

A UNIQUE COMBINATION OF ENERGY HEALING AND MOVEMENT

~ CRYSTAL CLEAR NIA ~

RETREAT 9~15 OCTOBER 2010 AGISTRI, GREECE

A RETREAT DESIGNED TO INTEGRATE THE JOY OF MOVEMENT WITH THE CONCEPT OF ENERGY BALANCING ~ TO PROMOTE HEALTH,
WELLBEING, JOY AND GRATITUDE.
CREATE PERFECT HARMONY WITHIN YOUR BODY, SOUL AND SPIRIT.

NIA ~ DANCING THROUGH LIFE



**CRYSTAL CLEAR ENERGY BALANCING
CONCEPT**

**ROSY'S LITTLE VILLAGE, AGISTRI
GREECE**

The tapestry of this workshop weaves together three important parts of our existence through sensation. As the body moves we create a deeper awareness of who we are. As energy flows we connect to our real being. Through our senses we integrate ourselves with life swirling around us ~ the sky, the sea ~ the beauty of our surroundings.

Crystal Clear Nia offers “The Joy of Movement“ combined with “Energy Balancing” in a setting of serene beauty on the peaceful island of Agistri in Greece.

Agistri offers many breathtaking moments of magic. Whilst dancing with the elements of nature and receiving powerful energy balancing tools ~ an amazing transformation takes place. This retreat offers one Nia class and one Crystal Clear Energy Balancing Concept class each day.



www.rosylittlevillage.com



Between classes and sessions we can enjoy the beautiful natural environment, swimming, sailing, nature walks, serene reflection or enjoying the local cafes and Greek music. Wonderful fresh organic food is prepared daily in Rosy's kitchen ~ an added delight for the senses! Optional excursions to the near by islands of Aegina and Poros for sightseeing and shopping can be arranged by Rosy's team.

CRYSTAL CLEAR NIA RETREAT 9~15 OCTOBER 2010

TEACHERS:~



Irena Brezenski
Black Belt Nia Instructor
www.globalnia.net
www.nianow.com



Deva Nidhi
Nia White Belt
Holistic Therapist
www.devanidhi.com

www.niaingreece2010.shutterfly.com

~ For further information on each part of the retreat & payment details please click on each link separately ~

COST :~ 949 \$ Deposit of 400 \$ on registration. Balance due by July 1st 2010 (no refunds after this date)

Welcoming class Saturday 9th October
2 Daily classes (Sunday 10th ~ Friday 15th October inclusive)
Double occupancy including breakfast (Saturday 9th ~ Friday 15th October inclusive)
Airfare and transfers, individual private sessions and excursions not included.



CRYSTAL CLEAR NIA RETREAT
ROSY'S LITTLE VILLAGE, AGISTRI, GREECE
9 ~ 15 OCTOBER 2010

Step into the enchanting world of Movement, Energy & the beautiful, small Greek island of Agistri. These three magical elements are combined to create this unique retreat at Rosy's Little Village.

Our world today is often chaotic and unstable. We are surrounded by many negative forces and situations ~ ecological imbalances, physical and emotional stresses, disease & lack of abundance in all it's forms. We need to be able to reconnect to a point of balance within ourselves, in order not only to survive, but to create harmony on all levels and to achieve a happier and healthier life

This ever changing world presents many challenges for most of us. However ~ if we understand that just by allowing ourselves to integrate a simple intelligent way of being into our lives , we can meet these experiences effectively and powerfully, We can grow into achieving our full energetic potential.

CRYSTAL CLEAR NIA

This is a retreat which integrates the Joy of Movement ~ Dancing through Life with NIA and the Crystal Clear Energy Balancing concept. This combination is designed to integrate the elements necessary for the achievement of physical, emotional and spiritual health. Our classes will present a daily theme, which we will carry throughout the day into all our activities.

NIA ~ Find joy through movement. Dancing each day next to the beautiful blue waters of the Saronic Gulf, we connect with a powerful inner wish to be connected to the universal dance of existence itself! Learn to be " in the body " ~ at ease, in bliss and at peace with who you are.

CRYSTAL CLEAR ENERGY BALANCING CONCEPT

We will learn how to access our full potential. By putting together the components needed to do so, we create an energy field which brings us better health and emotional stability ~ therefore creating more joy in our lives.

- ~ Understand the way energy flows
- ~ How the food we eat gives us good energy or depletes it
- ~ How emotional states affect our body
- ~ How movement of the body assists us in balancing our physical and emotional health
- ~ Learn a simple daily energy exercise routine to realign your energy field and create harmony and balance

Private sessions of personal Energy Diagnosis & Balancing (90 minutes duration) are available upon request. Cost not included in retreat fees

Retreat fees per person

949 \$: This is all inclusive of workshop fees , double room accommodation with breakfast. Excursions, private sessions with Nidhi and other meals are billed separately.

Down payment : Deposit upon registration 400 \$

Balance payable up until 1st July 2010. No refunds after this date.

Contact by e mail for reserving your place & additional payment details.

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