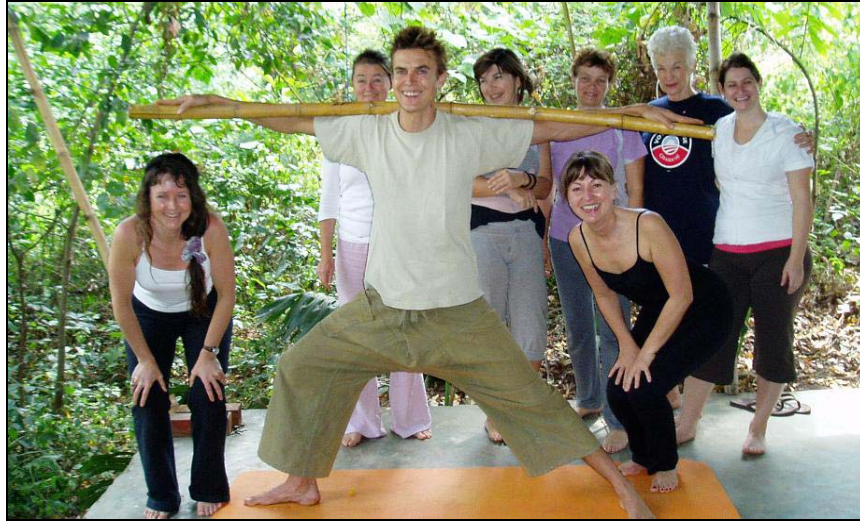




Freedom & Leela - **NGARE SERO LODGE**

Yoga Workshop Classes May 1st – 6th

Sound Body Yoga RETREAT May 7th – 9th



Reclaim Your Self !

Join us for a retreat at one of the most peaceful and exotic locations in the world. We will be offering a daily program of yoga, workshops, relaxation techniques, advice on stress-free living whilst enjoying healthy organic tropical foods.

A lot of care and planning has gone into organizing this retreat to give you the highest quality experience. We tailor our programs to meet the individual needs of each client and we want you to love every minute of your time away with us. Our policy is to work with integrity and without judgement and our retreats are open to all, whether you are a beginner or an expert, whether you need to relax or want to change your life.

YOGA WORKSHOP CLASSES

Saturday, May 1st

11 am – 12:30 pm:

- Asana Practice including Hatha and Vinyasa
- Surya/Chandra Namaskar – Sun/Moon Salutation Series
- Mindful Guided Meditations (Dhayana), Relaxation Techniques

Sunday, May 2nd

11 am – 12:30 pm:

- Inversions and triangles, intro to Masai Stick Technology (MST)
- Asana Practice including Hatha and Vinyasa
- Mindful Guided Meditations (Dhayana), Relaxation Techniques

Monday, May 3rd

9 am – 10:30 am:

- Healthy back – strengthening core
- Asana Practice including Hatha and Vinyasa
- Mindful Guided Meditations (Dhayana), Relaxation Techniques

Tuesday, May 4th

- 9 am – 10:30 am:
- Standing Postures and hip openers
 - Asana Practice including Hatha and Vinyasa
 - Mindful Guided Meditations (Dhayana), Relaxation Techniques

Wednesday, May 5th

- 9 am – 10:30 am:
- Inversions and triangles, intro to Masai Stick Technology (MST)
 - Asana Practice including Hatha and Vinyasa
 - Mindful Guided Meditations (Dhayana), Relaxation Techniques

Thursday, May 6th

- 9 am – 10:30 am:
- Healthy back – strengthening core
 - Asana Practice including Hatha and Vinyasa
 - Mindful Guided Meditations (Dhayana), Relaxation Techniques

SOUND BODY YOGA RETREAT

Friday, May 7th

- 9 – 10:30 am:
- Asana Practice including Hatha and Vinyasa
 - Posture, Core Alignment and Stretching Principles
- 6 – 7:30 pm:
- Masai Stick Technology/ MST
 - Mindful Guided Meditations (Dhayana), Relaxation Techniques

Saturday, May 8th

- 11 am – 12:30 pm:
- Masai Stick Technology/ MST
 - Mantras and Chanting Bhakti Yoga
 - Asana Practice including Hatha and Vinyasa
- 3:00 – 4:30 pm:
- Asana Practice Principles
 - Inversions/Triangles/Standing Postures
 - Learning to Live in the Moment with Joy

