

'Mastering the Art of Relaxation'

Yoga & Yoga Nidra Intensive

with Nele van Poucke & Suze Retera

11-14 MAY '17

The Intensive

Deep relaxation is an art and with the demands of modern life it can seem impossible to find the time, or you simply forgot how to truly relax. Relaxation can seem like a luxury, but in reality it is a necessity and a vital part of the happy and fulfilling life that is available for you.

During this weekend Nele and Suze will take you beyond the usual relaxation of a yoga class on a journey that allows you to relax and heal on all levels. Combining yoga practices that open the body in those areas where we hold most tension with deep Yoga Nidra's and insights into the nervous system you will get a new understanding of the effects of stress and the healing practices that help you reduce it. While enjoying healthy and delicious food, spa facilities and beautiful nature, you will feel deeply rested and relaxed by the time you go home.

Once you are home you can use the tools and practices that you learned during the intensive, continuing the practice at home and make relaxation a part of your daily routine.

Yoga Nidra

Yoga Nidra is a beautiful, ancient practice that offers us the benefits of deep relaxation and meditation. 'Nidra' is the Sanskrit word for sleep, but not just any sleep: a yogic sleep. Like a yogi you will remain fully aware as the body and part of the mind goes to sleep allowing you to detach from the ego. As you relax, Suze will guide you through the practice and all you need to do is follow her voice.



Entering your unconscious and subconscious you go into a trance state that feels a lot like sleep. Your brain waves change and in this state of trance you go on a journey that has the power to change brain patterns and attachment to certain stories in your mind. It is a great practice for healing emotions that you can't seem to let go, changing unhealthy habits, restoring body and mind through deep relaxation and connecting with your creativity again.



Prana Vinyasa Yoga

Prana Flow is an innovative approach to vinyasa yoga and the state of flow drawn from Krishnamacharya's teachings, Tantra, Ayurveda, Bhakti, Kalarippayatu, Somatics and Shiva Rea's teaching experience from the last twenty years.

www.shivarea.com

Highlights

- Daily yoga session
- Daily yoga nidra sessions
- Learn how to release stress and tension effectively through your body
- Enjoy the private spa
- Healthy and home cooked meals
- Study with two senior teachers



The Teachers

NELE VAN POUCKE

Blond, tiny but full of power just 3 words you could use to describe Nele.

Her classes are powerful yet calming. With Nele you explore your edge – flexibility, strength and endurance – in a playful way. The timbre of her voice gets you out of your thoughts and tempts you in a soft and meditative way. Her love for yoga is obvious in her classes, where passion, joy and flow invite you to discover your own yogic journey.



Her main yoga inspiration is Prana Vinyasa Yoga developed by Shiva Rea, who she has been assisting for many years.

Nele is one of the only 500hr certified teachers and Teacher Trainer in Belgium, offering Teacher Trainings in her own studio in Mechelen.



SUZE RETERA

Suze is a Psychologist, E-RYT200 yoga teacher and avid traveller. Being a searcher for her own unique way and personal growth, Suze started traveling and exploring from an early age on.



At the University of Tilburg and Nijmegen Suze studied Social and Cultural Psychology. During these studies she also started practicing yoga and soon completed her first teacher training. Throughout the years she continued expanding her knowledge in both areas and continued applying them in her coaching sessions and yoga classes.

In 2015 she took part in a yearlong training Family Constellations with Hylke Bonnema. She feels enriched by her studies, which have connected her to her passion: creating a life of joy and growth and supporting others in their pursuit of the same. Her clients praise Suze for her compassionate and personal, yet clear and grounded approach.

Accommodation

We will be staying at the beautiful Domaine des Officiers, an exclusive and private accommodation in the Belgian Ardennes. It used to be the old officers house for the highest officers from the famous Chasseurs Ardennes, a part of the Belgian army that guarded the borders in the area of Vielsalm.



The rooms are all equipped with a private bathroom and single beds or a double bed. Homecooked meals are prepared in the professional kitchen while you relax in the garden or one of the living rooms.

In the Spa you can enjoy a whirlpool, sauna, massageroom, relax room rain shower and cold water shower.



Schedule

Thursday | 11 May

Arrival day

16:00 hrs Check in & Welcome
17:00 - 19:00 hrs Yoga & Yoga Nidra
19:30 hrs Dinner

Friday | 12 May

7:30 hrs Morning snack
8:00 - 10:30 hrs Yoga with Nele
11:00 - 13:00 hrs Brunch buffet
16:00 hrs Afternoon snack
16:30 - 19:00 hrs Yoga & Yoga Nidra with Suze
19:30 hrs Dinner buffet

Saturday | 13 May

7:30 hrs Morning snack
8:00 - 10:30 hrs Yoga & Yoga Nidra with Suze
11:00 - 13:00 hrs Brunch buffet
16:00 Afternoon snack
16:30-19:00 Yoga with Nele
19:30 hrs Dinner buffet

Sunday | 14 May

7:30 hrs Morning snack
8:00 - 10:00 hrs Yoga & Yoga Nidra with Nele & Suze
11:00 - 13:00 hrs Brunch buffet
13:00 hrs Departure

Value

YOGA & YOGA NIDRA PACKAGE

Thursday: 2 hours of yoga & yoga nidra
Friday & Saturday: 5 hours of yoga & yoga nidra per day
Sunday: 2 hours of yoga & yoga nidra
(14 hours of yoga in total)

INVESTMENT YOGA PACKAGE:

€299

ACCOMMODATION PACKAGE

3 nights' accommodation
Free access to spa
Hot water and tea all day
Brunch and dinner
Morning and afternoon snacks

INVESTMENT ACCOMMODATION:

Double Room: €325,- p.p.
Single Room : €490,- p.p.

EARLY BIRD RATE

Early bird discount of €50,- is available for the first 8 registrations with a **full payment** before 16 April 2017 only. To make use of the early bird discount please enter EARLYBIRD-INTENSIVE as the discount code.



Booking & Cancellation Conditions

To secure your booking a full payment is required.

Cancellations:

You can cancel your booking at any time and notification must be given to Global Flow Retreats in writing by sending an email to: info@globalflow.org

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:

- * Notification received more than 60 days before the start of the retreat / workshop: 30% of the full fee + €25 administration fee
- * Notification received 31-60 days before the start of the retreat / workshop: 50% of the full fee + €25 administration fee
- * Notification received less than 30 days before the start of the retreat / workshop: 100% of the full fee.

Global Flow Retreats reserves the right to cancel the intensive if fewer than 8 participants have signed up by 16 April 2017. In such circumstances the participants will be informed promptly and registration monies reimbursed. Any travel costs will not be reimbursed.

How to get there

The address of the hotel is:

Mess des Officiers
Rue Général Jacques, 9
6690 Vielsalm
Belgique

The location is easiest to reach by car. If you need a pick up from a train station or like to share a ride, please contact us so we can assist you and make the best arrangements possible.



What to bring

We suggest you bring items with the ecological friendly nature of the retreat in mind. Here are some items to remember:

- refillable water bottle
- yoga mat
- eye pillow (scarf can also function as eye pillow)
- a scarf or large shawl
- notebook and pen
- camera
- travel documentation

