

11.30
- 5pm

Exhale –Time for You– A Day Retreat

at The Upminster Sanctuary, Pea Lane, Upminster, Havering, Essex, RM14 2XH

Sunday
28th
Nov

This day retreat is designed to give you time out from your usual schedule – a place to **unwind, exhale** and **let go**. As humans, we are emotional beings, and much of the emotion from our experiences is stored within the body. Often our busy schedules and fast paced way of life leaves us feeling rushed and out of alignment with our highest nature which is **vibrant, healthy** and **at peace**. The Upminster Sanctuary provides the perfect space, set in rural surroundings within two ley lines creating an energetic and physical peaceful haven. Your day will include the sessions below as well as lunch.



Yin Yoga: Yin is a slow, soothing, and meditative style of yoga that targets the deep connective tissues, bones, joints, fascia, and ligaments in the body. It also focuses on stretching and stimulating different acupuncture points from Traditional Chinese Medicine. Yin Yoga encourages you to become aware of stored emotions within the body so you can begin to recognise and release them. You can expect slow, deep stretches and meditation that balances and strengthens the body, mind, and spirit.

Crystal Sound Bowls: Sound healing, which is also known as sound therapy, has been practiced since ancient times. The concept of sound therapy is based on the idea that every part of your body creates a vibration which resonates in a certain way. Put another way, vibrational healing is based on the idea that everything in the universe - including our bodies - is in a state of vibration.

When the body is out of balance, diseases can result. That is, illness is caused by blockage which stops the organ in question from vibrating at its healthy frequency. Sound healing works by sending sound waves throughout your body, which brings harmony through oscillation and resonance. This helps restore your body's balance which in turn helps you heal.



Reiki Drumming Journey: Reiki is a non-invasive system of natural healing and literally translates as 'universal life-force energy'. The drum beat is a sound that is regarded as sacred and healing on many levels.

Reiki drumming is a method of combining the two healing modalities, making use of the sound waves from the drum to introduce Reiki energy more deeply into each person's energy field. As stress is relieved,

Bio feedback research indicates that even brief heartbeat drumming can double light meditative brainwaves (alpha – these are the brainwaves associated with wellbeing and euphoria) and reduce stress – the drumming is infused with Reiki and helps it reach further depths for healing. The physical transmission of rhythmic energy to the brain synchronises the two hemispheres. It doesn't just increase your intuition and creativity, but it magnifies your brainpower!

Tea, Vegan Lunch & All the above (and more) included
£70 for the day