

LISTENING QUIETLY TO THE INNER SONG

MUSIC & SILENCE – MEDITATION - YOGA

Ann Engels (B) & Anita Burkhart-Röser (D)



A RETREAT AT "LA MAISON"

Beaumont-la Ferrière, Bourgogne, France

28 JUN - 2 JUL 2023

For individuals and couples

Young adults (18+) are encouraged to join

Five days of deep inner rest in and around La Maison

Let's wake up to a powerful source of listening within ourselves,
through silent meditation or with music,
gentle yoga, and walks in nature.

Let's learn to meet and connect beyond words.

Large parts of the days will happen in silence and there will also
be space to be simply and quietly with oneself, near the house
or near the river .

Let us awake peace, joy and kindness as a ground
to live our daily life in fulness and harmony.

The retreat will be held in English
with additional French, German, Dutch)

You can also book private sessions of:

- Existential coaching with Ann (E, NL, F, D)
- Personalised yoga program with Anita (D, E)

