



# *Season of Awakening*

## **Soul Journey into Spring**

### **A Mindfulness Meditation and Yoga Retreat**

**with Johann van Greunen, Specialist Wellness Counsellor and Reiki Master  
and Glenda van den Oever, Yoga Teacher**

**2 - 4 October 2020**

**TEMENOS RETREAT, MCGREGOR**

*"...when it is springtime in your soul, then the rhythm, the energy and the hidden light  
of your own clay works with you. You are in the flow of your own growth of and potential."*

*- John O'Donohue*

Spring is the Season of Awakening to new possibilities and new life.

For the soul a journey into spring can entail undertaking new projects,  
giving attention to desires and hopes that stir up after the slumber and sleep associated with winter,  
or even making some important life changes.

This silent retreat will create the sacred space for solitude and deep reflection to facilitate  
this soul journey into spring through the practices of mindfulness, meditation, yoga and movement.

## **On this retreat we will focus on the following:**

### **Silence and Solitude:**

- 🌿 The retreat will be silent from after dinner on the Friday till the Sunday brunch. We will intentionally create a structured and supported environment to support silence and deep reflection.
- 🌿 Entering deeply into silence and solitude through the mindfulness practices of meditation, yoga, movement and mindful eating.
- 🌿 Connecting with nature through a focus on the elements and garden walks.

### **Meditation:**

The retreat programme will be designed to incorporate the public meditations at Temenos in either The Well or Little Way. During the retreat we will engage with the following meditation practices:

- 🌿 Seated Mindfulness Breath Meditations
- 🌿 Lying-down Meditations
- 🌿 Movement Meditations
- 🌿 Chakra Cleansing Meditations

### **Yoga:**

Morning and late afternoon yoga classes will be restorative, cleansing and deeply relaxing. The practice will be suitable for all levels of practitioners.

### **Awakening:**

- 🌿 Awakening the senses through a focus on the elements to facilitate grounding and connectedness to nature and all in existence.
- 🌿 Awakening the senses through movement and mindful eating.
- 🌿 Awakening creative energy through colour and music.
- 🌿 Creative expression through drawing, painting, collaging, creative writing and journaling.
- 🌿 Creating a Spring Mandala.

You are invited to join us at Temenos Retreat Centre on the 2<sup>nd</sup> October 2019 for this retreat, inclusive of brunch and dinner daily, coffee/tea with snacks the Saturday afternoon, as well as all retreat activities and materials used. Checking in-time will be from **14:00** on Friday 2<sup>nd</sup> October and we will gather **16:00** for the start of the retreat. The retreat will end at **13:30** on Sunday 4<sup>th</sup> October, although the fee includes free accommodation for Sunday evening for those that can stay over. Supper on Sunday evening will be at your own cost. The restaurant, Tebaldi's at Temenos is closed on Sunday evenings, but you can order a take away at the restaurant before 2pm, or choose to self-cater. The cottages at Temenos are fully equipped for self-catering.

The retreat fee is **R 3 700.00** shared accommodation and **R 4 300.00** single accommodation. An immediate deposit of **R 1 000.00** secures your booking. 50% of the balance is payable on **31 July** and the outstanding balance by **25 September**. **Please book soon as space is limited.** For bookings, contact Johann at [johann@jvangreunen.co.za](mailto:johann@jvangreunen.co.za) or 021-914 1294 or 083 764 5978.

Please note our **Cancellation Policy**:

Should you cancel your reservation and admin fee of **R 100** will be charged.

For cancellations up to **2 -4 weeks** before the retreat, refunds will only be offered if your place can be re-sold.

Cancellations up to **2 weeks** prior to the retreat will not be refunded.

## About your facilitators:

### **Johann Van Greunen**



Johann has realised the value of Meditation and Mindfulness Practices early in his life, and has come to know Mindfulness Meditation as an invaluable aid in assisting us to develop integrated and coherent life stories.

With an interest in Integral and Complementary Medicine from early on, Johann qualified as Reiki Master to offer a hands-on healing practice that complements his counselling practice. Being a Master in Reiki, he teaches courses on Levels 1, 2 and Master Level.

Johann had been training in both ballroom and contemporary dance for years, and developed a strong interest in the healing power of creative processes, especially in art, movement and music. He uses these processes working with groups and during his workshops and retreats teaching Mindfulness Practices. He encourages his clients coming for counselling to use creative processes in order to develop new narratives for their life stories.

Johann holds an Honours degree in Psychology from the University of Pretoria and a M.Th. (Clinical Pastoral Care) from the University of Stellenbosch. He is registered as Specialist Wellness Counsellor at the Association for Supportive Counsellors & Holistic Practitioners. He is involved with mentoring programmes for the City of Cape Town and Desmond Tutu TB Centre linked to the University of Stellenbosch, which involves psycho-social support for health clinic staff, clinic managers and field workers. His work with these teams includes team-building, trauma debriefing and teaching mindfulness practices. In his private practice, apart from counselling, Reiki healing and training, he teaches meditation courses and various workshops focused on mindfulness practices.

Johann is passionate about life, the arts, music, dance, nature, good food, coffee, wine and soulful friendships. He lives with his partner in the leafy suburb of Kenridge in Durbanville and is the servant of a big fluffy ginger cat.

## Glenda van den Oever:



### *Certified Hatha Yoga Teacher*

Yoga has been part of my life for over 25 years and my passion for the practice has helped me grow stronger both on and off the mat. I love sharing how yoga inspires me to live each moment mindfully.

I will always be a student of the practice and I am deeply grateful for the loving wisdom each teacher has shared with me.

### *Certification Blissful Kids Yoga*

My love and passion for young souls is what has inspired my pursuit in teaching yoga to children of all needs, having an authentic and neutral teaching style that is compassion centred and mindful.

In my classes I love to combine creative heartfelt educational sequencing and a spirit of playfulness with an art element. I dedicate one art-based class a term, however should the need arise I would include an extra art element to the class. This will further express and inspire the young mind.

I tailor the classes to a theme that is running alongside the school classes. I welcome and encourage teacher interaction and collaboration. This helps me to cater to needs of the student/s and keep continuation.

It is wonderful to see kids shine in class and see how they blossom from yoga focussed classes. I seek to help others thrive in life by nurturing body, mind and spirit with yoga. I trust that at the end of a class, you step off the mat feeling balanced, nourished and refreshed.

Namaste

Glenda