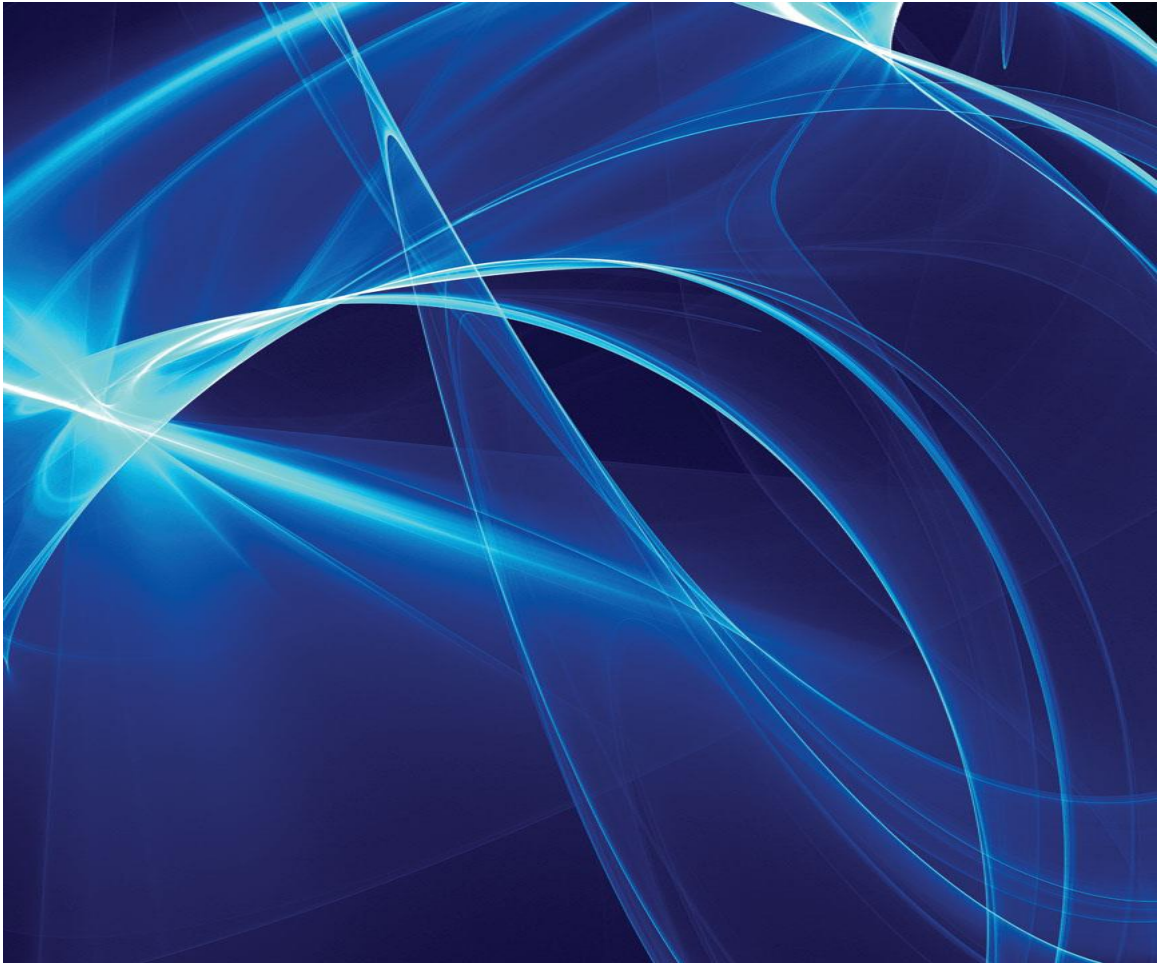


WEAVING THE LIGHT



This Workshop is designed to harmoniously integrate the many aspects of “Being Human. “ Guiding us deeply, playfully & joyfully through the art of weaving together all the different threads connected to each part of our energy field – emotional, physical & spiritual - we are empowered to create a life of consciousness for ourselves.

~ A Beautiful Tapestry ~

Tracy Seed and Deva Nidhi present

Weaving the Light Workshop

Threads of Awareness ~ Connection & Communication ~ Integration & Celebration

A 3 day residential programme for profound realisation of ourselves with an optional extension of three days for living the practice, personal therapy options, group movement and dance sessions.

Using Gratitude as the key, we find the way to replace Fear with Trust, dissolve Lack with Abundance, & transform Despondence with Hope. We will explore the world of Energy and learn how to achieve balance through Awareness & Connection to our inner wisdom. As we weave a harmonious tapestry unique to each of us, we also manifest a reflection of the same in the world around us - Inner & Outer Light.

Combining the use of various tools to create more Awareness and the Joy of Movement to express our feelings more clearly & deeply, we employ an easy and informal structure during the workshop. Our intention is to develop a practice that will empower us to live a more fulfilling and happy life.

This retreat workshop offers classes in which we will learn the basic energy exercises for balancing our physical & emotional bodies, personal expression through movement & dance, meditation, sharing and the practice of being in the present moment. We depart with knowledge of kinesiology, nutrition, a personal understanding of our own body and how better to listen to & recognise the language it speaks to us. We are therefore able to achieve better health, a more relaxed life style and create more awareness of stabilising ourselves within our busy world.

Beautiful Agistri & Rosy's Little Village offers us the perfect environment for relaxation, revelation and a fun filled informative time.

