of divine mantra.

Please bring your instruments so we can create some wonderful kirtan together.

We shall be staying in a beautiful detached villa in a tranquil rural area equipped with private pool and grounds to ensure ample opportunity for quiet contemplation, rest and relaxation.

The magical white isle of Ibiza is long renowned for its healing energies and the profound power of the Islands Guardian Goddess Tanit. Ibiza is seeped in mythology and legend and has been a spiritual location for 3000 years. We shall share an excursion to the magnificent Es Vedra, a huge jagged rock, subject to many myths and home to one of the most magnetic points on our Earth. It lies upon very strong ley line energy of both the Earth and Galactical dimensions. To experience its breathtaking ecology, ancient mystery and unique healing power is an experience not forgotten.

The retreat is to be hosted by Sharmila Devasya and BenJahmin and we invite participants to bring their talents, skills and gifts to any sessions they might wish to lead/contribute to the retreat itinerary.

Sharmila ~ Homeopath, Craniosacral body worker, Reiki Master, Healer, Kundalini Yoga Instructor, Lover of Life, Tantra, Meditation, Festivals, Camping, Nature, Laughter, and committed to elevating consciousness of this planet and all its inhabitants. 15 years of Healing work experience in the UK, adores Ibiza and has lead retreats and done healing work there during the last 5 years.

BenJahmin ~ Kundalini Yoga Teacher with Sky The International School of Kundalini Yoga and Shakti Dance Teacher. Experience in Martial Arts Training, Healing, Reflexologist, Reiki and Sat Nam Rasayan. BenJahmin is a gifted musician, singer, and songwriter and is passionate about mantras and the science of the Naad. He brings years of experience, dedication, devotion, and his generous warm heart to this magical retreat.

Tuition, Materials and Accommodation all for the wonderful investment of £620. Concessions available at £540
Full Payment is due by April 9th 2012

Deposit of £150 before February 20th will secure your place. Those paying in full by this date will receive £40 discount.

Only 12 places available so book quickly!!

Accommodation is shared.

Food is 80 Euros in the kitty at the beginning of the retreat and we shall all cook together seva ashram style as part of the community experience. It will be vegetarian and very yummy!

Flights, transfers and insurance all booked by you!

For further details and all bookings please telephone

Sharmila 07790954321