

A REIKI + SOUND IMMERSION RETREAT

ARTÁ, MALLORCA OF THE BALEARIC ISLANDS



ALIGN TO YOUR TRUE NATURE

October 1-6

WITH LARA ELLIOTT + IRINA STERNA



Welcome Reiki Angel

THIS IS AN INVITATION TO CONNECT TO YOUR TRUE NATURE, TO REMEMBER WHO YOU REALLY ARE AND TO COME BACK TO A MORE AWARE + TRUTHFUL BEING + DOING.

OUR INTENTION IS TO SHARE OUR PRACTICES, TECHNIQUES, MEDITATIONS WITH YOU. WE WILL EXPLORE DIFFERENT DAYS THE CONCEPT OF SAN MITSU - BODY, MIND SPEECH AND CONNECT TO THE ELEMENTS OF NAURE DURING THIS TIME.

TO BECOME REIKI - DURING THIS RETREAT WE SOAK IN THE ESSENCE OF REIKI THE SPIRITUAL ENERGY THAT MOVES THROUGH EVERYTHING AND EVERYONE.

WE ARE ALLOWING REIKI TO GUIDE US BACK TO OUR ESSENCE. WE IMMERSE IN THE PRACTICES AND CONCEPTS OF REIKI + MEDITATION TO GUIDE AND SUPPORT US ON THIS JOURNEY HOME TO OUR TRUE SELF.



lara + irina

REIKI + SOUND RETREAT

WE CREATED THIS RETREAT WITH THE PUREST INTENTION TO OFFER YOU AN EXPERIENCE WE WOULD LOVE TO TAKE PART AND LEARN FROM.

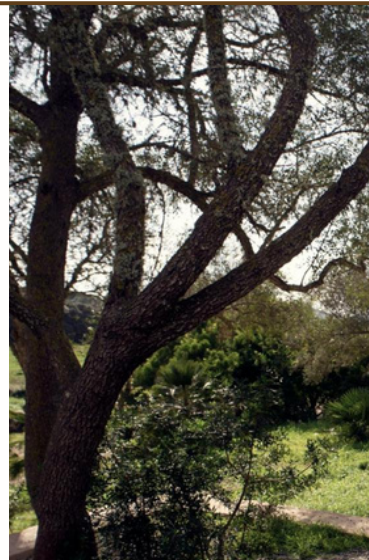
THE BEAUTY IS IT IS NOT NECESSARY TO HAVE DONE ANY REIKI COURSE AND AT THE SAME TIME YOU COULD HAVE DONE MANY REIKI SESSIONS + BE AN EXPERIENCED PRACTITIONER YOU WOULD IMMERSE YOURSELF IN THE SUPPORTIVE LOVING ENERGY OF THIS REIKI RETREAT, DEEPENING YOUR PRACTICE AND CONNECT WITH THE TEACHINGS ON A DEEPER LEVEL.

IF YOU ARE COMPLETELY NEW TO REIKI, SOUND ... IT IS BEAUTIFUL FOR YOU TO TREAT YOURSELF WITH THIS TIME AND CONNECT TO REIKI IN YOUR OWN WAY.

DURING THE RETREAT WE WILL EXPLORE HOW REIKI AND SOUND WHEN PRACTICED TOGETHER ARE A GATE TO DEEPER AWARENESS, CONNECTION AND EXPRESSION. THE PRACTICE OF SOUND IS A MINDFULNESS AND DEEP MEDITATION - IN THE STATE AS COMPLETE RECEIVER AND AS ACTIVE PART PLAYING AND LISTENING. WE WILL PRACTICE DEEP LISTENING A PRACTICE THAT TRULY CONNECTS US TO EACH OTHER AND DEEPENS OUR COMPASSION AND UNDERSTANDING FOR EACH OTHER.

WE WILL DEEPEN OUR LISTENING CAPACITY AND SENSITIVITY TO HEAR AND LISTEN TO SOUNDS, TO THE WORLD AND TO OURSELVES.

RETREAT FROM DAILY DOING, BECOME STILL, ENJOY NATURE AND CONNECT TO YOUR OWN TRUE NATURE.



PRACTICES

OUR INTENTION IS TO SHARE OUR PRACTICES, TECHNIQUES, MEDITATIONS WITH YOU. WE WILL EXPLORE DIFFERENT DAYS THE CONCEPT OF SAN MITSU - BODY, MIND SPEECH AND CONNECT TO THE ELEMENTS OF NATURE DURING THIS TIME.

