



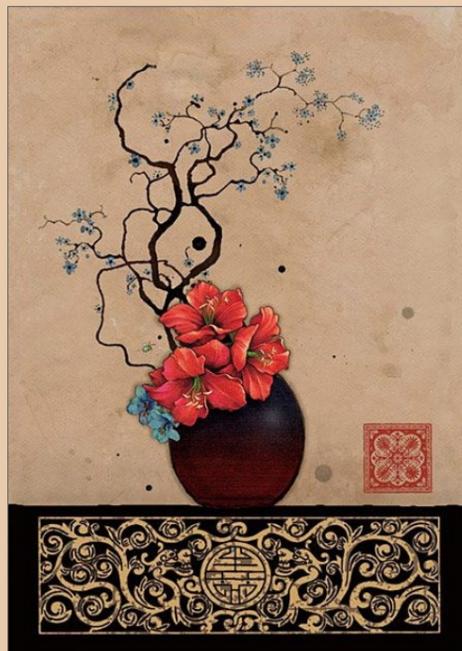
EVENTS

THE JOY OF SUMMER

YOGA AND MEDITATION RETREAT

with **Charlotte Davies**

8 - 10 December 2017



You are invited to join us at Old Joe's Kaia for this soulful event

N4 Schoemanskloof Road - Mpumalanga - www.oldjoes.co.za - info@oldjoes.co.za

We invite you to join us for a summer programme, a yoga intervention, led by [Charlotte Davies](http://www.chijia.co.za) (www.chijia.co.za), specifically designed around warmth and abundance. Coupled with this, you will be in tranquil surroundings and be treated to delicious vegan food.

In ancient China, summer was considered an almost magical time of life giving warmth after the still depths of winter. The season corresponds to the element of fire, the element of the heart which was considered to be the "emperor" of the body. It's in the heart that the Shen/spirit was thought to reside and so summer is a time where warmth ignites joy and the feel good factor, we are more visibly relaxed inviting an expansion of the body where blood circulates freely and the internal organs are warmed.

The summer season is filled with abundant energy, long days and sunshine. This is the most yang time of year. It is about expansion, growth, activity and creativity.

- **Element: Fire.**
- **Colour: Red.**
- **Nature: Yang.**
- **Organs: Heart, Small Intestine.**
- **Emotion: Joy.**

LIVE LIFE TO THE FULLEST - The heart's main function is to pump oxygen-rich blood through the body. In Chinese medicine, mental activity is associated with the heart and therefore our memory, thought processes, emotional well-being, and consciousness are also attributed to the heart and fire element. This is a time to nourish and pacify our spirits, and to realize our life's greatest potential as we find joy in our hot summer days and warm summer nights.

When the fire element is in balance, the heart is strong and healthy, the mind is calm and sleep is sound.

When the fire element is imbalanced, we may either lack joy (depression) or have an excess of joy (mania). Indicators of an imbalance in the fire element include agitation, nervousness, heartburn, and insomnia.

"The supernatural forces of summer create heat in the heavens and fire on earth; they create the heart and the pulse within the body..." The Yellow Emperor's Classic of Internal Medicine



FACILITATOR PROFILE - Charlotte Davies

Yoga is Charlotte's passion in life and has been from a very young age. She is a dynamic and passionate Yoga Master, Yoga Therapist, Montessori trained Nursery School Teacher, Breathwork Practitioner, Reiki Master and Tea Ceremony Practitioner. She has been practising Yoga for the past 20 years and her studies and years of commitment to her Yoga practice have equipped her with a sound knowledge of various Yoga systems.

Charlotte's philosophy regarding Yoga is to face the challenges on the mat, so that we may live our lives effortlessly. Her classes are challenging (yet easily modified), uplifting, and approachable, as she takes you beyond the physical aspects of yoga, and brings you into your own sacred space.

Through a variety of poses, and conscious sequencing, Charlotte's classes, workshops and retreats will build strength, flexibility, and balance through stability, as well as provide the space to discover the

WEEKEND SCHEDULE

Friday Dinner (19:00)

Tratac :: Fire/Candle gazing (After dinner)

Its secret lies in gazing at an object that captures your attention. Perhaps you have had the experience of being totally absorbed, taken outside yourself as it were, by a magnificent sunset or a full moon, stopped and held in the moment by something of exquisite beauty and in that moment you enter the timeless, catching a glimpse of eternity. This Fire/Candle Gazing technique, if practiced regularly, can hone and develop your concentration, bring the mind to a place of stillness, dissolve distraction and improve memory, bringing the mind to supreme awareness. It opens up your 3rd eye (pineal gland) and improves vision and eyesight. This simple technique is an excellent introduction to the art and science of meditation. People of all ages and stress levels can immediately feel the benefits.

Yang Yoga (Before breakfast; 06:30 - 08:00)

In this Yoga practice we will explore balancing poses, back bends and heart openers, core strength and arm balances. Increasing chi flow/balance through the meridians of the Heart and Lungs.

Meridians are considered channels where *Chi* or *Prana* flows. Chi is the basic life force of the body. Having enough Chi flowing smoothly in the meridians is key to health and longevity in body and mind

Tea Ceremony (Saturday morning; 10:00 - 11:00)

Tea culture and tea ceremonies evolved in the Chinese society and mirrors the importance of this wonderful beverage. Initially tea was cultivated mainly as herbal medicine and mostly within temples. Monks began to use tea for its peace and calming effects and as a sign of humility and respect for nature. The philosophies of Confucianism, Taoism and Buddhism have blended together giving birth to this magical ceremony.

Yin Yoga (Saturday afternoon; 15:00 - 16:30)

The soothing and contemplative practice of Yin Yoga invites us to balance this outward focus with an inward glance. In this gentle practice, we focus on the heart and large intestine meridians that run along the chest cavity as well as along the inner and outer arms. Consider this an invitation to slow down and surrender to the joy of the present moment with an exploration of heart openers, upper back and shoulder stretches.

Pranayama (Sunday morning; 10:00 - 11:00)

With Pranayama, or breath control, we are controlling and channelling the life force of Prana/Chi within the body. By using different techniques of breath control, we can stimulate different energy fields within the body. We will be using cooling techniques as well as colouring breathing therapy.

These techniques not only cool down the body, but it cools down the mind as well, calming the blood pressure as well as the nervous system. It stimulates the parasympathetic nervous system by triggering a Rest and Digest reaction. This technique is said to also reduce acidity, hypertension and indigestion.

The Sacred Labyrinth Walk (Sunday late morning; 11:30 - 12:30)

The Sacred Labyrinth Walk, illuminating the Inner Path, is the ancient practice of 'Circling to the Centre' by walking the labyrinth. The rediscovery of this self alignment tool is to put our lives in perspective and balance.

Light Lunch (12:30)

COST: R 2995.00 per person sharing accommodation, including all meals, event activities, tea & coffee
R 1995.00 per non-participating person, including accommodation and all meals. www.oldjoes.co.za

BOOKINGS: Please contact Old Joe's Kaia on info@oldjoes.co.za or phone **083 2293751 - 072 2613519**