



## Healing and Pilates Retreat with Val Bullen, Viviane Fingerhut and Angela Enahoro

Friday 24th-Monday 27th June 2011

### Friday 24th

19.00 - 20.00

Gong bath with Tatjana Hudak Štefan and Franjo Štefano

### Saturday 25th

7.30 - 8.30

Body Balance with Angela

Angela sees Pilates as a tool to help us commune with the centre of our beings. The mindfulness created in her sessions cultivates an inner strength that radiates through the muscles and tendons, which represent our physicality. The focus on powerful, full-lunged breathing promotes a sense of meditative movement whilst de-stressing. Angela encourages focus, "Being Present" and fully "Conscious" during sessions which she hopes will be brought into the individual's daily activities.

Pilates this week-end is for beginners and experienced alike. Enjoy the spiritual dimension added by Angela in her Pilates sessions and feel energised and regenerated through them.

9.30 - 12.30

### Group Healing Workshop

Val Bullen and Viviane Fingerhut will lead you through a morning of healing, using Living Harmony techniques, meditation, sounding and energy work to help you shift any blockages or pain you may be experiencing.

*"The whole experience was simply amazing. And the way Viviane and Val work is just so soft. They work with love and compassion and thats rare." (T.G. Ljubljana)*

14.00 - 17.00

Val and Viviane will offer together 30 min. individual healing sessions to focus on your own personal issues or health problems. Be prepared to experience powerful life-changing shifts!

14.00 - 15.00

Pilates with Angela followed by individual Pilates or Spinal Touch 30 min. sessions.

19.00 - 21.30

Pilates class with Angela followed by Laughter Yoga with Klaudija and Davor Dolencic

### Sunday 26th

8.00 - 9.00

Pilates with Angela

10.30 - 17.00

Visit the local sites and enjoy the beautiful landscapes and energies.

18.00 - 19.00

Body Balance with Angela

### Monday 27th

7.00 - 8.00

Enjoy your last Pilates class with Angela before we leave!

**Cost: £280** to include all activities, sight-seeing, accommodation and delicious vegetarian meals! Optional beauty treatments/massage, Airport Transfers (**£60**) and flights are extra (book Easyjet return from Gatwick to Zagreb on Fri. 24th & Mo.27th) **Contact: Viviane Fingerhut** on **020 8958 1740** or at [info@livingharmony.co.uk](mailto:info@livingharmony.co.uk)

[www.livingharmony.co.uk](http://www.livingharmony.co.uk)