



NORTH CAROLINE YOGA & WELLNESS RETREAT

September 20th – 26th, 2020



We are so thrilled to share with you the YOGA & WELLNESS Retreat for 2020!

We, Elisabetta and Cheryl, are organizing a special Yoga & Wellness Retreat in North Carolina, “THE PRESERVE at LITTLE PINE”, Marshall.

Our lives can move too fast. We all have a desire to get away from the chaos. To let go of the stress. And the frantic rush of everyday life. To move toward something higher. Something ancient, yet timeless. Something indescribably beautiful, yet unmistakably real. A place brimming over with natural beauty and the promise of a more abundant life. A place where you can breathe, expand your mind, and reconnect with what truly matters. It’s all right here, waiting for you.

A mountaintop wonder, only 19 miles from Asheville.

Set upon preserved land with 4,000+ feet of elevation - and just 30 minutes from Asheville - Little Pine is a haven for outdoor living. Little Pine’s is home to 1,800 acres of lush forests, grassy bald mountaintops, freshwater creeks, rolling pastures, scenic ridgelines, and mountain ponds all carefully preserved. There’s nothing else like it.



ABOUT US



Elisabetta Maccari, is the only International Yoga Sensibile Teacher residing in Bonaire Island, Dutch Caribbean.

After 20 years of practicing yoga, because of lower back problems, in 2010 she started to follow Yoga Sensibile in Rome. She was so lucky to be under the direct supervision of the method creator Carla Baruchello. She helps her to solve completely her problems. She was so enthusiastic by the results that in 2012 she started the Teacher Training Course with her. Now she teaches Yoga Sensibile in Bonaire.

Yoga Sensibile is a particular Yoga practice that everybody, at any age and health condition, can practice with ease. At the base of Yoga Sensibile there's a deep sense of self listening. It's a "treasure map" to reach freedom built on the unique experience of every human being.

It doesn't involve only the body, but it creates harmony at every level: physical, mental and spiritual, in a delicate, essential and deep way.

The Yoga Sensibile purpose is to reunite body and mind. We help developing sensitivity through a training of your breathing and your concentration during the physical exercises that lead you to the Asanas (postures). www.elisbettamaccari.com



Cheryl Provence is a Licensed Massage Therapist and has owned Roswell Therapeutic Massage in the Atlanta area since 1996. She is a Reiki Master, Energy Healer, Spiritual Counselor and Craniosacral Therapist. Her passion is to help people find their peace within.

Cheryl uses her advanced knowledge and practice to target energy fields around the body. Energy can stagnate where there has been physical injury or emotional pain. In time, these energy blocks can cause illness. Cheryl's energy work aims to help restore the flow of energy and remove any blocks. Improving the flow of energy around the body can help clients reduce pain, encourage healing and ease other symptoms of illness.

Cheryl uses energy healing, massage therapy and essential oils to help her clients release tension and heal blocks in their body, mind and spirit.

ITINERARY

Includes:

- 6 Nights in a Cottage
- Transfer from/to Asheville Airport
- Pranayama, Meditation & Yoga daily
- Breakfast & meals at the house
- 1 Group Essential Oil Workshop
- 1 Group Clearing & Centering Exercises
- 1 Chakra Clearing Healing Session per person
- Visit of Asheville
- Calm Water Rafting
- Walk around and relax

NOT Included:

- Flight to/from Asheville
- Dinner in Asheville
- Travel and medical insurance
- Yoga Mat

DETAILS

Accommodations in a Cottage (share bathroom):

Double Occupancy: \$1630,-

The Retreat will take place with a group of minimum 7 people.

For more info Email: Elisabetta betta@web.de or Cheryl revcprovidence@gmail.com to sign up!

To reserve your spot make the full payment.

ACTIVITIES

Essential Oil Workshop

The more natural our choices, the more we are in harmony with our natural state of being. Discover the power of Certified Pure Therapeutic Grade Essential Oils.

They are pure plant essence distilled from flowers, stems, root, leaves, bark and fruit. This essence has everything within it to help the plant survive. In turn, these pure essential oils interact favorably with human cells to enhance our health as well.

In this workshop you will learn a little about the chemistry of the oils, how they work taken internally, topically and aromatically to create the changes we desire. You will also learn why the sense of smell is so powerfully tied to our emotions. Cheryl will show you how to use these essential oils as a natural solution for your physical, mental and emotional wellbeing. It will be a fun time of smelling, touching and tasting these natural gifts of the earth.

Each person will make a 10ml roller bottle of an essential oil or blend of oils to address their specific issue to enhance their retreat experience. All essential oils and supplies are included.

Clearing and Centering Exercise

Everything is energy and we are energy beings. Have you ever felt scattered, agitated for some reason, emotionally unbalanced and unsure of your own thoughts or decisions? That is because, when we are not in control of our own energy we can be influenced by others' energy.

In this class, Cheryl will demonstrate how your own emotions and others energy can inhibit your own sense of wellbeing. She will teach you a simple clearing technique to remove unwanted energy, reclaim your unique energy, feel centered, balanced and protected.

This is a great exercise to do daily, before leaving the house and as part of a nighttime routine for a more peaceful rest.

This technique will help you feel more like the real you.

Chakra Clearing Healing Session

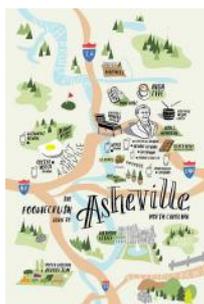
Being aware of our energy is the one of the first steps to healing. As energy beings, part of our energy consists of seven major Chakras.

Chakras, meaning wheels of light, are spinning energy centers, positioned from the base of our spine to the top of our head. We express our light through these chakras. They hold our thoughts, beliefs and patterns that manifest in our world. Some of those thoughts and beliefs are limiting and may create blocks in our energy. If the Chakras are not flowing properly, physical, mental, emotional and spiritual discomfort is experienced at some level.

During these sessions, Cheryl will literally show you what your Chakras are doing. With the assistance of essential oils and energy work, she will clear blocks and bring the chakras into balance.

Each person will receive an essential oil that works for them along with an affirmation to continue to heal the cause of any blocks and work to maintain balance.

Visit Asheville



Calm Water Rafting

The calm water raft trip is a great introduction to river rafting with easy Class I-II rapids. This is a beautiful and pastoral section of the French Broad River. The Calm Water trip is an excellent way for those who want to enjoy a relaxed time on the water and absorb the scenic beauty of Western North Carolina, while use some of the breath and meditation techniques.



| | Sun. 20 th | Mon 21 st | Tue 22 nd | Wed 23 rd | Thu 24 th | Fri 25 th | Sat 26 th |
|---------|-----------------------|------------------------|--------------------------------|---------------------------------|----------------------------------|---------------------------------|----------------------|
| 6:30 am | Arrival Day | Pranayama | Meditation | Pranayama | Meditation | Pranayama | Breakfast |
| 7am | | Yoga | Yoga | Yoga 2hrs | Yoga | Yoga | |
| 8am | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | |
| 10am | | Essential Oil Workshop | Clearing & Centering Exercises | Chakra Clearing Healing Session | Calm Water Rafting Lunch outside | Chakra Clearing Healing Session | Departure Day |
| 12-2pm | | Lunch | Lunch | Lunch | | Lunch | |
| 2-5pm | | Meet the Group | Relax & Walk around | Chakra Clearing Healing Session | Visit Ashville & Dinner | Chakra Clearing Healing Session | |
| 5pm | | Dinner | Yoga | Yoga | Yoga | Yoga | |
| 7pm | | | Dinner | Dinner | Dinner | BBQ Bonfire | |