

GLASTONBURY RETREAT

Friday 7th - Sunday 9th Dec 2012



This Weekend QiGong, OBE & Lucid Dreaming Retreat is set in 180 year old Abbey House, Glastonbury, which overlooks the renowned Glastonbury Abbey where the Michael & Mary Ley lines intertwine.

It is a great opportunity to escape for a short break to re-energise.

Venue

Abbey House, Glastonbury.

The main rooms of Abbey House look straight down the ruined nave of Glastonbury Abbey, an abbey built on the most ancient Christian site in England and which for hundreds of years was a religious house famous throughout England and Europe.



Abbey House enjoys a 4 acre garden set on the North East side of the 26 acre site occupied by Glastonbury Abbey. The gardens are very special; with an unusually wide range of trees and shrubs, including a fully grown healthy Elm and a Fortingale Yew; quiet seating areas where you can sit undisturbed and watch the wildlife, and around the perimeter of the garden there is a Prayer walk with a largely all-weather path.

Abbey House - Chilkwell Street, Glastonbury, Somerset, BA6 8DH

Teachers & Training

The QiGong training will encompass the following disciplines and be held both indoors and outdoors (weather permitting).

ShaoLin QiGong

3 DanTians and Embryonic breathing skills
Zhuan Zhuang
Little Heaven Big Heaven
Tien Di Ren
Water & Fire Qi Gong
Linking and harmonising with the Michael & Mary ley lines

Shi XingFa - ShaoLin QiGong www.bigheavenlittleheaven.com

OBE & Lucid Dream training

"Through a combination of training, energy work meditations for activating inner vibrational frequency shifts, group led exercises, discussions, powerful out-of-body and astral projection practice sessions, and a tried and tested, mind bending sleep interruption routine there will be a VERY high probability that some participants will successfully achieve a life changing conscious out-of-body experience over the course of the retreat, while others will take home with them all the necessary knowledge and skills needed to have their first conscious out-of-body experience within days of leaving the retreat."

Todd Acamesis - OBE & Lucid Dreaming www.journeyoftruth.co.uk

Lucid Light Machine (LLM) sessions

Developed by Dr. Dirk Proeckl, a Neurologist and Psychologist, and Dr. Engelbert Winkler, a Psychologist and Psychotherapist, the kinetic light device stimulates neurotransmitters that facilitate harmonic patterns of the frequencies in different parts of the brain, which are usually only attainable after practicing meditation for many years. LLM creates a sense of deep relaxation, dissipating the sensation of time and space, allowing the viewer to experience different dimensions of the self.

Channeling Evening with Rhiannon and the Ascended Masters

Every Channeling evening unfolds spontaneously as the Ascended Masters connect and bond with all of us, read our individual & collective energy fields & then spontaneously decide which messages and information they wish to share with us in each moment.

They welcome us to have direct conversations with them in which they share their Higher Consciousness with us and assist us in finding a new and different perspective, more clarity, more light, the truth of our own hearts.

Rhiannon Augenthaler www.channeling-healing.com

You are welcome to choose which training sessions you participate in, allowing you the opportunity to enjoy the retreat centre and the surrounding countryside.

No previous training experience is necessary to take part in the various training sessions and they are suitable for all levels of fitness.

Fri 7th (16:00) - Sun 9th (18:00) - staying 2 nights.

What's included ?

- All training fees
- Full board at Abbey House
- Lucid Light Machine sessions
- Exclusive use of the Springhead Retreat Centre
- Private Access to Glastonbury Abbey

Retreat Price

£300 twin room (based on 2 sharing)
£350 single room

For more information, sample menu, training schedule, photos, floor plans and links to Abbey House's web-site or to book on-line visit our website.

Please book early to avoid disappointment



www.tranquil-retreats.com

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