

# Embodied Awakening Retreat

with Anne Douglas  
and Julie Seibt

Your body is an exceptional biofeedback mechanism that is ever guiding you home to a truly authentic life. Embodied meditative presence reveals your natural state of peace-love-joy and an even deeper abidance as infinite peace and stillness.

**JANUARY 9 - 16, 2018**  
**KHAO SOK NATIONAL PARK**  
**THAILAND**

**COST:** from \$1775 CAD  
(approx. \$1350 USD)

## Retreat Includes

- Accommodation in a floating bungalow
- 3 delicious Thai meals each day
- All sessions: Breath Sensing/Pranayama, iRest® Yoga Nidra, BodySensing & Tandava as meditation in motion, and periods of silence
- Kayaking, swimming, & a jungle excursion
- This event fulfills the long retreat requirement for iRest-Yoga Nidra Certification: [www.irest.us](http://www.irest.us)



**Anne Douglas** is a Senior Retreat Leader for the Integrative Restoration Institute®, a non-profit organization committed to helping people resolve suffering by rediscovering their essential wholeness and interconnectedness with life through practices such as iRest Yoga Nidra. Anne is a Teacher of Teachers, inspiring through her depth of wisdom and open heart.



While living in Thailand for five years, **Julie Seibt** came to know this jungle venue as one of the most beautiful places on earth. As an IAYT certified Yoga Therapist and IRI Certified iRest Teacher, she returns to the embrace of the jungle for deep healing for her clients and heart opening presence for all.