



# *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**

**11 - 13 October 2024**

**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. A silent space to focus on awakening of the senses and spirit is especially needed as our bodies and souls are often depleted through all the challenges and the relentless demands that our current lives and work environments hold.

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:**

During the retreat we will engage with the following meditation practices:

- 🌿 Early morning and early evening Mindfulness Breath Meditations.
- 🌿 Walking the Labyrinth (walking meditation).
- 🌿 Chakra Cleansing Meditation.
- 🌿 Guided Sound Journeys.
- 🌿 Chanting (Mantra) Meditation. This will be done at the hand of a recorded chant and it will be optional for participants to stay silent during this meditation. Mantras always come from the ancient Sanskrit language, which is sound sensitive. Chanting a mantra calms the nervous system and tones the vagus nerve. Every mantra (chant) activates a particular kind of energy in a different part of the body. Benefits are increased self-awareness, reduced stress, a greater sense of calm and sets you up for a better night's sleep. No experience is needed to participate in a chanting meditation.

### **Yoga:**

Morning and late afternoon gentle Hatha and Yin 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.
- 🌿 Creative expression through drawing, painting, collaging, creative writing and journaling.
- 🌿 Awakening creative energy through a practical session with colour and music. This session will be followed by the creation of a Nature/Fresh Mandala as a group. This will be done with both supplied materials and materials collected by participants. Creating a mandala is a meditative/reflection tool to assist quieting the mind and “turning inward”. Building a mandala is a process of journeying into joy and happiness. This process allows the opportunity to be taken on a journey into presence, aligning mind, body and spirit, and to let go of what no longer serves us and allow new growth in.

## **What participants say about this retreat:**

“Silence gave me the opportunity to get away from “niceties” and really connect on a deeper level. I have discovered beautiful truths and learned and integrated these through the yoga sessions and meditation.”

“The yoga sessions were amazing! Glenda is the most gifted facilitator.”

“Stappie vir stappie, stukkie vir stukkie weer by my siel uitgekom.”

“... creating safe space to land and be – thank you for your fantastic presence Glenda and Johann.”

“Die meditasie sagkens en professioneel hanteer, wat dit vir ‘n beginner toeganklik en maklik maak. Die joga ‘gentle’ maar ook ferm. Ek neem huis toe meer as wat verwag is, gemoedsrus en nuwe ‘tools’ om te gaan gebruik in ‘n deurmekaar wêreld.”

“Gentle, grounding – an opportunity to re-assess and re-align my personal values, situation and goals.”

“Enjoyed the balance and variety of activities.”

“Absolutely loved the experience – thank you!”

“I got what I came for, and more.”

“My experience on the retreat has been filled with new energy, new experiences, contemplation, self-reflection, new ways of thought, expression and being. Solitude is not new, but ‘forced’ to stop the pace of life was so useful.”

You are invited to join us at Temenos Retreat Centre on **11 October 2024** for this retreat. Check in-time will be from **14:00** on Friday 11<sup>th</sup> October and we will gather **16:00** for the start of the retreat. The retreat will end at **14:00** on Sunday 13<sup>th</sup> October. The fee includes brunch and dinner daily, coffee/tea with snacks the Saturday afternoon, all retreat activities and materials used as well as 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 choose to self-cater or book for dinner in town or order a take-away from Tebaldi's. The cottages at Temenos are fully equipped for self-catering.

The retreat fee is **R 4 400** for shared accommodation and **R 4 900** for single accommodation. An immediate deposit of **R 1 000** secures your booking. The outstanding balance need to be paid by **Friday 4<sup>th</sup> October. Please book soon as space is limited.** For bookings, contact Johann at [johann@johannvangreunen.co.za](mailto:johann@johannvangreunen.co.za) or 083 764 5978.

Please note our **Cancellation Policy**:

- Should you cancel your reservation up to **4 weeks** prior a retreat, you will be refunded, but an admin fee of **R 100** will be charged. An option would be to keep your deposit, but to transfer it to another retreat at no additional cost.
- For cancellations **2-4 weeks** prior the retreat, refunds will only be offered if your place can be re-sold. You will still have the option to transfer your deposit to another retreat at no additional cost.
- Cancellations up to **2 weeks** prior the retreat will not be refunded, and no deposits will be transferred.

## About your facilitators:

### **Johann Van Greunen**



Johann is a Specialist Wellness Counsellor in private practice with training and background in Pastoral Therapy. In his practice he focuses on counselling, Reiki healing and training, teaching mindfulness meditation, MARI® (Mandala Assessment Research Instrument) readings and he runs various workshops and retreats focused on mindfulness practices, inner wellbeing and creativity. 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 contemporary and ballroom 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. Entering the domain of art therapy, Johann has qualified as a MARI® (Mandala Assessment Research Instrument) Practitioner, and offers the group version of MARI® on some of his retreats.

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 which involves psycho-social support for health clinic staff and clinic managers. His work with these teams includes team building, trauma debriefing and teaching mindfulness practices. Past work in this field includes mentoring programmes for HIV/AIDS counsellors at Lifeline, Wola Nani, Sothamba AIDS Action Group, Positive Muslims and Desmond Tutu TB Centre linked to the University of Stellenbosch. He was also supervisor for the M.Th. Clinical Pastoral Care (HIV Counselling) programme for 5 years.

Johann is passionate about life, the arts, music, dance, nature, good food, coffee, wine and soulful friendships. He lives with his partner and two cats in the leafy suburb of Kenridge in Durbanville.

**Glenda van den Oever:**



*Certified Hatha, Yin and Restorative 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.

Whether you are new to yoga, in need of a deep stretch or simply looking to decompress from stress, Yin yoga will allow you to step away, and enjoy some much needed me-time. My long-held love for yoga has led to Yin that has become my go to practice for slowing down, another way to be which shines a light on the softer, deeper parts of ourselves, often unknown, undiscovered. This gentle predominately a lower body practice is about finding places of held tension, easing into release, using gentle postures and breath awareness.

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