

EMBRACE HEALING PRESENTS



**ATLANTIS**  
**HEALING RETREAT**

**NOVEMBER 2017**

**FRIDAY 24<sup>TH</sup> (5<sup>PM</sup>) TO SUNDAY 26<sup>TH</sup> (6<sup>PM</sup>)**  
(2 NIGHTS & 2 DAYS)

**VENUE**

RUMBALARA RETREAT  
NEAR GOSFORD, CENTRAL COAST

**CONTACT**

EMMA FRENCH / RETREAT HOST  
EMMA@EMBRACEHEALING.COM.AU  
PH: 0438 421 769

**WWW.EMBRACEHEALING.COM.AU**



## WELCOME TO THE ATLANTIS HEALING RETREAT

This beautiful healing retreat is on a stunning property on the Central Coast, surrounded by natural bushland. We will be creating a sacred space for people to disconnect from their busy life and reconnect to the magical healing energies of nature.

We have 4 experienced facilitators and an incredible cook serving wholesome vegan meals.

We welcome you to turn off all screens, remove the work and family masks, let go of expectations and burdens and be surrounded by trees, nourishing food, nature's healing sounds and beautiful crystals.

The weekend consists of yoga, gatherings, mini-workshops, activities and deep connections.

Each day will consist of various gatherings and activities, such as:

### Mini-workshops:

- Crystal healing
- Energy healing
- Discover Atlantis
- Intuitive development
- Nature connection
- Sound healing

### Be nurtured with:

- Yoga under the trees
- Earth / heart meditations
- Labyrinth healing
- Sound healing / drumming
- Campfire and connections
- Chakra clearing and alignments
- Walking meditation
- Connecting with your power animals
- Being nourished by vegan foods by Bamboo Buddah cafe.

### Reconnect

This retreat is for anyone looking to:

- take time out
- escape the city life
- break free from stress
- rebalance
- tune into nature and the Atlantian energies
- connect with others
- reclaim confidence
- heal from any pain or resistance
- find their purpose





**ATLANTIS** is a legendary lost island often idealised as an advanced, utopian society holding wisdom that could bring world peace. The idea of Atlantis or the Golden Age has captivated dreamers, writers and healers for generations.

For most of the past two millennia Atlantis was thought to be just a fictional place mentioned by the ancient Greek philosopher, Plato. However, whether Atlantis did ever exist or is merely a myth, ancient and modern civilisations for thousands of years have been influenced and inspired by a magical and powerful existence that once occupied our world, and often connecting the Atlantis civilisation with ancient Greek, Egyptian, Mayan and Aztec cultures.

On this retreat we will explore different methods of healing and nature connection to help us find more peace and harmony in today's world. Each person who attends the retreat is encouraged to explore their own personal meaning and connection to the golden age of Atlantis.



## WEEKEND RETREAT PROGRAM

### FRIDAY

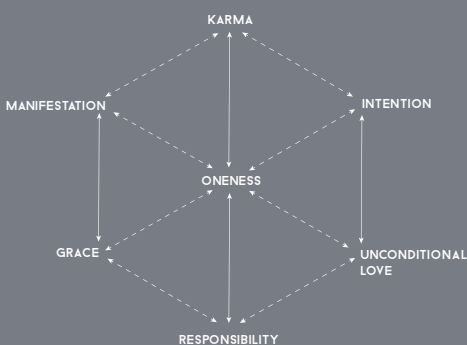
- 4-5pm: Arrival
- 5pm: Settling in
- 5.45pm: Group connection with meditation & sound
- 6.30pm: Welcome & introductions
- 7.45pm: Dinner
- 8.30pm: Campfire connections
- 10pm: Bed

### SATURDAY

- 7.30am: Yoga under the trees - with Kirt Mallie  
**ONENESS**
- 9am: Breakfast
- 9.45am: Earth Meditation - my purpose  
**KARMA**
- 10.45am: Workshop with Patricia - Atlantis myths and legends
- 12.15pm: Lunch
- 1.15pm: Silent walking meditation in the woods
- 2.00pm: Develop intuition group activity
- 3.30pm: Discussions and tea break
- 4pm: Chakra clearing and sound healing with Patricia and Emma  
**MANIFESTATION**
- 6pm: Free time
- 7.30pm Communal dinner
- 8.30pm Connection and music around the campfire
- 10pm Bed

### SUNDAY

- 7.30am: Yoga under the trees - with Kirt Mallie  
**RESPONSIBILITY**
- 9am: Breakfast
- 9.30am: Healing Meditation workshop  
**UNCONDITIONAL LOVE**
- 10.15am: Crystal healing workshop with Jo
- 12pm: Labyrinth healing  
**INTENTION**
- 1.30pm: Lunch
- 2.30pm: Energy healing and sharing in pairs  
**GRACE**
- 4pm: Discussions and sharing over tea break
- 4.45pm: Closing meditation and sound healing to integrate and close the weekend
- 5.45pm: Pack up & goodbyes
- 6.30pm: Depart



The weekend will cover the Seven Pillars of the Universe:

- Oneness
- Karma
- Manifestation
- Grace
- Responsibility
- Unconditional Love
- Intention

Note: This program is subject to change.