WE WILL USE THE ELEMENTS OF NATURE FOR CLEANSING, TRANSFORMING, GROUNDING. THE LECTURES INCLUDE PHILOSOPHY AND TEACHINGS OF REIKI, BUDDHISM, DAOISM, MEDITATION.

OUR PROGRAMM WILL INCLUDE THE FIVE ELEMENTS OF REIKI, SILENT TIME, TIME TO CONNECT TO SOUND AND SPEECH, CLEARING BREATHWORK, HEART OPENING CACAO CEREMONY, VITALISING MORNING RITUALS, NOURISHING YIN YOGA, CEREMONIES IN NATURE WITH THE ELEMENTS TO ALIGN BACK TO OUR TRUE NATURE. EACH ELEMENT SUPPORTS THE OTHER.

WHICH IS OUR INTENTION WHY WE COME TOGETHER IN COMMUNITY TO ALIGN WITH OUR TRUE SELF. BALANCING BODY AND MIND - COMING BACK TO THE HEART. TO POLISH THE DIAMONDS WITHIN.

PROGRAM

PRACTICE GASSHO MORNING AND EVENING AND
REMEMBER THE PRECEPTS.

HERE WHAT A DAY MIGHT LOOK LIKE:

MORNING:

WE START THE DAY WITH MEDITATION, MINDFULNESS, BREATH
OR SOME GENTLE MOVEMENT.

DAY:

REIKI LECTURE, PRACTICE, MEDITATION, TIME TO ENJOY
NATURE

EVENING:

YIN YOGA, CACAO CEREMONY,
NATURE RITUAL, SOUND HEALING

THE DAYS ARE FARMED WITH BEAUTIFULLY PREPARED AND
NOURISHING BREAKFAST, LUNCH, AND DINNER..

THE RETREAT STARTS SUNDAY EVENING WITH AN OPENING CIRCLE
AND GROUNDING PRACTICE. AND ENDS WITH A CLOSING CIRCLE
FRIDAY MORNING AT THE BEACH. THE RETREAT IS A RETREAT TO
NOURISH AND PAUSE AND AN IMMERSION INTO THE CONCEPTS
AND PRACTICES OF REIKI AND MEDITATION. THIS IS NOT THE
EXACT PROGRAMM IT MORE GIVES YOU AN IDEA HOW A DAY MIGHT
LOOK LIKE.



THE LOCATION

A BACK-TO-NATURE STAY ON MALLORCA
ZEN SIMPLICITY IN SUBLIME NATURE



WE DO NOT BELIEVE IN DISCONNECTIONS, IN TAKING
BREAKS TO COME BACK.

WE DO BELIEVE IN A LIFESTYLE CONNECTED WITH
ONESELF AND WITH WHAT SURROUNDS US, AWARE OF
THE DETAILS AND DISCOVERING THE AUTHENTICITY
OF THINGS.

A CHANGE THAT BEGINS WHEN YOU FIND THE
INSPIRATION TO START YOUR OWN JOURNEY, A NEW
WAY OF LIVING.

ON THIS BEAUTIFUL, NATURAL, ZEN, SUSTAINABLE
LOCATION WE WILL SPEND OUR DAYS WITH TRIPS TO
THE NEAR BY OCEAN AND BEACHES..

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REIKI MASTER

LARA ELLIOTT

LARA ELLIOTT HAS SPENT HER FIRST 25 YEARS IN GERMANY, SHE LIVED FOR NINE YEARS IN NEW YORK CITY, AND HAS RESIDED FOR THE LAST EIGHT YEARS IN SOUTHERN CALIFORNIA. IMPRINTED BY EARLY CHILDHOOD TRAVELS TO FAR AWAY PLACES INVOLVING INDIA, NEPAL, AND TREKKINGS THROUGH THE SACRED LANDSCAPE OF THE HIMALAYAS, SHE GREW UP IN A HOME WITH GREAT APPRECIATION FOR THE BEAUTIFUL CULTURES, ART, RELIGIONS AND PHILOSOPHIES FROM THESE AND OTHER COUNTRIES. LARA HAS SPEND THE PAST TWENTY YEARS AS A PASSIONATE SCHOLAR AND PRACTITIONER OF EASTERN PRACTICES INCLUDING BUDDHISM, CHINESE MEDICINE, ACUPUNCTURE, TAOISM, JAPANESE REIKI, AND KUNDALINI YOGA.

