



Neshamah

ENLIGHTENMENT
RETREAT, BALI



15-21 JANUARY, 2011



About the Neshamah

Enlightenment Retreat, Bali Paradise.

Meditation. Yoga. Sunshine. Pure bliss.

This is a heart opening experience like no other. The neshamah enlightenment retreat will be 7 days of pure heaven, held in a beautiful modern villa in the beachside fishing village of Canggu, on Bali's south west coast.

Imagine starting your day in paradise with morning yoga, followed by the most blissful meditations you can think of, a tropical morning tea break, more meditation, then a delicious lunch by the pool, more meditation, some free time to enjoy the beach or local sights, followed by a little more meditation and an evening free to do whatever your heart desires.

This will be an unforgettable week in your life where you can relax, unwind and experience new levels of divine consciousness to open your heart, still your mind and give your body the healing it deserves. Start the year with this rejuvenating journey within yourself and learn to open the hidden pathways of the body that will help you feel at peace all year long.

Accommodation

To allow people to select the style and cost of their accommodation to suit their own requirements, we have chosen not to include this is the retreat. However there are plenty of nearby accommodation options of varying budgets. We would be happy to provide you with a list of these on request.

Sample Program

7.30-8.30am	Morning yoga (optional)
9.30-11am	Meditation session (90 mins)
11-11.30am	Morning tea
11.30-12.30pm	Meditation session (60 mins)
12.30-2pm	Lunch at the villa
2-3pm	Meditation session (60 mins)
3-6pm	FREE TIME
6-7pm	Meditation session (60 mins)

Learn to open the light body and experience pure consciousness.

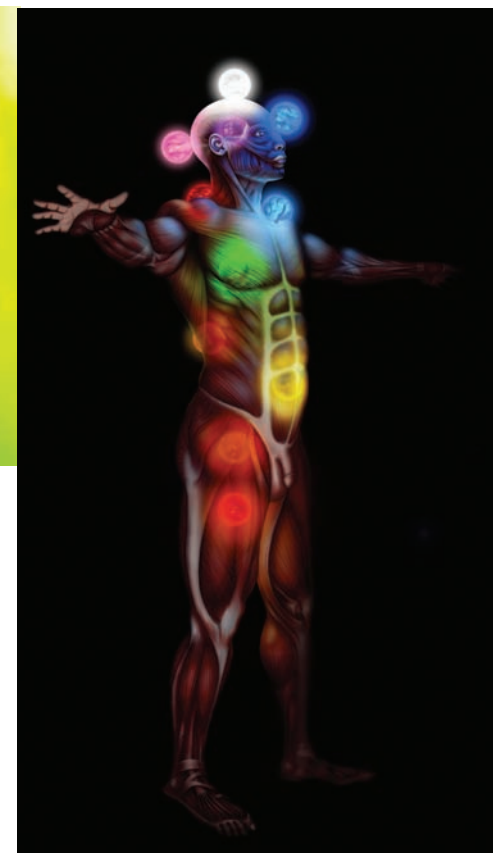
Neshamah literally means the breath of God - the true higher consciousness. In this 7 day holiday into meditation, we will progress from meditations of stillness and happiness through to ancient practices in opening the light body.

You will develop practical skills to still the mind, open the heart and light body and experience the divine state of oneness. These meditations help to relax the tension in the mind, which connects directly to the physical body through the energetic system. This means it is possible to help ease aches and pains and promote good health and wellbeing through opening up these powerful energetic centres. The meditations also promote emotional stability and create a deep sense of happiness.

There is also the option of participating in the unique candle meditation one evening, whereby candles are used to open up the energy centres that progress upwards from the crown. This is a beautiful opportunity.

Although meditation is not uncommon, these unique and very tangible light body meditations are the only ones of their kind currently being taught anywhere in the world. Don't miss out on this amazing experience to improve your physical, emotional and spiritual well being.

The Neshamah enlightenment retreat Bali is open to all levels of meditators, including beginners.





About the Facilitator, Kevin Farrow

The Neshamah Enlightenment Holiday will be led by Kevin Farrow. Kevin has practised and studied meditation for over 35 years. He has taught for 12 years, bringing a new practical experience of meditation to thousands of people. His published writings, meditation CD's and teachings have brought him worldwide recognition as a very unique and practical meditation teacher. He currently teaches in Australia, India and Europe. Kevin is also the founder of the AcuEnergetics® healing modality.

About AcuEnergetics®

Developed by Kevin Farrow, AcuEnergetics® is an energy healing modality with a unique and accurate approach to treatment of illness in the body. Based on over 35 years of experiential research into the human energetic system, AcuEnergetics® combines Farrow's research and understandings with knowledge from ancient Chinese, Middle Eastern, Indian and Judaic texts. The result is a modern treatment modality, backed by thousands of years of wisdom.

Using a detailed understanding of the body's energetic physiology and anatomy and applying techniques exclusive to this modality, AcuEnergetics® has successfully treated thousands of people for a wide range of conditions, including both physical and emotional complaints.

Meditation is always an integral part of the AcuEnergetics® modality, as it has the power to transform the body and mind.

www.acuenergetics.com

Costs

Full price 7 day workshop AUS \$1750. Retreat must be paid in full by 31 Dec, 2010. Earlybird price AUS \$1500. Pay retreat in full by 5 November, 2010.

Price includes 7 day workshop, all meditations, yoga, morning tea, lunch and afternoon tea during the workshop. Please remember accommodation is not included. Space will be limited so book early to avoid missing out.

acuenergetics®
ACCURATE | ENERGY | MEDICINE