

SURFING THE BODY THE ARTJUNGLE SPRING RETREAT

WHERE : Art Jungle Eco Lodge , ITACARE, BRAZIL

WHEN : April 9 – April 17, 2011

WHAT : A RETREAT FOR YOUR WELLBEING & HEALTH



YOUR RETREAT PACAKGE Includes :

- **2 x OSTEOPATHIC TREATMENTS by D.O. CLEO ANDREIS**
- **Daily HEALING SOUNDS / INNER SMILE MEDITATION with JOSEPH SCHOENINGER**
- **SURFING THE BODY MEDITATION with JOSEPH SCHOENINGER**
- **SURFING THE HIGHER SELF workshops with JOSEPH SCHOENINGER**
- **Daily FLOW ASHTANGA YOGA with local yoga teacher**
- **Daily SPA AND SAUNA RELAXATION**
- **Price Retreat Package: € 800,-**

WHAT IS SURFING THE BODY ?

The "SURFING THE BODY" Retreat is an innovative, modern and holistic well-being week: osteopathic treatments, meditation classes, with yoga and surfing, with organic food and the most delicious super fruits.

A retreat that nourishes all your senses and helps you gain your full energy and strength for body, soul, mind and Spirit. It is a retreat with integral practises that help you grow your awareness and consciousness for body, mind and Spirit.

Leading **French osteopathic doctor D.O. CLEO ANDREIS** will treat you twice during the retreat to bring your body, soul and mind in full balance. Cleo is a worldclass osteopath that many athletes, high profile executives, active women and men from all over Europe trust in.

You will learn **"HEALING SOUNDS"** breathing and **"INNER SMILE"** meditation practises, that deepens your relaxation and cleans your Inner Organs from any emotional disbalance. Learn to transform stress and negative emotions into positive energy. It is easy to learn for beginners and will advance. Learn to **SURF YOUR BODY**, learn to breathe more consciously, learn to extend your body consciousness!

Austrian born **Joseph Schoeninger** is an author and teacher in well-being, personal growth, spiritual growth and the development of consciousness. He will also hold workshops that guide you through the stages, states and levels of consciousness available for body, mind and Spirit.

FLOW YOGA will complement our program with early morning sunrise classes. Focusing on the breathing and flow between the postures, the breath supports the length and time held in the various postures and the transition from one posture to the next.

THE LOCATION

Art Jungle is a hidden oasis on top of a hill, just 5 minutes from the center of Itacaré in the State of Bahia, at the Northern coastlines of Brazil.

It is the perfect place to relax body and soul and enjoy true nature, privileged sunsets and starry nights. Amidst tropical plants and flowers and a sculpture garden, with breathtaking views of the ocean, beaches and river « Rio de Contas », **Art Jungle Eco Lodge** is an example of harmonious coexistence between men and nature.

www.artjungle.org

Itacare has been re-discovered some 40 years ago by surfers and travellers. Since then, the town has grown rapidly and there are now countless pousadas, bars, restaurants and a vibrating nightlife. For those who prefer peace and tranquility, there are still countless trails and palm tree fringed deserted beaches nearby, many set in spectacular scenery, with mountains and atlantic forest as a backdrop.

Cleo, Joseph and the Artjungle Team are looking forward to welcome you!

Booking agents for retreat package & accomodation:

SUDDENRUSH, THE BOARDTRAVEL COMPANY

email: info@suddenrush.com

phone: +41 44 420 14 44

www.suddenrush.com

contact person: Juerg

TOBIS TRAVEL SOLUTIONS,

email: info@tobis.at

www.tobis.at

phone: +43 512 330 699

contact person: Tobi or Dominik