



Going Inwards

9 - 15 January 2016

Sri Lanka

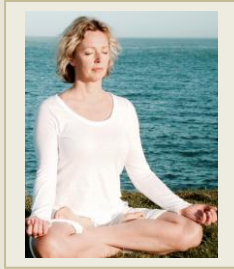
Take a deep dive inwards with this yogic and mindful lifestyle retreat on the 64 acre Rosyth tea and rubber plantation located near the provincial town on Kegalle, two hours from Colombo airport. A dreamy jungle location at 1000 feet where tea grows best; we too will grow inwardly through the wellness program, vegetarian cuisine and relaxation. Your day starts in the early morning with yogasanas, chanting of sacred sounds and meditation. Following in the afternoon are yoga nidra sessions to release hidden tensions and you finish the day with evening meditation practices. There is plenty of free time for daily walks in the luxuriant fauna, coupled with healthy, fresh foods and juices, allowing your day to be balanced between action and relaxation. From your lovely quarters or on the front porch, spend time doing nothing except watching the birds, listening to nature's sounds and awakening the sense of BEING.

We are proposing an inner voyage in a far away land.

There are only 14 places for this retreat allowing Holly time to give personal attention to each one of you for an unforgettable and profound learning experience. Holly will teach mindfulness practices echoing from the ancient yogic practice called Antar Mauna. The yoga asanas are gentle and dynamic giving the proper wake up to the body and its subtle energies.

All practices remain simple, so one can take them home. This week is a gift to yourself, for you to initiate or jumpstart your own wellness program.

Our daily practices: Begin the morning with chanting, hatha yoga asanas, breathwork and meditation, followed by yoga nidra in the afternoon and evening meditation. This includes one hour of teaching on topics such as: personal energy enhancement, full plate-empty life syndrome, neuroscience behind meditation and achieving wellness.



Holly Niemela, is an international yoga and meditation teacher and a mind-body therapist. She was initiated into **Karma Sannyas in 2002** by Swami Niranjan of the traditional yogic lineage of Saraswati and of the Bihar School. Holly has studied yoga and mind-body therapies for over 25 years with different teachers in France, India, England and the United States. Reiki Master, she was initiated and trained by John Harvey Grey. Holly is also a trained MBSR (Mindfulness Based Stress Reduction) instructor from Jon Kabat-Zinn's Centre for Mindfulness of UMASS and from the Centre for Research of Mindfulness from the University of Wales. She is currently undergoing the Teacher Training Certification for Search Inside Yourself (Google based) program for companies. Known for her profound intuition, natural optimism and life force, Holly has been guiding individuals on the path of self discovery for over 25 years.

COST PER PERSON (all inclusive retreat): \$1,750.USD

Included in the retreat package: Accommodation in a Twin/Double share room for 6 nights. All meals (vegetarian/fish), fresh juices and beverages (non-alcoholic), All classes and one personal meeting with Holly, Two glowing, relaxing body treatments, Visit to the local tea factory to see how tea is manufactured, One Sri Lankan cooking class with the chef, Walking paths through the tea and rubber plantation.

Not included: Flights to Sri Lanka, transfers and travel insurance.

FOR FURTHER INFORMATION

Rosyth Estate, Kegalle, Sri Lanka.

Email: estatehouse@rosyth.lk or sales@rosyth.lk

www.rosyth.lk +94

