



*Silent Mind Retreats*

# *Media Kit 2021/22*

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## 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.*

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## 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 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

## 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.

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# 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.*

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## 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

## 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.

## 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.**



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# *Silent Mind Retreats*

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