



THE WAY OF THE OPEN HEART



A journey to the heart chakra of the planet



With Aina Egeberg



Glastonbury, England



7-11 May 2017





A retreat to open the heart chakra

"Why are you knocking at every other door?
Go, knock at the door of your own heart."

Rumi

I am very pleased to invite you to join me for a retreat dedicated fully to opening our heart chakras.

This retreat is a beautiful opportunity to spend time with a small group of people in an intimate 4 day programme. That is important to me because it will give me the chance to take personal care of each person who will be there, and give them the exact help they need for their unique situation.

I often get the question "How do I open my heart Chakra?"

I answer this with words, but I know this is something that can only really happen through a journey of experiences. Because of this, I decided to design a programme to teach you the process and give you the tools and techniques that you need to truly open your heart.

When your heart truly opens, your life transforms. It can bring the kind of love you long for. A soul mate, with family, friend and perhaps most importantly; a love for yourself. It can infuse your work with limitless creativity and vision. It can give you the courage to go for your dreams, and express your unique gifts in a way that heals, inspires and lights up the world. It can awaken you to joy and playfulness from the core of your inner child opening to fun and adventures.

As a child I loved creating adventures and unique experiences for my friends in the forests of Norway. After a lifetime journey of discovering other cultures and coaching, this spirit still lives in me. I am excited to have created this programme packed with life changing experiences to share with you.

We are meeting in the perfect place for this in the actual heart chakra of the planet - Glastonbury, England. The energy of the location is incredible and we will be surrounded by the natural beauty of the English countryside in the beautiful Earth Spirit eco resort.

I hope to see you there

With infinite love,
Aina



Our days together:

Our days will have a variety of activities:

We will work with a simple but very powerful approach with daily, to the point workshop sessions, conducted by Aina to teach you what you need to know about the heart chakra.

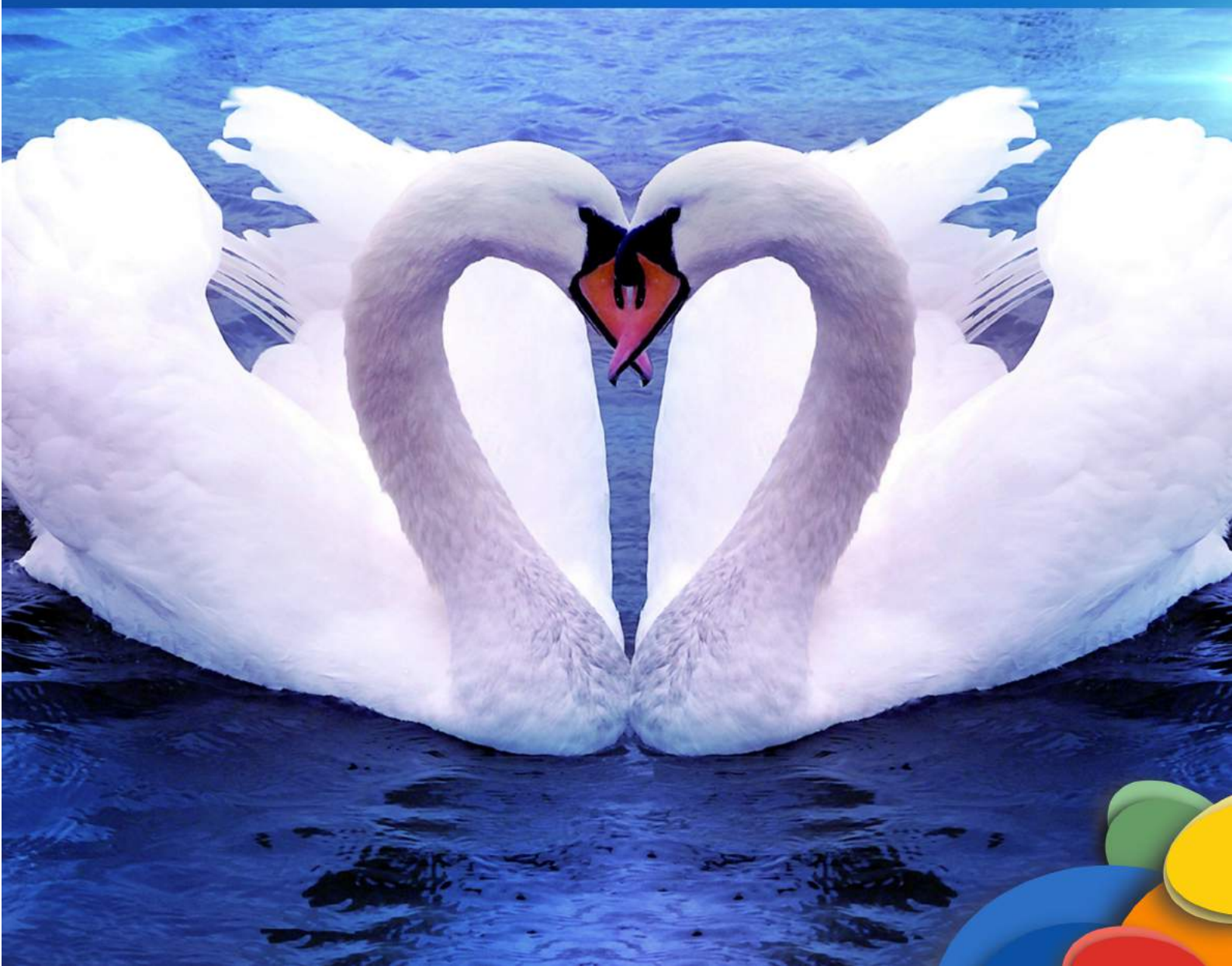
We will be spending a big part of our day on practical exercises, adventures, and experiences in nature like picnics, guided meditations and evenings by the open fire in the green grass.

