



Season of Silence & Solitude

Soul Journey into Winter

A Mindfulness Meditation and Yoga Retreat

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

10 - 12 May 2024

Goedgedacht, Riebeek-Kasteel

*"When it is winter in your soul, ... you have to lie low and shelter until this bleak, emptying time passes on.
This is nature's remedy. It minds itself in hibernation." - John O'Donohue*

There comes a time when it is necessary for us to withdraw from the hustle and bustle of life and retreat into silence and solitude, in order to return to our lives and work with renewed energy and insight. Winter is the ideal season for this kind of retreat, to rest and rejuvenate our weary spirits.

Wintertime in our souls can mean that we are dealing with pain, difficulties and overwhelming challenges. Taking time away from it all might be just what is needed to heal, gain perspective and find the necessary answers on the next step forward.

This silent retreat will create the sacred space for solitude and deep reflection to facilitate this soul journey into winter 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 mindful walks.
- ✚ Allowing sufficient time to rest and spend time in silence and solitude.

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.

Insight and Renewal:

- ✚ Renewal of energy through a focus on the elements to facilitate grounding and connectedness to nature and all in existence.
- ✚ Facilitating insight through creative expression by drawing, painting, collaging, creative writing and journaling.
- ✚ A practical session with colour and music to further facilitate the inner journey and help gain insight into internal processes.

You are invited to join us at Goedgedacht Retreat Centre on **10 May 2024** for this retreat. Check in-time will be from **14:00** on Friday 10th May and we will gather **16:00** for the start of the retreat. The retreat will end at **14:00** on Sunday 12th May. The fee includes brunch and dinner daily, coffee/tea with snacks the Saturday afternoon, all retreat activities and materials used. 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 26th April. Please book soon as space is limited.** For bookings, contact Johann at 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, Sothemba 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