

1. Relax and Reset your Intentions-

Your mind can only be in one of two states at any one moment Distraction or attention. When we have awareness of this we can then change and reset our intentions to create a balanced lifestyle. By mastering your attention, you can gain greater clarity over your choices. You can thus begin to create more of a life you want rather than what you have been told to do or to have. You will learn important relaxation skills to bring your mind home to a state of "mindfulness" not mindlessness.

2. Gain Clarity - you have to step outside of your life see things as they really are. It is easy to lose sight of the big picture when we are caught up in the day-to-day details of our, lives and business. On retreat there is nothing really "to do" you are learning how "to be", your responsibilities are only to yourself.

3. Receive Information/Intuition- It can be difficult to receive the very important intuitive messages that you need amidst the busyness and distractions of daily life. Whether it is a new business venture or a new relationship, or a personal issue often the answers and information are waiting for us. When we step out of our daily lives and gain some distance it becomes easier to see how we got to where are and what the way forward is. Revelation and inspiration strike in our unguarded moments; when we stop "trying" often the solutions just appear.

4. Connect to nature - Nature cures everything, fresh air healthy food, and a positive environment filled with the Yoga vibes of community, self-care, self-reflection, connecting with others, moving the body and empowering the breath, will restore and prepare you for a return to healthier living. Our own innate nature exists beneath the fluctuations of the mind and thoughts, on retreat you can gain a greater perspective of your current life issues and make positive change.

5. Running on Auto Pilot - for a return to healthier life it's time to acknowledge that as a human being science tells us that we are running %70 on Survival/30% in balance. This means your chemical and nureo pathways are confused with acting in Flight/flight most of the time. You will be acting, feeling and behaving from a place of survival. From here you are unable to see life with clarity. Your body is under constant attack, this raises blood pressure and effects the bodies innate immune system to perform. After a period of time you run "out of juice" fatigue and illness set in. This is why in our modern times, it is a must to learn relaxation and meditation skills.

6. You Deserve to be Happy & Healthy If you think about everything that you do and how much effort goes into serving others - friends, family and colleagues, then you know that you need some down time to reconnect with your source if you want to be effective at what you do in life. Life is precious and better lived when you are feeling well.