Every morning we will have chakra yoga sessions and heart focused meditations.

We will visit the sacred sites and get inspirational talks by local guides about them and the lands of Glastonbury and Avalon.

We will do deep healing breath work to heal any residues of a broken heart, and release any past pain, sorrow and hurt that we may still be carrying inside. Raw Cacao ceremonies will be our powerful heart opener and Sound healing sessions will empower us through aligning our resonance and raise our frequencies.

And perhaps most importantly, we will spend time together.



About Glastonbury

Glastonbury is a vibrant town situated in the beautiful green country side in Somerset, about two hours from London.

For thousands of years, people have come to this area to seek spiritual growth, personal healing and enlightenment. It is full of sacred sites as well as a unique local shopping experience so there's plenty to do.

The Earth's energy system is regulated by what are known as Ley lines. These Ley lines come together in certain places forming what is known as "power points", where the land holds strong healing energy.

In Glastonbury, these lay lines cross not just in one - but three places creating a uniquely powerful environment. They cross by the tower of Glastonbury Tor, The Chalice Well Gardens and the ruins of the Old Abbey.

The area around Glastonbury is also known for high levels of crop-circle sightings and it is home to legends like the Holy Grail, King Arthur and his sword Excalibur, the Knights of the Round Table and Merlin the wizard.

Spending time in Glastonbury can heal and empower you on a deep level. The energies of the town resonate at the frequency of the heart and the powerful energy can be felt deeply through the body, supporting you in raising your own vibration.



Glastonbury Tor



Chalice Well



Excalibur



Crown Chakra
Mount Kailas, Tibet



Third Eye Chakra
Western Europe



Throat Chakra
Mount Sinai, Egypt



Heart Chakra
Glastonbury, UK



Solar Plexus Chakra
Ayers Rock, Australia



Sacral Chakra
Lake Titicaca, Peru



Root Chakra
Mount Shasta, USA

The 7 Chakras of Earth

Glastonbury is the heart chakra of the planet

Glastonbury, the location we have chosen for this retreat, is the heart chakra of the planet.

This is the most powerful place on earth you can choose for activating the opening of your heart.

Just as the body has seven chakras or energy centres, the planet has chakras that govern its health and act as a reflection of its energetic evolution. Each Earth chakra has its own bandwidth of energy. In the same way that Kundalini energy weaves its way up the spine from the root of the spinal chord in a human beings. Energy also vibrates throughout the planet.

Earth chakra points are where energy aligns with the frequencies of the chakras. When you immerse yourself in these energy fields, you will find that your own physical electromagnetic field will become aligned with the frequency of the chakra point of the environment.

On the image above, you can see the geographic locations of the planet's chakra system.

Earth Spirit Centre

Our home for these days is Earth Spirit Centre, a beautiful eco resort within the sacred enclosures of Avalon, just a few miles from the town of Glastonbury.