Sunday, May 9th

- 11 am – 12:30 pm:
- Asana Practice including Hatha and Vinyasa
 - Mindful Guided Meditations (Dhayana), Relaxation Techniques
 - Mantras and Chanting Bhakti Yoga
 - Cultivating Inner Peace, Stillness and Silencing the Mind Chatter
- 3:00 – 4:30 pm:
- Abdominal Breathing, Pranayama, Breath Of Fire, Kundalini Yoga
 - Surya/Chandra Namaskar – Sun/Moon Salutation Series
 - You are what you eat, Principles of Healthier Eating
 - Overcoming Addictions

* Order of Workshop Session Schedule subject to change

What is Masai Stick Technology (MST) Yoga

Masai Stick Technology utilizes the concept of practicing yoga with a Masai stick combining ancient African wisdom with classic yoga to create a unique program that helps overcome common issues of computer strain, back pain, and headaches by naturally and safely aligning the spine - stretching, releasing, and relaxing all muscle groups throughout the body.



Dr. Freedom and Leela collectively have over 50 years of combined knowledge and experience in the fields of body fitness, mind awareness and spirit awakening. Yoga has been an integral part of their lifestyle since early childhood, and over the years they have studied with various teachers and gurus throughout India and the USA. They have offered programs for Deepak Chopra, Wayne Dyer and with many other wellness teachers around the globe. They hold a thorough understanding of Patanjali's (the founder of Yoga) practice and wisdom, and they have an extensive understanding of the theory and practice of Human Anatomy, Kinesiology, Pilates, Vinyasa, Hatha, Kundalini, Tantric, and Bhakti Yoga.

Over the years they have taught hundreds of courses, workshops and seminars, always respectfully sharing this ancient wisdom to all attendees as their caring teachers taught them. They continue to transform their teaching style, exploring and moving from the known to the unknown with each new workshop. Freedom and Leela are practicing '*Antevasins*', living at an ever-shifting border as they advance forward in their studies and realizations. The mysterious forest of the unknown always stays a few feet ahead of them, making them travel to light in order to keep following it. They have to stay mobile, flexible, moveable and supple in their thoughts and practices as students in the wonderful, scary forest of the new. Their hands-on practice sessions are light hearted, highly motivating and informative, always bringing a moment of stillness and inner awareness. They have adapted Classic Yoga to create two new Yogic techniques: Sound Body Yoga and Masai Stick Technology Yoga.

Over the past few years Freedom and Leela have been received with open arms and warmth by attendees and students in Kenya and Tanzania. Traveling from their earthly home in Canada to the cradle of mankind, Freedom and Leela feel they must pour and share all the knowledge and music they have been sent with on this earthly journey. They want all the attendees to become a teaching light of yoga, compassion and radiance in their communities. After each session you will get a chance to get a little closer to your heart center, the source of stillness between each breath and universal healing.

This Wellness Workshop provides you with a new insight into your present state of mind, body and heart, giving you direction to evaluate and remedy your personal mental and spiritual health practice. Each session has a unique emphasis and maximum benefit results are experienced if you attend the entire series, as continuity brings concentrated focus and subsequent results. This special Yoga Wellness Workshop is designed for all age groups, genders and all levels of practicing experience. Invest into yourself, your friends, and your family members. Come join us to find out more out your own body and mind as we ride the wave of breath, inner fire, and outer glow.



Yoga Workshop Class Rates

Yoga classes: Drop-in per class: \$50

Set of 6 classes pre-paid: Sat., May 1st – Thurs., May 6th \$250

Sound Body Yoga Retreat Rates

Drop-in per session: \$55

Set of 6 classes pre-paid: Fri., May 7th – Sun., May 9th \$250

Two nights full board & 6 classes \$510

Booking Contact and Retreat Location

yogasafari@ecoTZ.com

www.ngare-sero-lodge.com

Retreat Requirements

- An adventurous spirit
- A 7' - ¾" diameter bamboo stick
- No expectations
- A yoga mat
- A cushion
- A water bottle
- A shawl

Video Clips of previous Retreats

[Ngare Sero Lodge Yoga Retreat](#)

[Nairobi Yoga Retreat](#)

[Arusha Tanzania SHIKAMOO Yoga Retreat](#)

Facilitators' Contact

Freedom and Leela

www.soundBODYyoga.com

relax@soundBODYyoga.com

Hum Sa - So Hum

I am (that) the One who is breathing through us all

"GOD" DWELS WITHIN YOU, AS YOU

I AM that. I am divine. I am with God. I am an expression of God. I am not separate. I am not alone.

I am not this limited illusion of an individual.

'Hum sa' is the sound of our own breath - 'Hum' on the inhale and 'sa' on the exhale.

