

TRANSCENDENCE – A CEREMONIAL SOUND RETREAT



Friday 1st May to Tuesday 5th May 2020

Dev Aura, Little London, Tetford,
Nr Horncastle, Lincolnshire LN9 6QL



FACILITATED BY REIKI DRUM & SACRED SOUND INSPIRATIONS

“Each new day beckons you to walk on the road of self-transcendence. We transcend ourselves, we do not compete with others. We compete only with our previous achievements and we get joy. Life is nothing but a perpetual possibility.” - Sri Chinmoy



Over the years we have been delivering courses and workshops we have held many ceremonial events involving sonic healing practises of a wide variety. Gathering groups of people together in ceremony is a powerful and transformational experience for all involved. We have witnessed how enjoyable and effective these amazing sonic ceremonies are and it's a great joy to be able to deliver a retreat where we combine all of our sonic work into one experience. This five day retreat incorporates many of these life changing and life enhancing ceremonies seamlessly flowing into each other over the course of the stay, creating deep and transformative energetic shifts for those who will be in attendance. The retreat offers an incredible opportunity to take part and experience how we facilitate these powerful sonic ceremonies.

RETREAT FEE STRUCTURE

Fees include all activities, ceremonies, teachings, food and four nights accommodation. You will need to make your own travel arrangements. It is advised retreat participants take out their own insurance to protect their booking. Prices are per person. Each type of room has limited availability so please book early to avoid disappointment. Dormitory rooms have 3 or more beds and will be allocated by gender, as will twin rooms unless you book as a couple in a double or twin room, in which case you will be put together in the same room. There are only two ensembles available. There are shared bathrooms and toilets throughout the main house near to the bedrooms. Please advise if you wish to share with someone specifically who is also attending the retreat. Places are reserved by an initial deposit. Monthly payment plans may be arranged.

Single (limited availability) - £695

Twin Shared—£650

Dormitory (three beds or more—limited availability) £600

Single Ensuite (limited availability) - £795

Twin Ensuite (limited availability) - £750

Dormitory Ensuite (limited availability) £650



YOUR ACCOMMODATION



Our retreat venue is the high vibrational centre Dev Aura (meaning House of Light) located in the beautiful Lincolnshire countryside. Located on the Greenwich Meridian Line, the energy here is quite amazing. Dev Aura is a very special place, standing in two acres of beautifully kept extensive garden, it also houses a meditation sanctuary. The Dev Aura house is light and airy with a spacious dining room as well as two sitting rooms. Guests are nurtured by the loving energy of this place for their entire stay and often don't want to leave! Because it is in a secluded location it is perfect for our retreat work. Dev Aura provides a delicious and exclusively vegetarian cuisine using produce from their own organic garden which is situated in the grounds.

Neil, our Chef for the stay, goes out of his way to accommodate people's dietary requirements so gluten free and dairy free vegetarian meals are catered for. Dev Aura House and grounds are completely non smoking. We have been visiting this special place for over twenty years and feel privileged to be able to run our courses and retreats here, as it truly is a special space for such work.



RETREAT PROGRAMME

Friday 1st May– Arrival from 16:00 hrs. Opening session follows evening meal.

Saturday 2nd May to Tuesday 5th May - Retreat sessions and ceremonies planned at Dev Aura. A more detailed programme will be issued nearer the time. There will be free time factored in during the stay for rest and relaxation.

Tuesday 5th May – Depart 16:00



WHAT TO EXPECT FROM THE RETREAT

Some of the ceremonies you will be taking part in:

- Celebration of Voice – An extended Toning Ceremony
- Gong Puja
- Drumming ceremonies—Group Drumming, Drum Healing
- Drum Journeys
- Peruvian Whistling Ceremonies
- Singing Bowls Ceremony

We will intersperse the ceremonies with other powerful energetic practises, such as working with sacred chant and mantra. There will be yoga opportunities throughout the retreat also for those who wish to take part and exquisite moments of sacred silence!

The ceremonies are both sacred and interactive. We have chosen one of our most favourite centres, beautiful Dev Aura in the Lincolnshire Wolds. This high vibrational space holds people both gently and powerfully in its beautiful surroundings of colour and light. The special sanctity of this experience cannot be overstated and those taking part in the ceremonies will be asked to acknowledge this, however Dev Aura provides many beautiful spaces to take yourself out of the ceremonial space for quiet time should you require it and we include space within the retreat timetable to enjoy the venue. We have also chosen the time of Beltane for this powerful experience. Beltane, known also as May Day, First Samhain (May 1st) or the Celtic Flower Festival, is a joyful festival of growth and new beginnings, and heralds the arrival of Summer—an auspicious time in the natural world where blossoms abound to remind us of nature's beauty and fertility. We have conducted many Beltane celebrations over the years. A time when the veil is thin between the worlds, Dev Aura and its wonderful natural environment and Devic energy and our Transcendence retreat will provide a perfect opportunity for connection, a time to honour life, love and the light. A time to devote energy to growth and integration. A time of celebration, exuberance, and hope, when we should enjoy and appreciate the gifts of nature.



