

# LISTENING QUIETLY TO THE INNER SONG A RETREAT FROM 28 JUNE TILL 2 JULY 2023



## Ann Engels, Belgium

Transformational coach, mentor, facilitator, cellist and producer.

Ann holds an ICF certified diploma in Transformational Coaching, (Animas UK) as well as diplomas and certificates in Existential Well-being Counseling, Existential Coaching, Group Coaching & Facilitating, meditation and music.

She works with therapists, coaches, doctors, artists, leaders, students and parents worldwide. Ann is inspired by J. Krishnamurti, Buddha, as well as art and the poetry of Rumi. She loves to slowly explore all existential questions from a silent mind. Music to her is a key instrument to open the heart and deeply connect with our essence. Listening, presence, self-knowledge and understanding of human conditioning are the pillars her coaching and mentoring work are built on, for individuals and in group.

**contact:** ann@caramuse.be



## Anita Burkhart-Röser, Germany

Yoga has accompanied her life for more than 30 years. She has been a certified Yoga Teacher Trainer since 2009. In 1991 she began to teach in the tradition of Shri Krishnamacharya and R. Sriram. The training to become a yoga teacher included several years of study at the R. Sriram yoga school, followed by individual lessons and supervision, which continue to this day. A special focus is the design of the lessons by adapting the yoga to the individual.

The ongoing training and in parallel examination of the philosophy of Patanjali's Yogasutra deepened her practice of yoga and meditation. She draws inspiration from all the great teachings among which the Upanishads, Buddha, J. Krishnamurti, Hermann Hesse and Kabir.

**contact:** a.burkhart-roeser@web.de

Course fee € 350,00 p/p  
Accommodation + veggy meals € 280,00  
Additional private session: €80/h

Possibility to reduce the cost by helping 2h/day in the house and the park.

## Contact + schedule

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<http://lamaison58.com/>