

*the joy of meditation*



## A GIFT FOR YOURSELF... NOW AND FOR YOUR ENTIRE LIFE

Meditation opens doors to inner peace, consciousness, lovingness, centeredness and clarity. It connects you to your deepest self and brings you in harmony with life. Meditation calms tensions, opens the heart and gives you new strength and vitality.

10 days of meditation with yoga and massage in a beautiful and tranquil location on the sea, interspersed with time to play in a natural way... swimming, snorkeling, horse-back riding, scuba, kiteboarding and windsurfing.

It takes time for meditation to grow roots. These 10 days will help you go deep. What you plant now will bring a daily harvest of peace and consciousness for a lifetime

Esencia is a place for people to come back to themselves, be with nature and come in tune with the deeper rhythms of life. The environment is serene and natural. The Center sits amidst lush foliage directly on an almost empty beach with clear blue skies and warm turquoise waters.

The facilities include pool, jacuzzi, fitness room and sporting gear. Accommodations are modern and eco-built.

We have chosen Turks and Caicos Islands for their natural beauty and quiet. The entire country is composed of 5 islands containing a total of only 35,000 people. Here you find psychic space. You step out of the hectic normal world. This is an environment that naturally helps you open and come in tune with the more subtle and magic energies of life.

# CARIBIC MEDITATION VACATION



## DATES

Nov. 7 - 16, 2012

## LOCATION

Esencia Retreat Center  
Providenciales, Turks and Caicos Islands

## COSTS

Meditation workshop **EU1250** (Daily lunch included)  
Different options available for accomodation

Booking only with EU 500 non-refundable deposit.  
*(Deposit transferable if you find a person to replace you)*

## FLIGHTS

Any airline to Miami. American Airlines from Miami to Providenciales  
British Airways via London direct to Providenciales

Early booking recommended

**ESSENCE**  
training

info@essencetraining.com [www.essencetraining.com](http://www.essencetraining.com)  
Tel. +1 (561) 935 3365



*10 days of meditation by the ocean*

with Kabir & Ritama  
Turks & Caicos Islands, Autumn 2012