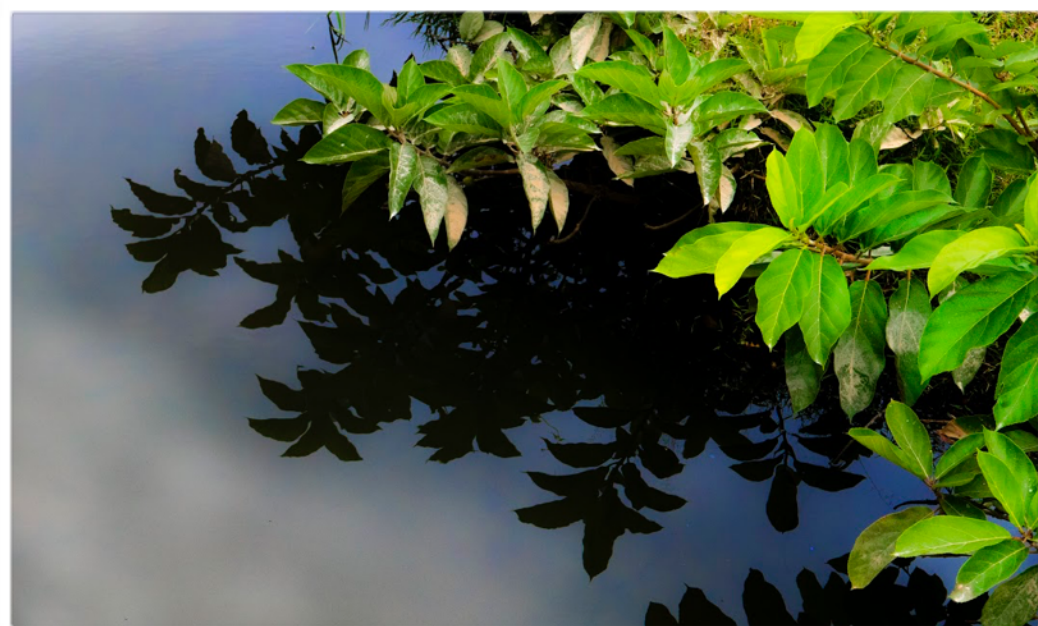


PAK LAP, SAI KUNG

5-6 DEC 2015 (SAT-SUN)

2-day Beachside Retreat

Theme: "Life is beautiful"



Explore Life with mindfulness & different perspectives

To realize life is more beautiful than what we "see" and how we "think"...

Take a 2-day-1-night retreat in nature, soak our body and mind in the nature. Have a reflective and silent moment to see our life with the relaxed mind and body.

A journey of life appreciation and self-discovery through yoga, body movement, photography, words and sharing.

If you missed our past event, please don't hesitate to register now. Only 14 spots. Mark the date on your schedule!



Our lives are inter-related, but have we given ourselves space to observe, to feel, to reflect the layers and the beauty of our connected lives??

The journey of self-discovery through

Yoga, body movement, meditation, photos, words, nature, healthy veggie food, sweats and laughters...



Yoga on the Beach

Asana, pranayama, mindful walking, mantra chanting and short meditation.



Body movement

Indoor body movement and dance under the starry night



Photo, symbols and words

soul-clicking, photo interpretation and sharing to know ourselves in different layers



Healthy Veggie meals

Breakfast, lunch and BBQ dinner are included

Only 14 spots, for any inquiries or to reserve your spot, please contact Lydia on 61121826 or libertyinyoga@gmail.com

For more information, please refer to the webpage or FB page of Liberty in Yoga
www.libertyinyoga.com
www.facebook.com/libertyinyoga

DISCOUNT for you and your friends:

2 participants: \$1600 Each

3 participants or more: \$1500 Each

DISCOUNT for past participants of our retreat and charity workshop to show our gratitude for your support and trust:

Past participants: \$1400 Each

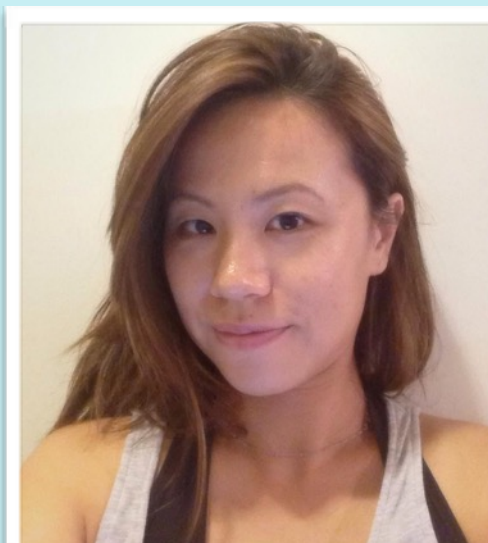
Friends of Past Participants: \$1500 Each





YOGA INSTRUCTOR PROFILE:

Lydia graduated from Yoga Prasad Institute (India) and is a registered Yoga Teacher, approved by Yoga Alliance. She is the founder of Liberty in Yoga. Lydia is not only equipped with yoga philosophy and yoga teaching methodology, but also knowledge of anatomy and physiology. Her yoga Journey started at age 18. Before being a registered yoga teacher Lydia was a Secondary School Teacher, equipping her with techniques and experience of teaching. Importantly it cultivated her sense of responsibility and a patient, loving and caring heart, which is applied within her yoga teaching and sharing. Lydia helps students discover how a dedicated yoga practice can empower them to live life in a calm and balanced way.



BODY MOVEMENT FACILITATOR PROFILE:

Helen is a registered Physiotherapist and certified Yoga Teacher, born and living in Hong Kong. She started her spiritual journey in 2006 because of depression and frustration in life. She explored in different areas of spirituality and learnt different techniques; natural dance, Somatic Movement, Art Therapy, Craniosacral Therapy, Matrix Energetics, etc. Although she is a strict adherent to her yoga path under the guidance of her Gurujī, she believes that natural dance (Improvisation Dance) is a compatible with yoga, and great way for us to reconnect ourselves back with our body, mind and spirit.



LOREM IPSUM DOLOR SIT AMET LIGULA

A Taiwanese living in Hong Kong with internal business development experiences. After years of deep soul-searching, she has discovered her passion in painting, photography, yoga and writing.

In her childhood, she loved listening to stories and even created her own ones. She hopes to show this story-telling character in photography. That is to feel the story from one's heart and to capture the images from one's angle, an angle of the soul. She believes that every single photo taken is not meant to be perfect but certainly evolving along a path to a personal calling.

With Yoga as her belief in life, she is pursuing her dream and her works can be found at <http://yunyunportraits.wix.com/yunyunjuang> and Facebook page of Yun.Yoga.Portrait.