The seventeenth century farm buildings are situated in lush green gardens surrounded by fields next to two nature reserves. The energy of the lands are empowering and healing, making it the perfect setting.

Accommodation at Earth Spirit is simple but clean and comfortable. It is infused with the energy of love, healing and tranquility.

The heart chakras's element is air, and the colour is green. We will spend as much time as possible outdoors in the green gardens to take in the colour that is all around us in the trees and the grass. When you feel the breeze upon your skin, lay in the grass and just allow your heart and body to connect with mother earth, it helps your heart find true balance and harmony.

In the evening, we light a fire. You can watch the stars, roast some marshmallows over open flames, or grab a guitar and sing a song with all your heart.



England in Spring - 50 shades of green

The colour of the heart chakra is green, so the incredible green colours of the English countryside in the spring is the perfect place for working on our hearts.



Stonehenge exclusive private meditation

As a unique feature for this retreat, we are given the incredible opportunity of private entry rights to the inner circle of Stonehenge. Normally, visitors can only see it from a distance outside a fence separating them from the stones.

Stonehenge is one of Earth's most iconic constructions. It has been known as a place of healing for thousands of years, and its immensely powerful spiritual energy still draws people from all over the world.

Stonehenge was built on top of a major power point on the crossing of the energy ley lines combined with astrological alignments and a circular design. This makes it one of the most spiritually powerful places of energy on Earth.

You will get the special experience of being able to walk into the circle and even touch the stones to truly connect with their ancient sacred knowledge. We will conduct a powerful meditation in the centre of the stones to let the energies work deeply on us and allow us to receive the messages this sacred place may have.

This visit will happen at the end of the retreat. Once we have learned and integrated all the techniques, you will be taught on how to live from a truly open heart.



