

Developing inner mastery



*A 9-day spiritual awakening retreat to
“God’s own country”, Kerala, India*

**Do you ever find yourself seeking inner fulfilment from
outside sources, or thrown off balance by the inevitable winds
of change or unexpected crises of life?**

In this 9-day retreat we turn our attention away from the external world, to the internal world, so that we can hear the voice of our soul and learn to keep our balance no matter what is going on around us. Each day has a different theme so we can journey from letting go of old traumas and releasing fears, to getting in touch with our intuition and finding that place of stillness inside, to rebirthing in to alignment with our destiny and accessing the eternal nature of our soul. Practices include twice daily Kundalini Yoga and meditation, Shamanic Journeying, connecting with different guides, silent practices connecting with nature and sharing circles. We also have the opportunity to meet a real-life living Master, Mata Amritanandamayi, affectionately known as Amma – or Mother – to all her devotees.

DATES: 8-18 December 2019

VENUE: Set in an idyllic and secluded nature-based location in Odayam beach, Varkala

COST: Early bird fee of £999 (before 4 November) per person based on sharing twin or double room; thereafter £1099. For a £200 supplement you can secure your own room.

DEPOSIT: Places are limited; £300 non-refundable deposit required to secure your space.

Price includes 10-nights accommodation, 3 vegan meals a day (except at the Ashram), 24-hour trip to Amma’s Ashram, all daily practices, 1 x 1-2-1 Shamanic Healing and 1 x double Ayurvedic treatment. It does not include flights, visas and travel insurance. A detailed logistical guidance document will be provided to all participants.

ABOUT THE FACILITATOR: Juliet Russell-Roberts is a writer, healer and therapist, trained in a variety of therapeutic/healing modalities including Transpersonal Psychotherapy, Kundalini Yoga and Shamanic Healing.

Contact Juliet to find out more:

julietrroberts@googlemail.com | 07980 042 319 | www.julietrussellroberts.com

“Understand this great truth: The happiness that comes from the pleasures of the world is but a minute reflection of the infinite bliss that comes from within your own Self.” Amma