

# Practices of Life: A Retreat for the Mind, Body and Spirit

We invite you all to join us at this beautiful retreat in Honolulu surrounded by gorgeous sweeping views of the city all the while in a beautiful, peaceful, and Zen space. We will stretch our bodies with gentle yoga throughout the day, fall into deep meditation with the gongs, learn about herbal teas, release our voices with Tibetan Toning and experience the self-empowering method of ThetaHealing. Three different practices of yoga will be provided and two gong sound healings. This all-day event will include a delicious vegetarian lunch and dinner.



## Yoga Nidra with Tehila

The art of relaxation. Because of the hectic activity of our daily lives, we are often in our sympathetic "fight or flight" nervous systems. Restorative yoga, with its emphasis on calming, relaxing, and renewing the body and mind, shifts us into our parasympathetic "rest and digest" nervous systems instead, allowing the body to rebalance. Using props to support the body in reclined poses, we focus on long, soothing holds that open the body and deepen the breath. A guided meditation practice in savasana, the class will leave you with a sense of profound rest.



## **Gong Sound and Vibration Healing by Language of Gong**

The Language of Gong provides you the experience of gong sound & vibration immersion. This is a sound healing journey where individuals meet themselves through the experience of the gong. The gong works through vibration and sound, communicating with the participant's Mind, Body and Spirit. The sound brings you into a beautiful journey within yourself. While going within, people find deep relaxation, answers to questions that they are seeking, release from stressful life experiences, and more. The vibration transforms all energy blockages stored in the physical, mental, emotional and spiritual bodies. The Gong Experience will bring forward clarity to everyday life, address a physical injury/psychological trauma, or to simply deepen one's spiritual journey. No prior experience or training is necessary to benefit from the gong healing.

## **Herbal Class with Amanda Painter**

Local herbalist, Amanda Painter, will guide us through a brief introduction into herbal medicine with a delicious herbal tea blend concocted especially for this retreat!





## **Mana Yoga**

*Mana* is a Hawaiian word that refers to the spiritual power and healing energy inherent in everything. In Mana Yoga you are guided through the ancient practice of yoga in combination with the guidance of your own heart and spirit. Free flow and creativity is encouraged with heart-felt cues by the instructor, and intuition is heightened by exploring the inner workings and inter-connectivity of the body, mind and spirit. Anticipate a healing blend of dynamic movement, some longer relaxation poses, and a deep connection to breath. All levels welcome.

## **Tibetan Toning with Malcolm Wasserman**

5 Universal Chapters of Sound. Ancient Tibetan Toning passed down to devoted monks and seekers of wisdom. The Tibetan teachings from sound through toning as expressions of 5 fundamental elements: Earth • Water • Fire • Air • Ether. Through toning we begin to resonate through the reverberating energy of these fundamental elements and each of its teachings.



## **ThetaHealing with Crystal Hinton**

ThetaHealing is a powerful technique that will allow you to quickly identify limiting beliefs systems, dissolve deeply held blocks and instantly reprogram the subconscious mind. By focused prayer utilizing a "Theta" and "delta" brainwave (incorporating physics and quantum physics), you can witness instantaneous physical and emotional wellbeing. This technique frees you from previous limitations and empowers you to create the life you envision.

## Yin Yoga with Tehila

Yin yoga involves longer holds of gentle stretches, usually supported by various props like bolsters and blankets. Poses are often supine hip and shoulder openers, but can include seated, kneeling and some standing poses. Some gentle movement with breath is used to release stagnant energy. Yin poses are usually held for about 3-5 minutes, allowing the nervous and muscular systems to decompress and relax deeply and completely. Pranayama (breath techniques), visualization and meditation techniques are used to bring the body and mind into a relaxed, meditative state. This practice gives you more time to stretch a wide range of areas of the body. Excellent for promoting and sustaining long-term flexibility. Yin yoga is the counterbalance to a busy daily life.



Check-in is from 8:30am to 9:15am. This one day retreat will start promptly at 9:30am and end at 7:30pm. You will be provided a full lunch and dinner. Please bring a bottle of water, yoga mat, blankets to use for yoga practice and to cover up with during the gong sound healing. Cost is \$150 per person. Payment is required in advance through Eventbrite. Once payment is confirmed, we will send you further details for this retreat. Space is limited to 25 people, advance registration is required. There is ample street parking. For more details, information, and questions please contact Language of Gong at 808-741-5505 or email us at [LanguageOfGong@gmail.com](mailto:LanguageOfGong@gmail.com) or visit our page at [LanugageOfGong.com/Retreats](http://LanugageOfGong.com/Retreats)

