

Chakradance™ Rhythm of the soul



Imagine yourself having a weekend of relaxation, fun, letting go and charging your energy. A weekend where you leave everyday stress behind you and give yourself the attention you need and deserve.

A weekend where you move with beautiful music, guided meditations, visualizations en creativity. And meanwhile we travel through our chakra's to self discovery and self healing.

That weekend we will stay in a beautiful environment that is surrounded by beauty, light, space and tranquility. When we look outside we are invited to walk through the beautiful gardens and enjoy the gorgeous nature. This environment is called **Samaya** and means in this setting **to let go in connection with yourself and others.**

The superb kitchen takes care, that our body's are nurtured with honest, delicious and fresh products. These products will be prepared with loving care and when you are on a diet, they will take care of that too.

This is a weekend of magic and healing. We move our whole body and mind on pulsing music and everything we discover through this weekend will find his destination by making a mandala. This is a creative process that will develop as the weekend evolves.

A weekend in which you go out of your head and move into your body to connect with the solid ground inside of you. So that you will meet the challenges in your life with more fun, humor and self expression.

Or just a weekend where you give your body a great boost, to strengthen your inner and outer body and to just feel great and have fun.

Location: Samaya Werkhoven near Utrecht
Start: Friday 10 february 2012 at 19.00 o'clock
Finish: Sunday 12 february 2012 at 16.00 o'clock
Cost: Course and accommodation

When you sign up before December the 30th 2011 you will receive a discount of 10% on the total amount !!!!!!!

Course: € 180,-
Accommodation: Included are 2x overnight stay in single or double bedroom (intermediate)
2 x breakfast + 2x lunch + 1x diner + coffee, tea, water, cookies and fruit through the day
Single room = € 256,- pp or double (intermediate) = € 232,- pp
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