

# Yoga retreat at Palagama. Discover yourself.

The Healing Week at Palagama Beach is a time in which you can awaken to your own healing potential and unlock the door to perfect health of body, mind and soul . From October 26th to 31st 2012.

The Healing Retreat is for you if:

**You feel stressed, struggling and encountering obstacles in daily life.**

**You are missing a deeper sense of life and feel out of balance**

**You feel exhausted and overwhelmed by your present life**

**You want to become and stay healthier and happier**

**Your body needs support and new strength**

**You want to harmonize body mind and soul**

**You are in a transition time of your life**

**Or just want to enjoy life...**

During this week we support participants to become aware that physical symptoms, unease, fears and disorientation are actually invitations to "change the direction of your life"



## Planned Program

Each Day of the Healing Week offers a different focus with 3-4 sessions within the group also allowing enough space for your own process and privacy.

Our approach is a very practical one and you can choose from the variety of tools and exercises offered by us to create your own healing menu to take home.

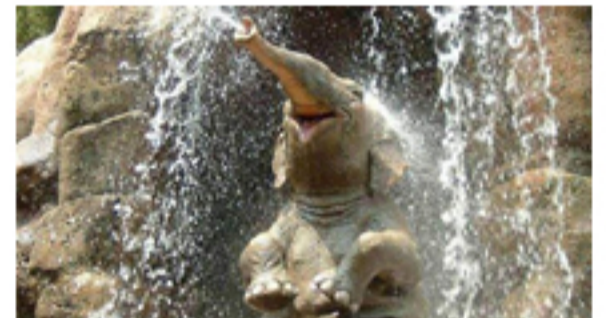


## Healing through Energy

Leela and Frank created The SELF HEALING RITUAL, a unique experience activating the Self Healing Process in your body amplifying the self love. This hands-on treatment provides a sacred space to release tensions, raises the life energy and regenerates and opens your heart.

## Healing through Joy, Laughter and Celebration

Celebrating Life is another way to stay and become healthy. Laughter is known as a powerful tool to strengthen your immune system and to revive your whole body. During this retreat you will have many opportunities to laugh, to dance and enjoy the play of life.



## Healing through Body Movement

Our body is divine and knows how to heal itself. Through moving and exercising our delicate physical system will open up for healing and balancing. Experience dynamic meditations, LeelaYoga, Body flows and creative Bodywork.

## Healing through Sharing

Speaking out from the heart what you are truly feeling, expressing your emotions are a way to release tension within our mind and body. During the Healing Week you are invited to share in different ways and experience emotional release.



## Healing through Music

Music is a wonderful way to relax the soul and to be at peace within yourself. During the retreat we invite you to listen to Johns music under the twinkling star and to experience the joy of singing together.

## Your facilitators

Leela Sylvia Isani and Frank Weckesser, founders of SELF The Empowerment Company. are human potential trainers and teachers in the field of energy work, yoga, healing techniques and lifestyle coachings Their passion is to support people in unfolding their highest potential.



## Register:

For more information about the retreat please call Leela 0094 0776687154 or Palagama on 0094 777352200  
Or email [Leela@self-company.com](mailto:Leela@self-company.com) or [info@palagamabeach.com](mailto:info@palagamabeach.com)