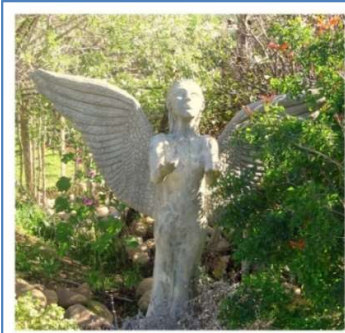


“Releasing attachments”

16 & 17 February 2018 ~ Temenos ~ McGregor



A weekend of nia, yoga and family constellation to support you in *releasing attachments* in order to step into your life fully.

Join us for a 2-night getaway (optional Sunday night at no extra cost) in the beautiful space of **Temenos** in McGregor.

A 2½-hour drive from Cape Town will lead you to the beautifully quaint village of McGregor with its unique charm that tantalises the soul and calms the mind.

A perfect venue to unfold, with daily nia & yoga practice, as well as an opportunity to experience family constellation work.

“Family constellations is a tool for unearthing that which is at the centre of our exploration. We see in 3D the obstacle, ancestor or emotion that prevent us from being our most dynamic authentic whole self.

A perfect way to release attachments to live life fully”

The retreat will offer you time to unfold in movement with Rene & Jill and to constellate with Nadia, with the intention of ‘peeling’ off a few layers to release attachments.

We will be offering a workshop on the fabulous book “The 5 Levels of Attachment” by Don Miguel Ruiz Jnr which offers great insights to why we have attachments, how to recognise them and how to release them. There will also be opportunity to experience the variety of magical spaces to relax, read, meditate and rejuvenate as well as time for connecting with others or yourself.

No previous nia or yoga experience required

Included:

2 or 3 night’s accommodation (Sunday night is an optional free night)

Dinner, bed and breakfast

Two nia & two yoga classes

Family constellation sessions

The 5 Levels of Attachment workshop

Investment to self:

Sharing: R3950 Single: R4500

**EARLY BIRD SPECIAL of R300 discount on the above prices
Deposit to be paid 1 February 2018**

Your hosts are **Rene & Jillian Lambert**, a sister partnership. They facilitate and host groups locally & internationally with the intention of creating a space for you to reconnect to yourself & rejuvenate your mind, body & soul. They are joined by **Nadia Khan Kimmie** who is a qualified family constellation facilitator with diverse experience and international exposure.

For more info call Jill on 0827750198 or Rene 0768156664
or email: magicmoments@jillianlambert.co.za

