



# *Walking the path of your heart...*

## **A Series of Retreats welcoming your spiritual essence**

*“live (more) in this world but not of it”.*

Dates: 29th November- 1<sup>st</sup> December, 2019 (6pm Friday to 2pm Sunday)

***Facilitated by Brigitte Puls and Charlotte Bell***

Residential at [Bella Rakha](#), 581 W Coast Rd, Oratia, West Auckland

Our Western, extravert and very active culture, often leaves little room and time to deepen into our spiritual essence, our Divine Heart. These retreats offer a counter-weight, providing a protected, held and guided space to deeply be with the reality of God in us and us in God emerging ever more fully.

Brigitte and Charlotte hold to the philosophy that ultimately all spiritual paths lead to God. These workshops follow this interfaith philosophy and are open to followers of any spiritual tradition - or none. For these workshops, there will be an emphasis on experiencing a Christ based spirituality of Love, Loving and being Loved.

### **What to expect:**

- Mindfulness based Stillness Meditation
- Mindfulness based Walking Meditation
- Sacred Movement Dance and Chanting
- Embodied Lectio Divina Practice
- Creative processing – art, journaling and poetry
- Opportunity for healing of emerging wounds and obstacles
- Balance between private, internally focused time and heart sharing and community time
- Replenishment and nourishment for body, heart and soul
- Being with nature.



## Heart community - where two or more are gathered in my name...

The purpose of these retreats is to give birth to deeper personal experiences towards oneness with God and all that is. We encourage participants to attend this annual retreat multiple times to benefit from journeying and growing together in ongoing, supportive community. During the retreat there is space for meditation, creativity and dance-movement therapy and a balance of individual time and connecting as a community.

Certificates for continuing professional education will be issued for these retreats.

### Facilitators:

Brigitte and Charlotte have teamed up to take these retreats, each bringing passion, knowledge and expertise. Working together, Brigitte and Charlotte provide a synergy which will enhance healing personally and spiritually. Both are trained psychotherapists.



**Charlotte** is the director of Life Unlimited a service which has been providing counselling and psychotherapy for the last 30 years. Her passion is to integrate Christian spirituality into her practice as a psychotherapist that honours each individual's unique journey. Mindfulness meditation and centering prayer have been key components of this process.



**Brigitte** has been teaching psychotherapy and practiced in-depth psychotherapy, counselling, psychology and supervision for more than 25 years. Her expertise and passion are in the areas of facilitating personal healing groups and holding retreats which facilitate connection with self, others and God. Brigitte also holds a deep love for our earth. Her approach includes movement practices, sacred chanting and creativity.



Both Charlotte and Brigitte are passionate about seeing people find their true essence in the love of God. They look forward to creating open hearted and life giving community.

Registration Process: No previous experience of anything necessary, just an openness to grow in 'walking the path of the heart'. We invite potentially interested participants to phone or e-mail Brigitte or Charlotte for further information about registration.

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Charlotte Bell E: [lifeunlimitedauckland@hotmail.com](mailto:lifeunlimitedauckland@hotmail.com) Ph: 09 361 4163 M: 021 862 962

Costs: \$390 per retreat and \$200 for students, with the option of payment plans and an additional early bird discount.. Please enquire. Costs include accommodation, meals and materials.

*I wish I could show you ...the astonishing light of your own being."* Hafiz (1320-1389)