



Journey through the Chakras

A DAY RETREAT AT TEMPLE BYRON



Date: Sunday, 29 November 2020

Time: 9am – 5pm

Venue: Temple Byron,
46 Melaleuca Drive, Byron Bay NSW 2481

Unblock and connect with the power within.

Experience the qualities of all seven chakras in this powerful one-day inner journey which aims to connect, unblock, balance and energise the power within.

According to yogic philosophy, chakras are subtle vortexes of energy located in different points on the spinal column.

On this retreat, you will connect with the location of each chakra, feel the different energy of each chakra, and tap into the gifts and challenges each chakra offers you.

You will practice yoga asanas (postures), breathing (pranayama), deep conscious relaxation (Yoga Nidra) and meditation designed to help you experience the life force of energy within your body. There will also be time for reflection and creativity – so bring your colouring pencils with you.

By the end of the day, you will have a different, or extended, understanding of the signals of your body and mind. You will understand the communication your body and mind are trying to share with you and you will feel your energy levels uplifted.

For bookings and enquiries contact: shaktiprem@icloud.com +61 0427681978 www.aishaniretreats.com



ABOUT YOUR FACILITATOR

Shaktiprem Blaschke, owner of Aishani Retreats, is a qualified Yoga instructor who teaches a holistic yoga based on Hatha Yoga, Kriya Yoga and Vedanta. During a very stressful and demanding time of her life, Shaktiprem met her Yoga teacher and began to practice yoga daily – at first with the aim to de-stress and be able to study longer with more energy, and then to better understand the interplay between body, mind, and emotions in order to live a balanced, happy life.

After eight years of yoga study, Shaktiprem began teaching yoga in 1996.

She has taught in Germany, Italy, and Australia. Before following the yoga path, Shaktiprem studied Pharmacy in Germany with a special focus on herbalism. Yoga has taught Shaktiprem how to be focused and relaxed at the same time, living in balance with body and mind. It is this balance that Shaktiprem will share with you.