LARA IS SHARING SOME OF THE WISDOM AND WAYS ROOTED IN THESE TRADITIONS, THAT ARE ESSENTIAL TOOLS TO MOVE THOUGH LIFE FEELING ALIGNED IN BODY, MIND, SPIRIT, AND PURPOSE.

MINDFULNESS IS THE CORE PRACTICE LARA TEACHES HER STUDENTS, AS IT CREATES A SENSE OF EMPOWERMENT, WHEN ONE LEARNS TO WITNESS, UNDERSTAND, AND LEARN TO SUPPORT THE FLOW OF QI/KI/ ENERGY THROUGH THE BODY. WE WILL EXPLORE THE FIVE PHASES/ ELEMENTS AND FIND OURSELVES, OUR ELEMENT, WITHIN THIS ETERNAL STRUCTURE.

AND BY STUDYING TAIJITU, THE DIAGRAM OF YIN +YANG, ENTERING THE COSMOLOGICAL WISDOM THAT CREATES, MOVES AND PENETRATES ALL THINGS.

SOUND + STILLNESS

IRINA STERNA

IRINA STERNA WAS BORN IN GERMANY AND STARTED PRACTICING TRADITIONAL MARTIAL ARTS WHEN SHE WAS A CHILD AND CONTINUED THIS PRACTICES DURING HER WHOLE SCHOOL AND COLLEGE, SHE HAS VISITED A SCHOOL IN CHINA FOR SIX MONTHS TO DEEPEN HER PRACTICE AND UNDERSTANDING OF BODY, MIND AND THE PATH OF PRESENCE. A LOVE TO EXPRESS CREATIVITY TROUGH MUSIC AND ART AND PASSIONATE ABOUT THE LAWS OF NATURE SHE STUDIED PHYSICS, GEOGRAPHY AND ARCHITECTURE. IN HER MID TWENTIES SHE BECAME DIAGNOSED WITH AN INCURABLE DISEASE SHE SPENT SEVERAL YEARS TO FOCUS ON HEALING AND KNOWING THAT COMING BACK TO WHOLENESS IS POSSIBLE. ON THIS JOURNEY SHE DISCOVERED SOUND HEALING, THE PATH OF REIKI, KUNDALINI, YIN YOGA, MEDITATION AND BREATH. THE BEAUTY OF SOUND HEALING IS THAT YOU REMEMBER THE POWER OF FREQUENCY AND VIBRATION - WITHIN AND WITHOUT - TO SHIFT OUR STATE AND AWARENESS. YOU ARE ABLE TO RECEIVE AND TO BECOME MORE AWARE OF ALL THE VIBRATIONS AND SOUNDS SURROUNDING YOU. THROUGH REIKI SOUND IS FILLED WITH SOUL, A NEW LAYER OR PRESENCE AND LOVING AWARENESS. THE WAY IRINA SHARES SOUND IS A PRACTICE OF MINDFULNESS OF PLAYING, LISTENING, SENSING.



PRICE + PAYMENT

PRICE: 2680 EUR (SHARED DOUBLE ROOM)

If you are interested your own little casita or a single room please ask us for the detailed price. In the Casita you could also stay with your family.

PRICE DOES NOT INCLUDE

Airfare to and from Palma airport, Spa treatments, Travel insurance, Private sessions with Lara and Irina.

TRAVEL INFORMATION

The closest airport to Arta is Palma de Mallorca, which is approximately 1 hr from the retreat house. Should you want to arrive earlier or stay later please contact us with that request so we can accommodate. Airfare is not included.

PRICING CONDITIONS

A 670 EUR deposit is needed to guarantee your spot at the Retreat and the remaining payment is due by August 1st 2023. Should you book after August 1st, the retreat must be paid in full.

We do not offer deposit refunds and recommend travel insurance. Should you need to cancel before 30 days of the retreat we will hold your deposit but no further payment is needed. Should you need to cancel within 30 days of the retreat (after August 1st) there will be no refund of any kind.

BANK INFORMATION:

"Reiki Immersion"

Irina Sterna

DE 93 7005 4306 0011 259736

BYLADEM1WOR

You sign up with a confirmation mail - if you wish to receive an invoice please send us your invoice details.



CONTACT

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Do you feel **INSPIRED**
to join us, or ask any
questions?

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