

A WEEKEND OF SACRED SOUND, HEALING AND CELEBRATION FOR THE CELTIC NEW YEAR

FACILITATED BY SARAH GREGG

31ST OCTOBER 2014 – 3RD NOVEMBER 2014

AT

THE PHOENIX CENTRE, BRIDGE BARNS, DUNWICH, SAXMUNDHAM, SUFFOLK, IP17 3DZ

"To acknowledge our ancestors means we are aware that we did not make ourselves, that the line stretches all the way back, perhaps to God; or to Gods. We remember them because it is an easy thing to forget: that we are not the first to suffer, rebel, fight, love and die. The grace with which we embrace life, in spite of the pain, the sorrow, is always a measure of what has gone before." Alice Walker



Join us for this beautiful retreat at the wonderful, high vibrational Phoenix Centre on the magnificent Suffolk Coast. An opportunity to celebrate Samhain, the Celtic New Year and a time to traditionally honour our Ancestors. Our Ancestors and all of their inherited traits play a significant part in our every day lives. We inherit both their gifts, talents, life stories and mental/emotional patterns. During the weekend we will have the opportunity to heal ancestral wounds which contribute to our current reality. We will spend the weekend immersed in Sound as a celebration of this auspicious time and our group intention will be to honour each of our ancestral lineages, create an opportunity to reassess where we are going in our lives and let go of the past, as well as creating a healing space for all of those who attend. This retreat combines sound and healing techniques with a weekend of ceremony.

gong baths, crystal bowls, monochord, shruti, sacred drumming, chanting, mantra, toning, group musical improvisation, voice and energy work, movement, meditation, silence, celebration and stillness.

RETREAT PROGRAMME

- Friday 31st October Arrival 4pm. Opening session follows group evening meal.
- Saturday 1st November. Our morning session will be followed by a Coastal Walk with group chants and Earth chanting (weather permitting) after lunch. The highlight of the weekend will be an all night community vigil after dinner to honour the ancestors. The evening will take the form of journeying and sharing stories about our loved ones, gong baths, sacred drumming, song, chant, readings and poetry. All participants are invited to contribute in



whichever way they can to the vigil in the form of readings, poems, leading group chants, songs, sound/gong baths, drum sessions etc as a personal dedication to their own ancestors. Should you wish to do this, then please let Sarah know in advance what you will be contributing, so she can arrange the schedule throughout the evening. Although there is no obligation to lead any part of the vigil, you will be invited to spend the night in the main barn teaching space to maintain the group energy, so sleeping bags/cushions/blankets/yoga mats are recommended. Participants are invited to bring something to the retreat to commemorate a loved one for the Ancestors Altar (photo or small memento), as well as any drums or other instruments.

• Sunday 2nd November. The all night vigil will finish just before breakfast and after breakfast there will be a few hours opportunity to rest and catch up with sleep. Our sound and meditation sessions commence again after lunch. We will finish around 10:00 pm on Sunday evening, therefore all participants are invited to stay Sunday evening at the Centre and depart after breakfast the following day by 10:00 am.

YOUR ACCOMMODATION



The Phoenix Centre in Dunwich is in an area of outstanding natural beauty. It is surrounded by forest and heath on one side, and the Dingle Marsh and the sea on the other. It is possible to explore miles of walks and the beach is only a short walk away. Weather permitting we will take advantage of this beautiful location to do some mindfulness walking along the coast and surrounding countryside and incorporate Earth chanting along the way. The beautiful red brick barns provide a peaceful and nurturing environment, perfect for sound healing and energy work, healing, meditations & relaxations. The centre has been purposely built on a powerful energetic location and in such a

sympathetic way so as to avoid interfering

with the high vibrational energies present during the retreats. We will be completely self contained which is important for the special work we will be doing during the weekend. Go to www.phoenixcentre.co.uk for further information.

Our accommodation will be in the Southyard Cottages and the Bridge Barn main house. Accommodation is comfortable and well equipped. Please note rooms are shared. All meals will be vegetarian and are lovingly prepared for us by Trish Dent, an experienced vegetarian and macrobiotic chef.



BOOKING

Cost of the retreat is £310. The deposit for the weekend is £145. The deposit is non-refundable. The remaining balance of £165 is due by 31st July 2014. A monthly payment instalment plan can also be arranged. Fee includes all activities, three nights shared accommodation 31st October, 1st and 2nd November and delicious vegetarian meals throughout the weekend. Spaces are limited on this retreat, so book early to reserve your place.

You will need to make your own travel arrangements. It is advised that retreat participants take out their own insurance to protect their booking.



YOUR FACILITATOR

Your retreat is facilitated by Sarah Gregg, Sound Healer, Natural Therapy Practitioner and Reiki Master Teacher with 15 years clinical and teaching experience. Sarah holds traditional Usui Japanese Reiki and Karuna Reiki® workshops and runs community healing days, sound healing workshops, events and retreats around the UK. In 2007 she introduced the Reiki Drum Technique workshops into the UK. Sarah has trained with many of the international leaders in the field of Sound Healing. Her teaching reflects her interests and experience in Sound Healing, Energy Healing, Yoga, Tai Chi, Qi Gong, Eastern Healing Arts, Buddhist Philosophy and Shamanism.

OUR RETREATS

Our retreats provide an opportunity to spend time away from your every day existence to focus on yourself, consider your goals and reflect on your life. A time to attain clarity, find a renewed sense of direction and enthusiasm for life, and achieve your own inner peace. Spending a few days away from your everyday life to concentrate on your spiritual self is a true gift. Many of us look after our physical, emotional and mental selves and neglect to spend time on that fourth component, the spiritual. Taking time to reflect and meditate in an environment which is specifically geared towards healing, affords retreatants the opportunity to evaluate the important things in their lives, work out life challenges, answer questions, and be inspired to make changes to benefit them in the future.

TESTIMONIALS

Testimonials from previous sound events:

Thanks again for an amazing weekend, gorgeous place, great food, but most importantly, amazing love and heart vibrations, I was blissed out many times! Will be back next year!

I just wanted to thank you for a fabulous weekend. The inspiring content of the weekend in the tranquil environment, great teaching space, nourishing whole food and meditation gardens gave my whole being a refreshing break and real boost. I came home feeling ready to take on the world.

This years Sound & Light Retreat was indeed a treat, fun and uplifting. The place was stunning - the atmosphere, the colours, the crystals, the garden -everything about it was marvellous. You facilitated the event splendidly, I loved the time out, the gong bath and the many opportunities to use our voices, - such a great powerful & portable tool that I hadn't made much use of before. Definitely a highlight in 2011.

I know I said a brief thank you at the time, but I wanted to reiterate how grateful I am to have been part of the ceremony. It was beautiful and you have a gift for bringing together incredible people. Thank you.

Just to say thank you for a wonderful event, There was such a wonderful atmosphere amongst everyone. The gong bath was amazing and really helped me to let go and clear my mind.

Thank you so much for a fabulous event. It was great to catch up with so many friends, and your gong and bowl, etc, bath was wonderful! I really appreciate the effort you put in to organising these events.



Contact Sarah Gregg for a booking form:

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