



## "RESTORING FLOW, PURIFICATION & ESSENCE JOURNEY" RETREAT ☯️ WATER SUN 19 MARCH @ 12PM-7PM

✧ INTENTION "Depth ☯️ Flow, Survival-Fears-Courage & Drop into your Essence 🌊 Source of Life" SHIATSU-TCM, CACAO, RAPÉH, DANCE-FLOW, BREATHWORK, 2HR GONG SOUND BATH, SHAMANIC JOURNEY, FOREST 🌿 WALK, FOOD, FIRE CEREMONY.

BOOKINGS@ <https://linktr.ee/nellyhughes> 0877517735 - TICKETS €133 UNTIL 01.03.23 /after €150.

### 🌊 ABOUT THE EVENT OUT THE EVENT:

At this retreat we'll do a journey tapping into the above aspects introducing TCM, Shamanic Tools & Heart Opening & Grounding Medicines. ALL in related to Water Season. ✧ What fears are we not facing? How's our Flow of Creativity, Sensuality & Expression in Essence? How's our Sensitivity (calm, stormy) Fight or Flight? Willpower Desire to thrive and Live Fully? and Reflection? What are our Stagnations?

In Shiatsu-TCM ☯️ Water element is about LIFE, DEPTH, FLOW, WILLPOWER, PURIFICATION. The Spirit of Water is the Will to Survive, residing in most Hidden parts of Subconscious in the deep underworld. Flow of Water Element is adjusting Finding Stillness in Our Life, Moving Inwards in Preparation for Re-Birth. Emotion is Fear & Courage.

WATER governs the KIDNEYS, Foundation of Yin-Yang "Our Ancestral Inheritance Essence + Source Qi stored between Kidneys & BLADDER foundation of Storage, Transportation, Excretion of Impurities, Survival instincts & Stimulus Response in relation to our Psyche, Emotional, Spiritual Body.

🌿 Ceremony Opening ☯️, 🌿 Shiatsu ☯️ Brief Teachings Water-element relationship to our Psycho, Emotional, Physical Body. 🌿 Cacao ceremony Body Journey Water. 🌿 Rapéh-ceremony. 🌿 Embodiment Flow (Dance-Flow Water). 🌿 Breathwork. 🌿 Shamanic Drum Journey • Free the Essence within. 🌿 Sound-Bath 2hrs. 🌿 Quick Hearty Food 🌿 Grounding Meditative Walk 🌿 (if not too dark outside) 🌿 Fire Ceremony Closing ☯️