



finding your flow with Shiva Rea

Join us for a day retreat on **Tuesday 28 March 2023**
to explore the “water pathways” of Prana Vinyasa,

Shiva Rea is a global movement and yoga teacher, founder of prana flow, creative catalyst, energy activist and explorer. In this full day immersive experience, Shiva Rea will take guests through two yoga flow practices designed to connect with the water element and cultivate fluid movement. Guests will also be grounded by a

‘Connecting to Place & Self’ session guided by Boon Wurrung Elder Uncle Shane Charles. The afternoon will involve enjoying a nourishing lunch and bathing in geothermal hot springs before finishing with a sunset yoga trance dance led by Shiva Rea. Retreat guests will emerge feeling renewed, restored, and refreshed for the year ahead.

Tuesday 28 March

9:30am	Check in at the Wellness Centre Reception.	1:00pm	A nourishing lunch from our Replenish menu to be served in the Moroccan Pavilion.
10.00am	<p>Rhythmic Vinyasa – Awakening Collective Flow <i>Open circle and 90 minutes of yoga</i></p> <p>Enjoy a full spectrum Prana Vinyasa as movement meditation. Beginning with rhythmic vinyasa (breath initiated fluid movement) guests will unfold in a Prana Flow wave sequence. Like a massage for your inner system, Prana Flow cultivates heart-centred, non-verbal movement patterns and encourages flow states while stimulating energetic pathways.</p>	2:00pm	Time to enjoy hot springs bathing in the Bath House.
11.45pm	<p>Ceremonial Activation – Connecting to Place & Self <i>Cultural Space Ceremony</i></p> <p>A special ceremonial journey of movement, meditation and mindfulness that will drop participants deep into the sacred core of their being, moving from connecting with ‘self’ to connecting with ‘country’. The session will begin with a smoking ceremony from Boon Wurrung Elder Uncle Shane Charles which will include storytelling and Yidaki (didgeridoo).</p>	4:00pm	<p>Rhythm & Prana Flow <i>75 minutes of yoga</i></p> <p>Wind down with an invigorating and balancing yoga flow practice designed to regenerate your prana (life force) and open your body, breath and spirit.</p>
		5:30pm	<p>Yoga Trance Dance – Rhythm & Prana Flow <i>Silent-Sound System Headphones in the Food Bowl</i></p> <p>Yoga Trance Dance is a contemporary exploration of the spirit of dance within yoga. It is a celebration of free-form, breath driven movement to liberate one’s creative life force and cultivate embodied freedom. Experience your innate, fluid power as we synchronise our body, breath, and awareness.</p>
		6:30pm	Sunset closing circle.

Tickets are \$385 per person. To learn more or book in call (03) 5950 8777 or visit peninsulahotspings.com