



We carry inside us the
wonders we seek outside.

Rumi

www.yorkreikiplus.com

Calling all Reiki Light Workers

Find your Tribe and Enhance Inner Light Retreat

4th, 5th & 6th October, 2019

Commencing Friday at 5pm until Sunday at 3:30pm

Just 3 x Instalments of £99

- Looking for your Tribe ?
- Wanting a bit more joy and balance in your life?
- Would you like to increase your vibrations and intuitive insights?
- Do you feel most at home close to nature?
- Are you looking for some time away to reflect, heal and practice?
- Are looking to clear any blockages and rekindle your universal light force energy and strengthen the Illuminating Light within whilst meeting other like minded Light Workers?

If you are a female Reiki Practitioner (from any Reiki lineage) and answered yes to any of the above, you are very welcome to join us at this beautiful and calming weekend Retreat in the tranquil countryside of Aughton, East Yorkshire just 33 minutes drive South East of York. The hamlet of Aughton is rich in history and nature being the site of an ancient castle and mote mentioned as far back as the Domesday book, surrounded by beautiful protected countryside and wildlife, encompassed by the River Derwent (originating from Fylingdales Moor) and its tributaries. There is such a magical quality about this place not found elsewhere.



A beautiful space has been created at Serenity Cottage, in Aughton, and as it's in Autumn, it will be about clearing, releasing and relaxing into the natural flow of life's tides. My aim is to help provide some time to reflect, unwind, and rekindle the joy and passion for Reiki and for yourself. You will be provided with nourishing vegetarian and vegan food for body and mind.



There will be space and time to reflect, relax, heal and rejuvenate areas of your spiritual practice that you feel may need a lift or provide shifts for growth. There will be scheduled time for regular reiki meditations, treatments and workshops about intuitive development, and ancient practices of space clearing and journeying with my reiki drum. There will also be energy work, and nature walks as there is a designated SSSI Wetland for wildlife close by, as well as a farm with free range animals and scheduled ancient monument. Rescue chickens roam freely around the property outside providing organic eggs daily, and if it's clear outside at night we may be able to do some meditations under the moon and stars.

At the end of the retreat it is my hope that you will recognise the gifts and wisdom that are innate within each of us, that you will have made some new friendships, gain some further tools and insights to bring back with you providing you with a stronger feeling of harmony and being connected. I would also love if you leave this special weekend feeling renewed, refreshed and inspired.

The October Retreat at Serenity Cottage accommodates up to 12 people to Stay:

Room 1 - King Bed plus Single

Room 2 - Double Bed plus 2 x Single

Room 3 - 2 x Single Beds

Room 4 - Double plus Single

Room 5 - Double

A further 5 x places are available for Day retreaters.

Notes:

For those who Stay the retreat is full-board.

For those who are booked as Day retreaters lunch and light refreshments will be provided.

Food will be Vegetarian or Vegan. Please provide specific dietary requirements at the time of booking.

Cost:

Stay: £297 per person includes 2 x nights bed with full-board (catered for vegan & vegetarians) or 3 x instalments of £99 to be paid in full prior to the retreat.

Day: £198 per person includes lunch and light refreshments (catered for vegan & vegetarians) or 2 x instalments of £99 to be paid in full prior to the retreat.

(please note that the place is non-refundable, but you are welcome to find a replacement person if you find you can't make it for any reason)

Please drop us a line if you would like to pay in instalments or in full.

Looking forward to meeting everyone.

If you have any questions, do not hesitate to contact me.

Namaste

Irene x