



Life Element

Glastonbury Retreat

March 30th, 31st and 1st April 2012

Awakening the Soul Body



Glastonbury is a special place (and not just for the music festival). It is a village steeped in mysticism and has a rich spiritual lineage. The **Life Element retreat** in September 2011, was a special time of renewal and acknowledgement. Its success inspired us to continue to run retreats in this amazing location. The retreat in **Spring of 2012**, will use Kundalini Yoga and Guided group meditations to help you face your own soul. Sivaroshan and Sacha Knop shall use their teaching and healing skills to help you connect to the powerful infinite potential, within us all.

What will be doing?

During your 3 days you will experience the wonderful practise of Aquarian sadhana; rising early you will have the opportunity to practise yoga and meditation at an incredibly powerful part of the day. Using Kundalini Yoga (as taught by Yogi Bhajan), I shall guide you through yoga & meditation practises to awaken the 1st of the 10 bodies, said to be the home of the soul in yogic wisdom. Later you shall be taken on a journey by Sacha Knop to 'Face Your Soul'. You will be able to experience an awakening of your energy centres as Sacha skilfully uses techniques to both relax you and powerfully open you up to access the deeper parts of yourself. We shall also have time to visit Glastonbury's wonderful local attractions, such as the Tor and Chalice Wells.

Where will be staying?

We will be staying in the Shekinashram for the 3 days. The Ashram is at the base of the Tor and has an amazing energy. It is run by some wonderful people, and we will be treated to fab Breakfasts and Vegan lunches during our stay, we will also be having dinner at a restaurant nearby each evening.....for more info on the ashram

visit: www.shekinashram.org/

Sivaroshan is the founder of 'Life Element' and a level I & II trained Kundalini Yoga teacher, learning under the Tutelage of Karta Singh, founder of the Amrit Nam Sarovar International School (ANS). He is committed to the 'practical' application of Kundalini Yoga and making it accessible to everybody, regardless of their background or circumstance. Sivaroshan draws upon over 10 years of spiritual eastern practise, which includes Raj Yoga, Buddhism and Ashtanga. His teaching style is direct, uplifting and compassionate. His aim is to empower students to find their personal strength and joy. He is also an accomplished energy healer with experience in several modalities. <http://www.lifeelement.co.uk/>



Sacha Knop(Dip.Hyp, HPD, LHS - Licentiate member of the Hypnotherapy Society), is an international soul reader, hypnotherapist, personal soul coach, meditation teacher, Reiki practitioner, online radio presenter and writer. She speaks Dutch and English fluently. The language of energy, of the heart and soul are her second nature. An expert on matters of the soul and deep relaxation, with 16 years experience in meditation practise of which 10 years as a teacher in the 'Cutting the ties that bind'-method. She also has 12 years experience in Reiki and in

healing the heart and soul. Sacha has lectured extensively. To find out more about Sacha visit: <http://www.soulwise.co.uk/>

This will be a wonderful opportunity to launch into the spring energy of 2012, but places are limited! To reserve your space or for further information contact: sivaroshan@lifeelement.co.uk, Mobile:07967 126338, Web : <http://www.lifeelement.co.uk/>

Photos from retreat in September 2011



The Details

Arrive on **Friday 30th March from 2pm**. Leave on **Sunday 1st April after lunch at 2pm**. Accommodation, breakfast, lunch and dinner, plus yoga & group meditations all included. Classes taught by Sivaroshan (Kundalini Yoga & Intuitive Healer).

Accommodation: Shekinam Ashram (<http://shekinashram.org/>), a wonderful venue located at the base of Glastonbury

Price for Standard Room Sharing **£275**,

Price for Ensuite Room Sharing **£300**,

Price for Dorm Room **£255**,

Deposit %50 of price to reserve your space limited to **12 people only**

Payment: Name: MR S SAHATHEVAN, Account Number: 13186202, Sort Code: 20-32-06, Reference: Yourname_GLASTO12

Travel:

Car London to Glastonbury – approx. 3hours

Train: London Paddington to Castle Cary or Bristol (then Bus)

Cab Ride from Castle Cary to Glastonbury approx. £25 (contact list for travel share will be sent out to help people on their way. OR London Paddington to Bristol (then Bus)