

“Dance in Balance with Chakradance™”

The theme of the retreat in Pedreguer, located in the Costa Blanca Spain, is "Awakening, Discover and Experience the Power of Your Chakra System"



Give yourself the time to take a while away from your daily life and experience the full magic of a Chakradance™ retreat. A great day with Dance, Meditation, Mandala art, reflection, connection and inner growth. A wonderful opportunity to experience, relax, enjoy, cherish your chakras, connect with yourself and share with like-minded people.

Many of us suffer from all kinds of physical and emotional discomfort and perhaps even constraints such as fatigue, vague physical complaints, lack of initiative, anxiety, addictions and compulsive behaviors. In principle there is a conflict between our inner and outer life. Chakradance™ is a **therapeutic dance** form that connects body and soul and balances the energy between them. It is a journey through your seven life sources or energy centers, called chakras. **Free movement** on a blend of specially composed, rhythmic music brings balance and gives you a deep experience of life. The music resonates with each particular chakra. With this combination you'll discover your deepest feelings and blockages and they will be cleared. To lose contact with our body is the same as becoming spiritually homeless. Chakradance™ allows energy to flow again and ignites your spirit. It is a **holistic process** that can increase feelings of well-being, both physically and mentally.

During the one day retreat, we explore our chakra system, also known as Life Sources through workshops and Chakradance™. We experience every facet of our human being and connect with the true essence of who we really are. You will discover what power makes you unique. This gives you insight into what you're up to, what you can let go of, what you are here on earth, and how your talent radiates out of nature. Dancing through your 7 chakras is like moving through 7 different worlds. We experience our instincts, freedom, our strength, how we love, express our intuition and spirituality.



In addition, “The Awakening” consists of meditations, beautiful exercises and visualizations. You will get course material home. After this day you are equipped, stand in your own strength, you have come home with your authentic self and have more energy. Experiences of people who have experienced a retreat before, can be read on the website www.balancecoach.nl/testimonials.



Practical information

Join this day and enjoy the awakening of your inner powers!

The group consists of up to 8 people. We start at 10:00 a.m and finish around 9:00 p.m.

Date: 21th december 2017 en 11th or 26t Januari 2018

Location: Pedreguer / Gata de Gorgos

Costs: € 175,00

The price is including:

- * Lunch, Diner and Drinks.
- * Syllabus of the Chakrasystem / workshops
- * a present

If you book in November, you will receive an early booking discount of € 25,00.

Pay attention to full = full.

If you want to book the retreat at Pedreguer, send an email to info@jouwbalanscoach.nl with your name, address and phone number.

After your application, you will receive a confirmation of participation with additional information.

There is a possibility to book an overnight stay, then you will sleep in a caravan.

If you would like more information please contact.

Do you want better health and come home with your Authentic Self, sign up today.

Claim your place and start yourself from now on.

I looking forward to meet you!

Love & Light

Alexandra Langeveld
Facilitator Chakradance
Polyenergetic Coach/Therapist

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www.jouwbalanscoach.nl/chakradance

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