

*Calm - peace - sacred sounds - holistic - nature - tropical -
cosmic - fusion - amour - art - being - silence - balance - joy*



Going Inwards at Rosyth Plantation

Sri Lanka: a Healthy Mindful Retreat

January 28th to February 3rd 2017

Following the success of the first retreat at Rosyth in January 2016 we will once again take a deep dive inwards with this yogic and mindful lifestyle retreat at the Rosyth Plantation in Sri Lanka. A dreamy "Jungle Book" location at 1000 feet where tea grows best--we too will grow, inwardly with a wellness program, vegetarian and ayurvedic cuisine, deep relaxation and laughter.

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I am proposing an inner voyage in a far away land.

*Our day starts with a glass of warm lemon juice, then waking up our body with yogasanas, our voice with chanting of sacred sounds and our minds with meditation. A mid-morning teaching on various subjects such as work-life balance, breaking down barriers, transitional moments, mindful being in the digital world will be held each day. In the afternoon, daily Yin Yoga (gentle, holding postures) followed by yoga nidra (profound relaxation) will be offered to release hidden tensions, explore sleep/dream patterns and create your intention for the New Year. Every evening we will finish with meditation practice. **PLUS:** For the early risers start off with a brisk, morning walk in the luxuriant fauna surrounding the plantation*

From your lovely quarters, the front porch or seated in the balmy tropical garden, spend time doing nothing except watching the birds, listening to nature's sounds and awakening the sense of BEING. Nature is just the mirror of all that is within—this is what you will experience and remember.

There are 14 places for this retreat allowing me the time to give personal attention to each of you for an unforgettable and profound learning experience. I 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, to initiate or jumpstart your own wellness program.

The Rosyth Estate is located in the Kegalle district, which is cradled within the central highlands of Sri Lanka, surrounded by mountains and lush forests, cave temples and well known for its spices, tea and rubber cultivation. The 1926 colonial plantation is perched high above its own tea and rubber estate which spans over 64 acres with magnificent views of its surroundings.

This exquisite retreat of blissful living in a peaceful and relaxing ambience, combining yoga practices to invigorate and replenish, meditation to calm and center, along with energy boosting activities and meals promoting glowing health and detoxification—what better way to jumpstart the new year?

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Our daily practices: morning chanting, hatha yoga asanas, breathwork and meditation, yin yoga and yoga nidra in the afternoon plus evening meditation. Daily one hour teaching on topics such as : work-life balance, breaking down barriers, transitional moments, mindful being in the digital world, full plate-empty life syndrome...

Spend free time immersing yourself in nature (as well as in the exquisite fresh water pool!). Explore the estate with its paddy fields, rubber trees and tea fields as well as local temples with guided morning walks. Also, take care of yourself with treatments to detox, energise or pamper your body, have advice from an ayurvedic practitioner and learn healthy tips in a vegetarian cooking class.

Holly Niemela, is a Paris-based Optimal Being Advocate and Teacher. After receiving a BS degree in political science from Northeastern University in Boston, Holly trained in yoga, meditation, mindfulness and various mind-body therapeutic practices. She studied traditional yoga in India and France with Swamis from the Dashnami Order of Saraswati, established by the philosopher Shankara in the 8th century and still flourishing in India today. In 2002 she was initiated as a Karma Sannyasin in the Saraswati lineage. In 2009, Ms. Niemela was one part of the first group of teachers of mindfulness in France with Jon Kabat-Zinn's MBSR (mindfulness-based stress reduction) program. With 28 years of professional experience, Ms. Niemela has become an "ambassador of wellness" guiding individuals, groups and companies towards optimal being. She is one of 100 worldwide certified teachers of the Google developed program « Search Inside Yourself, the unexpected path to success & happiness at work ». Anchored in neuroscience and evidenced-based research, Ms. Niemela's conferences, programmes and international retreats highlight how ancient practices can be adapted for our fast-paced, digital world to develop our inner connection to outwardly create, collaborate and be compassionate human beings. Known for her profound intuition, natural optimism and life force, Holly has been joyfully guiding individuals on the path of self discovery for over 27 years.

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*INVESTMENT PER PERSON (all inclusive retreat) : \$1,975 USD
for a twin/double room & \$2,875 USD for a single*

Included in the retreat package:

Accommodation for 6 nights. All meals (vegetarian/fish), fresh juices and beverages (non-alcoholic), All classes and teachings with Holly. Two soothing or energising body treatments, a Visit to the local tea factory to see how tea is manufactured, One Sri Lankan cooking class with the chef, plus Guided morning walks on paths through the tea and rubber plantation.

Not included:

Flights to Sri Lanka, transfers and travel insurance. Travel Gallery is a fully bonded UK tour operator. They will be able to assist you with flights, arrival and departure transfers, and pre/post retreat tours of Sri Lanka.

CONDITIONS:

To retain your place in the group we ask you for a deposit of \$750. The balance is due by December 1, 2016. No refund will be given unless your place is taken by another. This is why we highly suggest you take a personal travel insurance!

We highly recommend coming to Sri Lanka before the retreat starts to acclimate to the time zone and thus be able to full appreciate the inner work - Travel Gallery has a number of packages of either beach or inland voyages to propose to you.

CONTACT INFORMATION

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