

# Shambala Holistic Centre

48 Geaglum Road, Derrylin, Co. Fermanagh, BT92 9GN

## One Day Yoga Retreat Day - 3rd March

Join us at Shambala Holistic Centre, along the tranquil & beautiful shores of Upper Lough Erne.

### SCHEDULE OF EVENTS

#### 12 NOON - STHIRA SUKHAM ASANAM WITH SHARON

Every pose should be steady & comfortable, the ease with the effort. This practice will concentrate on both muscular energy and organic energy combined to solidify & flow the poses giving them expression.

#### 1:15PM - RESTORATIVE REIKI YOGA WITH ALASDAIR & SUKHADA

Restorative Yoga uses props which enable the body to relax deeply, letting go of any tension. The poses are held for longer enabling the body to go deeper into the poses. Reiki a Japanese Technique for Relaxation & Stress Reduction is given to each person during the individual poses. This combination is unique in that you get the added bonus of Reiki.

#### 2:20PM - HEALTHY SNACKS & SHORT WALK ALONG LOUGH ERNE

#### 3PM - SOUND BATH WITH ANDY

A Sound Bath is an immersion in beautiful sounds and vibrations that are healing for your body, mind and spirit. It is a deeply relaxing, meditative experience which can take you on a journey of deep relaxation, healing & self-discovery.

To Book Contact Sukhada - P: 077-13744589 - E: rayoflight108@icloud.com



**Cost £40/€45**

**Snacks Available £4/€5**



**Full Information - [www.rayoflight108.com](http://www.rayoflight108.com)**