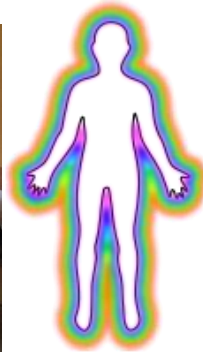


Kinesiology and Yoga Retreat

24-27 June 2022, Leopards Rock Bush Boutique

Connecting to earth energy, getting to know your body and the different systems, learn the ancient wisdom of yoga and breathing.

Kinesiology is muscle testing. You store all your emotions in your muscular system, learn how to talk to different muscles and how to reset your meridians. The knowledge you will take away from this retreat will not only treat yourself but you will be able to help your family and friends.



YOU WILL TAKE HOME practical, gentle, self-care Life skills:



DISCOVER HEALING

The Emotion Code Chart

	A	B
1 HEART OR SMALL INTESTINE	Abandonment Betrayal Form Lost Love Unreceived	Effort Unreceived Heartache Insecurity Overjoy Vulnerability
2 SPLEEN OR STOMACH	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
3 LUNG OR COLON	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
4 LIVER OR GALL BLADDER	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
5 KIDNEYS OR BLADDER	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wetly Washy
6 GLANDS OR SEXUAL ORGANS	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

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FINDING stability, groundedness, centeredness, balance, upwardness & openness as you STAND with yourself. WALK with you. REST with you. MOVE effortlessly, gracefully in all that you do - BREATHING – SENSING – FEELING Beautifully POISED, mindfully ATTENTIVE, finding RESTFULNESS & PEACEFULNESS!

Cost: R3500,00pp sharing, R5500,00pp single

Included: Accommodation, Wholesome vegetarian food, International kinesiologists, Yoga Epigenetics – reset thymus gland, restore energy system, Neuro lymphatic massage, Strengthen immune system

Bookings: Chrisna Ashforth – 0824435875, Salomie Kolbe – 083458696

www.eaglesviewyoga.co.za -