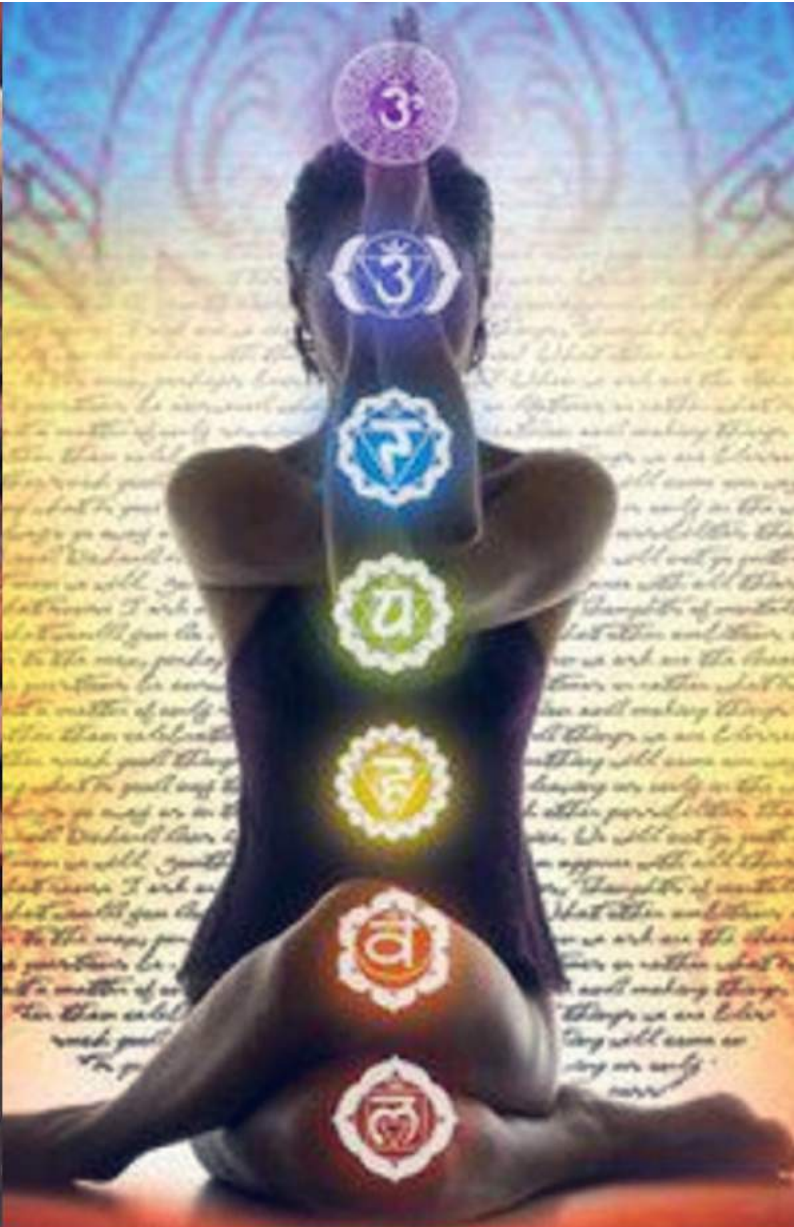


For the love of chocolate

If you love chocolate, you will love this! During the retreat, you will have the opportunity to participate in a raw cacao ceremony with a guided meditation combined with the use of healing sound. Raw cacao is a powerful heart opener that can lead to deep transformation through self-love.

Raw cacao has been used for health, life force and a healer of the heart as far back as 1900 BC by the "cultures of wisdom" - The Ol-mec, Aztec and Mayan in Central America.

Because of Raw Cacao's power to heal and expand our heart, it is associated with universal love. This is why we gift chocolate to the people we love!



Chakra yoga 'Move your heart'

Every morning we will meet in the lovely stone hall - or outdoors - if the weather permits. We will work on using yoga principles and practices to awaken the subtle body of energy and connect with your highest source.

The chakra system is the way our mind, body and spirit are joined together in union. We will guide you through practices, mantras, meditations and yoga philosophy.

You will learn techniques for every chakra, although special attention and love will be given to your heart chakra.





Sound Healing - The song of the soul

We will be working with deep healing through sound meditations. When all the cells, bone structure and organs of the body vibrate at an optimum frequency, you are in the peak of physical health, happiness, contentment and well being. Unfortunately, life can disturb this system, and our perfect frequency can get out of balance.

Sound healing is the practice of "re-tuning" the body parts back to their optimal vibration frequency.

Like adjusting a piano, your body can be tuned to achieve optimal physical balance. Bathing in the vibrations of a Symphonic Gong will instantaneously alter your body's biochemistry and bring your nervous system, muscle tone and organs into harmonic balance.

Our sound healing sessions will return you to the song of your own soul - awakening the memory of wholeness and returning the body to greater harmony.



Breath - The heart of life

"If your breathing is in any way restricted, to that degree, so is your life."

- Michael Grant White

Breath is related to the element air, and is one of the primary keys to opening the heart chakra.

Breath is, apart from maintaining basic life functions, one of our most powerful tools for transforming ourselves: for burning up toxins, releasing stored emotions, changing body structure and raising consciousness.

We will be doing deep breath exercises. Breath medicine is a journey back home to original self. Experience a safe space where the whole of you is welcomed with warmth and loving kindness. Discover incredible body wisdoms and sensory awareness as we engage in an effortless, smooth and connected breath.

Feel the original life force of your own being as expanding light, love and freedom.

To breathe deeply is to choose life





Our journey together

Whats is included:

- Private exclusive entry to Stonehenge
- Four nights accommodation at Earth Spirit Eco Resort
- Three healthy, delicious meals per day
- All transport and transfers during the retreat
- Storytelling about the legends and powers of Glastonbury and the lands of Avalon
- Daily chakra yoga and meditations
- Deep connection with nature through walks and quiet time in green forests
- Daily workshops in the mornings. The afternoons is for adventures and transformational experiences
- Tours of all the sacred sites; Stonehenge, Chalice Wells, Glastonbury Tor and The Abbey
- Shopping trip to the unique shops in Glastonbury town
- Recorded heart chakra meditations you can take home with you to continue the work
- Sound healing sessions with live musicians
- Open fire social evenings outdoors
- Breath work sessions to release any emotions from the past
- Heart opening Cacao Ceremony

What is Not Included

- Flights to UK
 - Transportation to Earth Spirit Centre. We are, however, happy to help you arrange a taxi or other transport
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Booking information

Cost of retreat: 1249 Pounds (GBP)

Registration information

A deposit of 50% is required to reserve your space for this retreat.

Payment in full is required by April 15th, 2017.

**We have limited spaces as the centre can only accommodate a small group,
so make sure you book early to secure your place.**

**E-mail: booking@ainaegeberg.com for further information and payment details,
or you can book through the website: www.ainaegeberg.com/training**



www.ainaegeberg.com