DATE

11-12-13 October 2013

Residential Programme- Retreat Workshop

14-15-16 October 2013

Extension – Living the Practice

LOCATION

Rosy's Little Village, Agistri Island, Greece www.rosyslittlevillage.com





TRACY SEED

Tracy is a personal development coach and spiritual practitioner. Her SOUL approach is unique; it has evolved through her experience of personal development and spiritual travelling. Her professional studies and experience of working with children and families and with many individuals and groups in the UK and internationally have provided her with an intuitive insight and awareness of the spirit and soul, our connections to each other and beyond. She uses a variety of approaches including Neuro - Linguistic programming, Compassionate Communication/NVC, Biodanza, Reiki and Family Constellation, working with energy, thought, emotion, movement and mindful awareness as a living practice.

Tracy has studied and worked in various countries including UK, Greece, Switzerland, France and USA. She is passionate about supporting others to re –discover their own unique rhythm, explore their full potential and to live the life of their dreams. You can find out more about Tracy on these sites: www.tracyseedcoaching.com www.tracyseedassociates.co.uk She can also be found on Facebook, Twitter and Linked-in.



DEVA NIDHI

Nidhi is a Holistic therapist, who has been working for over 20 years in the field of Energy work. She has travelled, studied, and lived in India, Greece, France, and Switzerland and also gained experience & knowledge from teachers and masters from the United States, including one extraordinary teacher from the Apache tribe.

She created her own Holistic Center for Health, Beauty & Wellbeing on the island of Mykonos in Greece. One of the very first of its kind, this institution evolved over twelve years into a space for healing Energy work. She also conducts workshops on Crystal Clear Energy Therapy (see “Workshops & Seminars” on her web site)

Her Crystal Clear Energy Balancing Therapy concept, formulated over many years of experience, study and research ~ is based on the way our energy is affected by stress, nutrition, emotions and the way we move the body. Balanced integration of these influences creates a fulfilling, healthy & joyful life.

Her work has been presented in the UK, Turkey, Germany, France & Greece. She speaks fluent English, Greek & French. You can find details of her work and studies on her web site www.devanidhi.com

WORKSHOP STRUCTURE

Three day Residential Programme – Retreat Workshop

Day One: Awareness

Day Two: Connection & Communication

Day Three: Integration & Celebration

Extension Days - Living the Practice

In these following days we are invited to practice what we have learnt during the workshop, through dance, creativity, sharing & personal sessions all of which are optional and living our Awareness in a relaxing & beautiful space. We then carry this home with us – to be continued.....

Events (posted daily)

BioDanza

Empathy Circle

Meditation Moments

Personal sessions with Tracy (by appointment)

Reiki 60 minutes 50€

NLP 60 minutes 60€

Empathy Compassionate Communication (NVC) 60 minutes 60€

Life Coaching 60 minutes 60€

SOUL Session 90 minutes 75€

For more information about the session content:

www.tracyseedcoaching.com

Personal sessions with Nidhi (by appointment)

Crystal Clear Energy Balancing Therapy Session 90 minutes 75€

Reiki 60 minutes 50€

Personal Energy Reading 45 minutes 40€

For more information about the session content:

www.devanidhi.com

This retreat takes place on the magical island of Agistri in Greece. Just 90 minutes away from the mainland and approximately 2 hours in total from the airport, it is easily reachable by ferry boat or high speed vessels. Details of boat timetables can be found on the site:

www.rosyslittlevillage.com



Daily Workshop Format

9:30 – 11:00 workshop
 11:00 – 11:30 break
 11:30 – 13:30 workshop
 13:30 – 15:30 lunch break
 15:30 – 16:30 workshop
 16:30 – 17:00 break
 17:00 – 18:30 workshop

In our free time we can enjoy the beautiful natural environment, swimming, sailing, nature walks, serene reflection or enjoying the local cafes and Greek music. Wonderful fresh organic food is prepared daily in Rosy's kitchen ~ an added delight for the senses! Optional excursions to the nearby islands of Aegina and Poros for sightseeing and shopping can be arranged by Rosy's team.

Workshop fee – 3 day Residential programme 300 € per participant

A non-refundable deposit of 100 Euro is requested upon registration. The final balance is due by the 31st July 2013. Cancellations after 31st August will result in a 30% cancellation fee of the balance payment. Details for payment will be given to registering participants by email.

With the exception of transfers from the port of Agistri to Rosy's Little Village ~ TRAVEL & ACCOMMODATION COSTS ARE NOT INCLUDED.

For registration and details of payment contact:

Tracy mail@tracyseedcoaching.com or Nidhi devanidhi@hotmail.com

Accommodation & breakfast

Payable directly to Rosy – contact her for reservations at www.rosyslittlevillage.com

Double room (2 persons) 65€ per day

Single 47.50€ per day

Extension – Living the Practice

Accommodation & breakfast per day

Double room 65€ (2 persons)

Single room 47.50€ (payable directly to Rosy)

Sessions & Events (payable in cash at the time of booking)

Personal Sessions with Tracy or Nidhi.

Dance Sessions – Group movement

Meditation Moments

Empathy Circle

On the [10th October at 19:00pm](#) we will begin our retreat with a welcoming meeting for all participants. Therefore travel arrangements should be made accordingly, in order to be present for this presentation.

We will be introducing ourselves & sharing the structure of the seminar ~ daily class schedules and the possibilities for other activities. We look forward to this extraordinary opportunity to share our visions of a balanced, joyful and healthy life.

HEALING & REJUVENATING OURSELVES & OUR PLANET WITH AWARENESS

This workshop is dedicated with love to
Ken – Beloved Brother & Irena – Beloved Soul Sister
~ LIGHT BEINGS ~

