



Celebrate the Summer Solstice with
The Power of Connection
Retreat

Celebrate the summer solstice by connecting with your self, others,
the earth and spirit.

Thursday 16th JUNE (arrival from 1pm)

Friday 17th - BODY BEING ENERGISING

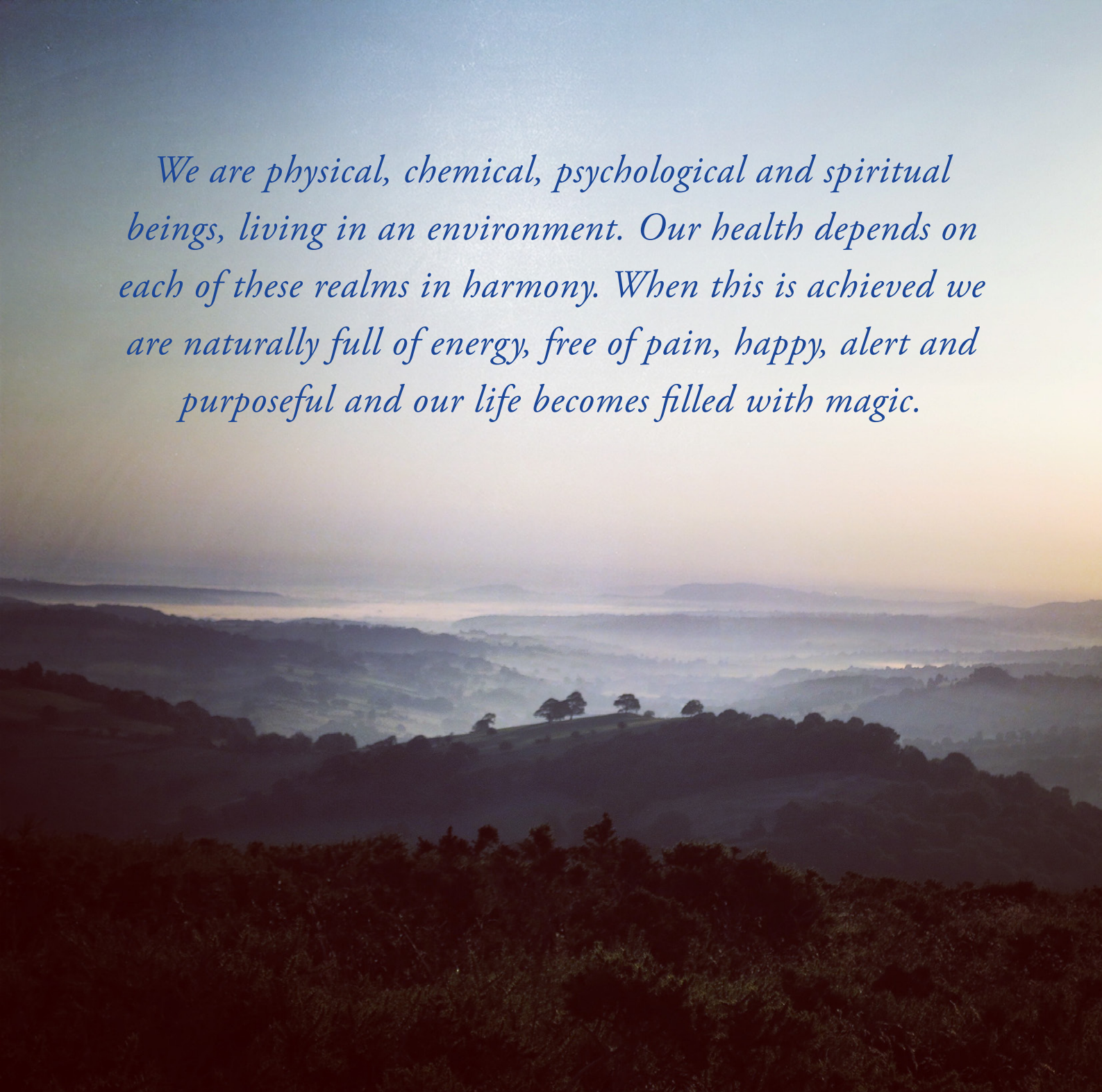
Saturday 18th - HEART FEELING OPENING

Sunday 19th – MIND INTUITING EXPANDING

Monday 20th – SPIRIT CONNECTING AWAKENING

Tuesday 21st – INTEGRATION GROUNDING CENTERING

Wednesday 22nd (departure by noon)



We are physical, chemical, psychological and spiritual beings, living in an environment. Our health depends on each of these realms in harmony. When this is achieved we are naturally full of energy, free of pain, happy, alert and purposeful and our life becomes filled with magic.

This 6 day retreat focuses on

- awakening each realm of our existence with transformational breathing
- energy generating exercises • emotional releasing • fire ceremonies
- foraging • massages • meditations • plant medicine • sound healing & music
- sweat lodge • steam shower • outdoor bath • hot tub • divine vegetarian food • visualising and envisioning • wild walks and yoga.



This retreat is your perfect opportunity to celebrate the summer solstice in the heart of the Black Mountains by empowering your connection to your self, others, your place in the world, the earth and great spirit.

The all inclusive retreat costs from £1400 to £1600 depending on your choice of accommodation with single, double, twin and sharing options.

[VIEW ACCOMODATION >](#)

Places are strictly limited to 16 people.

TO BOOK YOUR PLACE CALL PATRICK ON: 07944 689 108

THE TEAM & TEACHERS



Patrick Holford, originally a psychologist, is author of *The Chemistry of Connection*, and has studied and practiced a wide range of mystical and transformational exercises. He is founder of the Institute for Optimum Nutrition, Food for the Brain, VitaminC4Covid and author of many nutrition books and research papers.

Indefinable Chris is a facilitator, medicine/sound healer and conscious musician and trainee transformational breath coach. He has been working with sacred plants - Mapacho, Huachuma, Mushrooms, Bobinsana and Cacao - and has held many ceremonies, retreats and events.



THE TEAM & TEACHERS



Aimee Hartley, author of **Breathe Well**, is a breathwork coach and founder of **The Breathing Room** and **School Breathe** programme, has been teaching breathwork for over 12 years. Using a combination of breathwork techniques and gentle movement she helps people to release both physical and emotional tension from the body. Aimee uses her in-depth knowledge of breathing patterns and breath exercises to teach people the infinite healing qualities of a full healthy breath.

Holistic Holly has a degree in Complementary Healthcare and have a deep passion for accessing the mind with these wonderful therapies in addition to working with the mechanical anatomy of the body. Holly works intuitively, listening to what your body needs both reflexology, aromatherapy and massage practises to get deep relief, switch off the sympathetic nervous system and let go.



Sally Kempton — formerly Durgananda, was full time student of Swami Muktananda and is one of the most experienced and reknowned teachers of deep meditation. She is author of two books: **Meditation for the Love of it** and **Awakening Shakti**. Sally joins us by audio.

THE TEAM & TEACHERS



Joki Food Wizard is a very skilled and passionate primarily vegan chef who believes food should be connected to nature, by listening to nature, we learn to listen to our bodies. Joki had beautiful opportunity to cook for many yoga retreats in Bali, Indonesia, with food that supports and deeply nourishes, educates and inspires.

Gaby Holford, an intuitive healer, and retreat manager, will be participating and take good care of us all.

