

Mindful Solutions

**Holistic
Movement & Meditation in
the Mountains**

28 July - 1st August, 2018



Five days of fun, relaxing, energising, calming and putting your life back into balance with Chi Yoga, Tai Chi, Chi Kung, Meditation & Mindful Compassion Practices

Join us for 5 amazing days of gentle holistic movement including Chi Kung and Tai Chi and very gentle Mindful Yoga, Mindfulness practices and guided Meditation. Learn some new skills which will enable you to reduce stress in a totally natural way whenever you need to throughout your busy days.

You will enjoy the delicious and wholesome vegetarian food. You will have afternoons free to explore the spectacular Snowdonia National Park or to rest in the beautiful Trigonos gardens.

Recharge your batteries away from your hectic everyday routine. Learn how to nurture and make space and time for yourself. You deserve it!

Trigonos is a place where you can easily regain your inspiration and strength. With delicious vegetarian & vegan food which is well known for its quality and creativity, freshly cooked using fresh produce, some from their own land.

Trigonos is situated in a peaceful location within superb mountain and lake scenery, offering you quiet time and space to wander



Accommodation and meals

The Holistic Movement & Meditation Retreat includes full board, vegetarian meals, constant fruit bowl, afternoon tea with homemade cake and tea and coffee are always available.

Single en-suite	£622
Twin en-suite	£602
Single shared facilities	£570
Twin shared facilities	£542

Add £12 for Twin used as a single



Teachers



GLORIA HANSON has been a teacher on Master Chan's Infinite Tai Chi 3 Year Teacher Training Course for 14 years, and taught on retreats in the UK, Ireland, Thailand and Europe. Additionally she runs workshops and retreats in the UK and Europe. She has taught Infinite Tai Chi and Chi Kung for 14 years and currently teaches 4 classes a week in South Manchester and offers one-to-one private tuition. As a Ling Chi Healing practitioner she also provides one-to-one spiritual counselling and healing.



PEGGY FOSTER was an associate teacher on Master Jason Chan's three year Infinite Tai Chi teacher training course for over 10 years. She has been invited by the Miracle Network to give talks at their annual conference as well as at their 'Miracle Cafe' in central London. She has also run spiritual workshops in Cork and Manchester and taught on spiritual retreats in Europe and Thailand. She currently offers one-to-one spiritual counselling as well as writing spiritual articles, giving spiritual talks and teaching Infinite Tai Chi in her local community.



JACKIE SEERY is a qualified teacher in Chi Kung, Infinite Tai Chi, Chi Yoga and Meditation. She has also completed 3 years training in Ling Chi Healing with Master Jason Chan. Jacky is a practitioner and teacher of Mindfulness and Compassion completing a MSc in Mindfulness in 2017 and having qualified as a teacher with the Mindfulness Association.

What our participants say

"Thank you for a very memorable retreat at Trigonos. It was all much more than I expected. I did not expect the accommodation to be so luxurious or the food so delicious and varied. In that rugged area of Snowdonia I found a pretty garden and a beautiful lake. More importantly, the course was a delightful mixture of activities for the mind and body which always kept me interested and engaged"

"Wonderful atmosphere, amazing teachings, I really enjoyed learning some new Qi Gong and Chi Yoga, the food was 1st class and everyone was great company"

"A gentle, nurturing and nourishing retreat filled with love, with truly inspiring teachers in a beautiful, peaceful location allowing body and mind to joyfully just be"

Programme

Saturday 28th July 2018

17:00 Introduction to retreat and gentle movement

19:00 Evening Meal

Sunday to Tuesday typical daily programme

Breakfast 8:00 - 9:00 am

Session I 9:30 - 11:00am

Break 11:00 - 11:20am

Session II 11:30 - 1:00pm

Lunch Break 1:00 - 4:00 pm

Tea & Cake 4:00 - 4:30pm

Session III 4:30 - 6:00pm

Dinner & Free Time 7:00 pm

Wednesday

Breakfast 8:00 - 9:00 am

Session I 9:30 - 11:00am

Break 11:00 - 11:20am

Session II 11:20 - 1:00pm

Lunch Break 1:00 - 2:00pm

Departure 2:00 pm



You participate as much as you would like. The retreat is aimed at your wellbeing, however you are free to choose which sessions you wish to attend.



Booking

Contact Gloria

T: 07870 335 348 / E: gloria@mindful-solutions.co.uk

or Jacky

T: 07540840835 / E: jacky@mindful-solutions.co.uk

A non refundable deposit of £100 is required to secure your place.