# MINI WORKSHOPS

**Meditation.** Throughout the weekend we will be holding meditations\* that will help you integrate your experience and assist you in releasing any blocks and resistance and help you find inner guidance and peace of mind. The meditations include:

- Past life meditation
- Earth healing connection
- Crystal healing
- Integration with meditation

\*No experience necessary



**Sound healing.** Patricia and Emma will be using sound healing combined with meditation for chakra balancing. This will include instruments such as the gong, tibetan and crystal bowls, tibetan bells, Koshi bells, Kalimba, therapeutic drumming and chakra chimes.

Sacred Sound helps to facilitate shifts in our brainwave state by using entrainment. Entrainment synchronizes our fluctuating brainwaves by providing a stable frequency which the brainwave can attune to.



**Crystal healing.** The beauty and power of crystals and other stones have been recognised since the dawning of civilisation - prized for not only their beauty but for their healing and spiritual powers. It is widely believed that crystals vibrate at the same pitch as humans such that the resonance between them combats the vibration of the illness and amplifies that of health.

Jo will be facilitating a workshop with various crystals to help you intuitively feel which one is calling you at this point on your journey and you will also be given information and guidance on how to work with your special crystal.



**The Atlantis story.** Patricia will be giving a talk about the myths and legends of Atlantis based on more recent civilisations, such as the Egyptians and the Greeks, and how they are linked to the lost civilisation of Atlantis and how their healing methods, symbolism and powers are still being used today.

We will also be sharing our own ideas of Atlantis as a group and what we can learn from their civilisation and their connection to nature and each other.



**Intuitive development.** We will be strengthening our intuition by using a practice called psychometry. This is the ability to feel energy through our hands to tune into energy stored within objects. We will be using nature for this exercise and using our intuition to sense and feel each object and sharing together.

This exercise is light and very simple to do. Everyone who participates receives intuitive guidance for other members of the group.



**Yoga.** We will be offering an optional yoga session under the trees on both mornings at the retreat. These sessions are for all levels from beginners to advance.

These yoga sessions will help you to get grounded, relaxed and warmed-up, ready to ease your way into the rest of the day. Kirt will take you through the gentle moves so your body can find its own flow.





## THE FACILIATORS



**Emma French**, from Embrace Healing is an event, workshop and retreat facilitator. As an experienced transpersonal counsellor, meditation teacher and intuitive healer, Emma has successfully assisted people from all walks of life, to reach a sense of peace and balance through meditation, energetic healing and transformation techniques for over 15 years. Emma brings a gentle, calm and creative energy to her workshops and retreats, assisting people to feel safe and open to explore their authentic self and to be guided back onto their spiritual path.



**Patricia Athena** is a sound healer, therapist, presenter and teacher. She is an international teacher of Sacred Geometry (Beyond Flower of Life), Ancient Wisdom and light body activation. Patricia helps to connect people to the importance of our planet and our animals. She has visited and facilitated groups to many power sights on the planet including Hawaii, Egypt and Greece. Patricia is a therapist and teacher at The Golden Door Wellness Retreat in the Hunter Valley and teaches Kwan Yin and Dolphin Healing.



**Jo Martin**, from Golden Light Designs, is an intuitive communications expert with over 20 years experience in workshop facilitation and training. She has a natural affinity with crystals, creating mindful crystal and energetic healing experiences that are grounded in love and divine light and designed to bring positive healing energy to participants.



**Kirt Mallie** has been teaching yoga for several years and together with his wife, Kiran, own the popular Modern Organic yoga center and cafe.

With the consistent practice and teaching of yoga, meditation, music and facilitating sacred men's circles, Kirt continues to build and support the community; sharing wisdom with various types of classes, workshops and events.



**Bamboo Buddha** is a local tranquil cafe located in Holgate, Central Coast.

They are renowned for their high standard of vegetarian and vegan food, delicious cakes, organic coffee and gorgeous teas that lures clientele from far and wide.

Be sure to be nourished, nurtured & inspired by Bamboo Buddha's beautiful plant-based food offered at the Atlantis Healing Retreat.

**Dietary requirements.** All provided meals will be vegan (x2 breakfast, x2 lunch and x2 dinner and some light snacks). However, to make sure that we can cater for all dietary needs, please let us know if you have any additional allergies or intolerances.



## INCLUDED IN PRICE

### THE WEEKEND WORKSHOP COST IS INCLUSIVE OF:

- x2 nights accommodation (camping or shared room)
- Vegan wholefood meals and drinks
- A unique crystal to take home
- A swimming pool for refreshing
- A retreat workbook
- Facilitated workshops
- Toilets and shower

### Shared room option

If you do not wish to camp, you are welcome to stay in the shared accommodation room.

## TO BRING

- Tent and camping gear (if camping)
- Sleeping bag / sheet
- Comfortable (warm and cool) clothing
- Yoga mat (if you have one)
- Walking shoes
- Swimmers / towel
- Refillable water bottle
- Notebook and pen
- Vegan snacks for in-between meals (optional)

## INVESTMENT

- **OPTION 1:**  
CAMPING (BYO TENT)  
X2 NIGHTS & 2 DAYS  
- **\$430\***

- **OPTION 2:**  
SHARED ACCOM  
X2 NIGHTS AND 2 DAYS  
- **\$480\***

For group bookings of 3 or more save a further 10%.

\* small booking fee applies

