



YogaLise's

**AUTUMN
RETREAT**

28, 29, 30 November 2014

• yoga - meditation - nature walks - healthy food - good sleep •

Yoga, meditation, nature walks, lovely healthy food, relaxing & good sleep!

Leaves are falling, days are getting shorter, the winter is approaching. A perfect moment to withdraw yourself from the busyness of daily life and to reconnect with yourself. Tune in with your body and mind in a relaxed and cozy atmosphere. Have time to relax, recharge, to dream, to breathe, to stop doing, start being... at YogaLise's autumn retreat!

Reconnect to life at all levels; physically, emotionally and spiritually.

The program elements

Yoga Sessions

Yoga creates flexibility and strength in your body and mind. It's a perfect way to get out of your head into your body, and to reconnect with who you are: physically and mentally. During the retreat there will be yoga sessions in different styles. We practice Hatha Yoga Flow (quite energetic yoga where you move through postures in a dynamic way; supports the release of toxins and stress) and Yin Yoga (very meditative yoga style where poses are held for a longer period of time; works on connective tissues and increases joint mobility). The sessions are designed to suit all levels; whether you are completely new to yoga or an experienced yogi(ni).



Meditation

Meditation is a term used for techniques designed to promote relaxation, build internal energy and develop compassion, love, patience, generosity and forgiveness. During the weekend you have the chance to practice with different kinds of meditation techniques. The sessions include guided meditation, silent meditation, walking meditation and a guided visualization.

Sound & Silence

Experience the healing power of sound & silence with a very relaxing Tibetan singing bowl healing session. Next to that, the weekend offers enough space for you to experience pure silence as well (in nature/meditation).



Time to BE

The program will allow plenty of opportunity to do as you please; time to BE. You can simply do nothing, go for a walk to smell the forest, make a fire, listen to the sounds of the birds, read or write in a lazy chair, take a siesta, or explore your artistic creativity in making a painting (painters easel's provided).

Food, made with love

All food served is vegetarian and made with fresh ingredients



(organic where possible). Freshly squeezed fruit- and vegetable juices will further boost your energy and satisfy your taste buds. And, ever more important, all food and drinks are made with love.

Good Sleep

The retreat-house is situated in the East of the Netherlands; Markelo, Twente. The activities during the day combined with clean forest air will make you sleep like a baby. There is a double bed available (for a couple/friends), beds, and mattresses on the floor. Rooms are shared.

Quick Facts & Sign up

Location:	Markelo, Twente (East of the Netherlands)
When:	From Friday 28 th of November (arrive after work, from ±19h00 onwards) 'till Sunday 28 th of November (±15h00)
Price:	€ 87,50
Sign up now:	Only 6 places available! So sign up at www.yogalise.nl/retreat
More info:	info@yogalise.nl , or call +31 683 255222

About YogaLise



YogaLise came to life with the ambition to create a momentum for busy young professionals to take a break from the busyness of daily life in order to connect with what is going on on the inside. To stop, breathe, be, dream, relax, shape up, recharge and energize. The autumn retreat is such a momentum. YogaLise also facilitates yoga & meditation sessions in companies, full moon yoga and a weekly yoga class from home.

Liselotte van Steenis

Liselotte is founder & owner of YogaLise, organizer of this retreat. She is a 200+ certified yoga & meditation teacher and responsible for the content of the program. Next to yoga she works as an independent consultant in change management industry.

Bas Gerzon

Bas guarantees you a delightful culinary experience at the retreat. He worked as a cook in a restaurant where he made himself at home in the vegetarian kitchen. His cooking style is refreshing and experimental, always striving to do justice to the pure true tastes of the ingredients. Next to cooking he studies civil engineering and is a musician.

