

Moving into Silence

Dates: Saturday 11 May to Friday 17 May 2024

Treat yourself to a week of yoga ~ Relax, Restore, and Rejuvenate

*In a world that seems to be moving ever faster
it is vital that we take time out, slow down, and restore*

In this Yoga retreat, we will use a wide variety of yoga postures to free the body and its systems of tensions often secretly held. As the tensions in the body ease, we can start to relax the organs of perceptions during guided restorative postures and deep relaxation. This prepares us to explore the breath and let go into the empty spaces between the in-breath and the out-breath to naturally and effortlessly return to our true nature: open empty Consciousness, resting into Silence.

This retreat is open to all. The yoga explorations are very accessible to all and pre-existing health conditions can be accommodated by giving safe alternatives, on an individual basis.

"I truly enjoy introducing beginners to this hybrid of yoga as well as helping others deepen their understanding and finding new insights." -Elke Brown

Elke Brown started teaching in 1996. Over the years she has taught weekly classes, specialised workshops for a wide variety of conditions, residential retreats, and a yearlong advanced study and teacher training program.

She is affiliated with the Yoga Alliance as an E-RYT 500 (Experience Registered Yoga Teacher). She received her Iyengar based yoga teacher training at The Yoga Room in Berkeley, CA and brings over 27 years of teaching experience and passion to her yoga and teachings.

During her 3-year teacher certification program, as well as studying anatomy, kinesiology, yoga postures, philosophy, and breathing exercises. Elke took courses in Back Care, Restorative Yoga, Yoga for Women's Health, Special Needs Yoga such as Osteoporosis and Incontinence, Seeing and Understanding Bodies among others, that allow her to give individual guidance to her students.

The practice of Yoga is a living process and Elke has developed a unique style by focusing on the inner body. Exploring connections between muscles, joints, skin, organs, and the nervous system. Her gentle and compassionate approach to Yoga makes her classes, workshops, and retreats a safe, healthy way to connect with your body, breath, being.

Enrollment is limited to 10 spaces

Early registration is encouraged.

Program fees start at €1400 for shared accommodation and €1500 for single rooms.

To register or get more information, please contact:

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