

THE HEART OF GRACE RETREAT

PHUKET THAILAND

Has your life become an endless, exhausting, "Self-Improvement Project?"

After years of working on yourself – through self-help, therapy, spiritual seeking, trying to "quiet your mind", "lose your ego" or even become "enlightened" – do you still feel far from where you wanted to be?

Do you long to stop running, end the struggle with life, and return Home? Do you yearn to slow down, come out of repetitive and exhausting thinking, and rest deeply in the arms of the present moment?

Then you are not alone.

ARE YOU READY FOR A LIFE CHANGING RADICAL TRANSFORMATION?

The Awakening Process HEART OF GRACE Retreat applies the realization of fundamental consciousness to personal maturity, psychological healing and the release of trauma based patterns from the body.

Through mindful awareness, compassionate presence, sacred breath, self inquiry and the therapeutic power of love, Robyn will invite you to "end the inner war" with your thoughts and feelings and to wake up to the sacredness of ordinary life and the innate inner wisdom of your true nature.

Extras ...Shopping , Spas , Massages!



WHAT'S INCLUDED?

- 7 nights accommodation (twin share, single upon application)
- Daily breakfast and two dinners (Welcome and Departure)
- 2 Day Trips to local spiritual/Buddhist temples
- 1 x Day Trip to Phi Phi Island

Tour Cost:

\$2,200*

per person on a
twin share basis

Deposit \$250 at time of booking.
2nd Deposit \$550 by 10 Sept 2019.
Final payment by 15 Jan 2020.

SATSANG MEETINGS:

- Transcend Dance - Soul Movement
- Loves Breath - Radical Inquiry
- Yoga of the Soul - Sacred Union
- Stillness in Motion - Falun Dafa
- Radiant Love Sutra Immersions

Departure:

22 MARCH 2020

7 NIGHTS
8 DAYS

(Stay at Mangosteen Ayurveda
& Wellness Resort)

Contact:

Nicolle Whitaker
Travel Manager

itravel

M: **0434 492 366**

E: **nicollew@itravel-au.com**

idream iwonder itravel



Robyn
COLLINS



Robyn Collins is a self-realised spiritual teacher who assists humanity in the simple discovery of Presence and Awakening. A professional counselling psychologist & transpersonal counsellor of over 20 years and is inspired by Tibetan and Zen Buddhism, Advaita and Shamanism. Robyn focuses on helping people understand themselves and the programming that interferes with awakening to their true nature (as an awakened Soul) and living the life they were meant to live.

itravel