



FIVE TIBETAN &
CRYSTAL CLEAR ENERGY BALANCING RETREAT
"HEALING, REJUVENATION & HARMONY"

with Gísela Leonie Teschke & Deva Nídhí

Rosy's Little Village ~ AGISTRISLAND, GREECE

10 ~ 14 October 2011



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THE COMBINATION OF THE FIVE TIBETAN© & CRYSTAL CLEAR ENERGY BALANCING BRING TOGETHER THE ELEMENTS OF HEALING, REJUVENATION, PHYSICAL & EMOTIONAL BALANCE

If you wish to live in harmony ~ achieve higher energy levels ~ look and feel much younger than your chronological age and maintain vibrant health ~ this retreat/workshop is designed for you. Ancient knowledge is now translated into a modern understanding of the Five Tibetans in practice and theory in this study group & Crystal Clear Energy Balancing awakens our awareness of the full spectrum of infinite Energetic potential.

FIVE TIBETAN ©

The "Five Tibetan©" is a series of specific exercise movements used by Tibetan monks, over centuries of time, to create vibrant & healthy, long lives. The many benefits of these rites include : ~

Looking & Feeling Younger

Relief from many Health Problems

Improved Physical Form

Emotional & Mental Health

Higher Energy Levels

The Five Tibetan© can help you rejuvenate your entire body. This is based on the knowledge that these specific exercises activate and stimulate the 7 key Chakras, that in turn stimulate the endocrine system which is responsible for the overall functioning of the body and the aging process.

Dr Bowen, a neurologist and chiropractor, has used the Five Tibetan © for over 15 years and attributes his high levels of energy, rejuvenation and consciousness to this daily practice.

We look younger and feel better because the exercises enhance the nervous system, improve circulation, memory and concentration. Specific nerves are stimulated where the spine meets the cerebrum ~ achieving an activation of the Mechanoreceptors responsible for the supply of information to the cerebrum.

The Tibetan philosophy states that our true age resides in the neck. The neck & throat are connected through emotion, heart and intellect. By flexing the neck back & forth during these exercises we can also release old beliefs and pessimism.

There are seven main Chakras or Energy centers contained in our body. The correct spin of these energy centers is the key to vibrant health. The Five Tibetan© correct imbalances in the speed of the spin thus achieving harmonious coordination, consequently causing a balanced distribution of pure energy throughout the endocrine system and all the organs and systems of the body.

REJUVENATION, VIBRANT HEALTH and YOUTHFULNESS ARE THUS CREATED

CRYSTAL CLEAR BALANCING CONCEPT

Learning 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 strong & positive 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-frequency 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.

A session consists of the following: ~

Information

- ~ An Energy reading & diagnosis of the physical & emotional body using Radioscopy & Kinesiology
- ~ Information on how to balance yourself & find your inner harmony using a daily Energy routine
- ~ Nutritional guidance - learn how the food we eat enhances or depletes our Energy
- ~ How to move the body to express your feelings in a healthy way

Treatment:

A balancing therapy creating a Realignment of the Energy fields with powerful Tachyonised tm Crystals, Reiki and Quantum Entrainment. This can also be incorporated into a Massage session with aromatic organic essential oils, resulting in a relaxed & rejuvenated state of being.

This retreat takes place on the magical island of Agistri in Greece. Just 90 minutes away from the mainland, approximately 2 hours in total from the airport, it is easily reachable by ferry boat or high speed vessels. Details of boat timetables can be found on the site below.

www.rosyslittlevillage.com



Daily workshop structure ~ One morning Five Tibetan© class (in German with English translation) and one afternoon Crystal Clear Energy Balancing class (in English with German translation) Each class is 90 minutes ~ 2 hours duration.

Between classes, possible sessions and meditation ~ 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 nearby islands of Aegina and Poros for sightseeing and shopping can be arranged by Rosy's team.

COST of RETREAT/WORKSHOP

1200 Euro per person

Inclusive of 5 day seminar & Hotel accommodation from the 9 ~ 14th October (inc)- double room (shared) with breakfast & one meal daily (either lunch or dinner) Single room accommodation can be arranged at an additional cost of 15 Euro per day.

A deposit of 200 Euro is requested upon registration ~ non refundable after August 1st 2011. Balance due by the 31st August 2011. Cancellations after this date will result in a 30% cancellation fee of the balance payment. Details for payment will be given to registering participants by email.

With the exception of transfers from the port of Agistri to Rosy's Little Village ~ TRAVEL COSTS ARE NOT INCLUDED.

On the 9th October at 18.30 we will begin our retreat with a welcoming meeting for all participants. Therefore travel arrangements should be made accordingly in order to be present for this presentation.

We will be introducing ourselves & sharing the structure of the seminar ~ daily class schedules and the possibilities for other activities. We look forward to this extraordinary opportunity to share our visions of a balanced, joyful and healthy life.

HEALING & REJUVENATING OURSELVES & OUR PLANET WITH AWARENESS

Arrival date 9th October

Retreat dates 10th ~ 14th October 2011

Departure 15th October

Earlier arrival or later departure dates should be arranged directly with Rosy
www.Rosyslittlevillage.com

