

WWW.SILENTMINDRETREATS.COM

### Tibetan Singing Bowls & Crystal bowls

Included in every program are group healing sessions. On some days there will be Tibetan bowls sound baths and on other days there could be a Crystal bowls sound bath.

The sound frequencies produced by the different bowls restore energy in the all parts of the body, making every cell flow at a healthy rate.





#### OUR CLASSES & WORKSHOPS

- Restorative Yoga Classes
- Piercing Light Breathwork
- Shadow Work
- Dancecestral Journey
- Art Therapy
- Hypnotherapy
- Ecstatic Dance
- Vinyasa Flow Yoga
- Nutrition Workshop
- Qi Gong
- Reiki (one on one)
- Tibetan & Crystal Bowls Sound Bath

#### DR. REX GLORIA THE NEW NORMAL IN LIFESPAN MEDICINE MEANS HOLISTIC HEALTH

Dr. Rex has obtained a Masters Degree in Preventive Medicine from the Dresden International University, a Post Graduate Specialization from the International Hormone Society in Brussels, and has been continuously taking Clinical Endocrinology courses at the Harvard Medical School.

Dr. Rex's mission is to help you to reflect on what you truly want for yourself today and imagine the full extent of what your body and your mind can achieve as he will navigate you through a path to wellness that leads nowhere else but home.

## OUR TEACHER'S EXPERIENCES

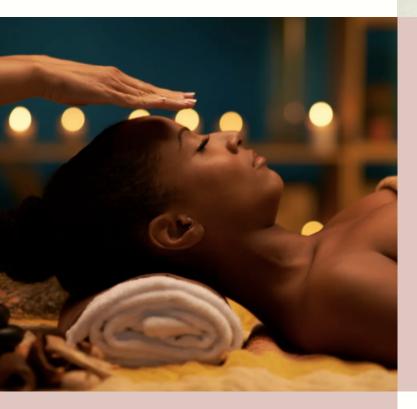
All teacher's teaching styles are founded in multiple disciplines ranging from traditional Hatha Yoga to Medical Qi Gong, Sound Vibration Meditation, Breathwork and more.

The combination of these modalities brings together a powerhouse of ancient healing techniques, connecting the mind-body-spirit to feel a deep sense of relaxation, clarity and stillness.

## Tailor-made Holistic Yoga Retreats

An immersion into yoga, meditation, sound healing, breath work, art therapy & dance in stunning nature with delicious plant-based food.





#### SERVICES PAID TO THE RESORT DIRECTLY BY THE RETREAT GUEST

- Accommodation
- Meals
- Spa services
- Any extras such as drinks, etc.

- Sports activities if not free to use, such as diving equipment, surf boards, horse, pony or camel rides, etc.

# **Typical Retreat Days**

- 3-7 nights at a stunning 5\* beachfront or desert location
- Single or double occupancy possible
- Full board or breakfast only
- Sessions of yoga & meditation daily
- Sound healing sessions daily
- Different Workshops and other classes tailor-made for the location
- One Reiki session per person during the stay
- Stargazing with or without bone fire
- Beach and/or pool access
- Access to all resort facilities/free sports

#### OUR RETREATS ARE BASED ON THE 4 PRINCIPAL ELEMENTS:

#### EARTH, AIR, FIRE, WATER -

WE BELIEVE FUNDAMENTALLY VITAL.

THESE ELEMENTS ARE NOT JUST MATERIAL SUBSTANCES BUT KEY SPIRITUAL ESSENCES, BRINGING MEANING AND ILLUMINATION TO LIFE.



# Silent Mind Retreats

Contact: Ms. Karine Lackner Founder - Reiki Master - Host +971(0)52 785 9323

SILENTMINDRETREATS.COM OFFICE@SILENTMINDRETREATS.COM