We also expect it to be a joy and fun filled time! A time of joy and celebration with like-minded, a time of potential. Participants are asked to maintain noble silence during the ceremonies outside of the practises to deepen the process and respect all who take part.

“The thing is, I've always tried to create transcendent moments. Moments that take people away from their concerns. Heaven to me is when people find a way to become so involved with life that they're no longer concerned for the future.”— Jim Carrey



Your retreat is facilitated by Sarah Gregg, Sound Healer, Gong Master Teacher, Reiki Master Teacher, and Natural Therapy Practitioner. Sarah has 20 years clinical and teaching experience and is the author of numerous healing publications and articles. She produced the CD, Reiki Drum — A Bridge Between The Worlds in 2010. Sarah holds a variety of sound healing workshops including Harmony of the Spheres CMAA accredited Gong Master Practitioner Training, Introduction to the Gong workshops, The Ancestral Resonance Process™ and Sacred Sound & Light Immersion as well as traditional Usui Japanese Reiki, Karuna Reiki®, Reiki Drum, and Munay-Ki workshops. She also holds retreats and community events around the UK. In 2007 she introduced the Reiki

Drum Technique workshops into the UK. Sarah has trained with many leading teachers in the field of Sound Healing, Reiki, Yoga and Shamanism. Her teaching reflects her interests in Reiki, Yoga, Tai Chi, Qi Gong, Sound Healing, Eastern Healing Arts, Buddhist Philosophy and Shamanism.

A FEW TESTIMONIALS FROM SOME PREVIOUS RETREATS FACILITATED BY SARAH

“Thanks for a great weekend. The setting was perfect. You must have worked so hard organizing it all and it was very much appreciated.”

“Many thanks for the weekend retreat. Already I feel very positive about the future, with a renewed energy and have made some decisions to do things”.

“The retreat was amazing. I am so glad that I went. I am only beginning to touch the edges now of the work that I have done over those couple of days and know that its tentacles are going to reach into the next few months for me. Wow, just had an amazing time. Thank you, thank you, thank you!!”

“My first retreat – so special. Thanks to you – please more!”

“Many thanks again for such a lovely, restful weekend—such a lovely location, as well as a great group. Many thanks for all the hard work that went into the weekend”.



“I just wanted to thank you for such a lovely weekend. I really enjoyed it and found it relaxing and uplifting. It was a good time for reflection, letting go and embracing new things. I have never experienced anything like that before, and such a beautiful place too!”

“I wanted to say a big thank you for such an amazing week-end. I have come away refreshed and revitalised, certainly with lots to think about. I really enjoyed being with the group”.

“Thank you very much for the wonderful retreat - I really loved it. It was a great group of people and I loved all the new practices which you introduced me to. I am feeling great today and am starting to incorporate some new practices. The whole experience was more powerful than any recent healings I have received. I do not feel it was too much though - it's true that it's never more than we can handle! I feel I have much food for assimilation, which is very exciting”.



"Just to say thank you for last week's retreat. It was such a special weekend and beautiful place, despite the weather! As usual all of the people were lovely and I found the whole weekend to be very clearing".

"First let me thank you for the intriguing and beautiful time I had on the retreat. Some parts were very moving indeed"

"Thank you, it has been a wonderful, life changing experience."

"The beauty I experienced, both during the weekend & since, is stunning ... bringing me to tears of joy each day since."

"The weekend gave me an unforced sense of 'this is what I am meant to be doing' i.e. working with sound. It was so wonderful to play without expectations, to receive healing from others and to experience your teaching and holding space; you offer from a place of deep humility and wisdom. And of course the venue and its energy was the perfect support for our inner work."

"Thank you for the wonderful experience this weekend it truly was inspiring. A big thank you for all your support throughout. Your warmth and compassion really helped as did the amazing support from everyone in the space."



"Very many heartfelt thanks for a fabulous week. Coming back down to earth now gradually. It was marvellous from start to finish and I loved the beautiful space you created for us to work in. Thank you again for such an amazing healing and transformative week".

" Thank you Sarah for putting together an amazing set of vibrations, love, soul and heart with wonderful people. I have come away feeling blessed to be in such magic

company and inspiring environment."

"Thank You for a wonder-filled week. Filled with beautiful souls. Deepening my Heart, Soul and Spiritual practice. Many things to contemplate in the coming weeks and months. I feel fully restored and rested, and ready for the next phase of my journey".

"A big thank you again for such a magical retreat, and for all your hard work in master-minding it. It was a privilege to be involved in such a vibrant and supportive group. I am still assimilating all the experiences. It took a fair bit of will power to drag myself away from the magnetic environment yesterday."

"Dev Aura is beautiful, the space and energy the gardens, food and freedom. The people I met were all beautiful souls in their truly unique characters. The gongs needless to say were beautiful - even more than I could have ever imagined. The course was beautiful - so well thought out and structured, informative and practical and lastly you Sarah - a beautiful soul through and through - you enthralled us with your passion for the gong and sound, whilst keeping us all on track. Beautiful - definitely; life-changing - without a doubt. Thank you from the bottom of my heart and soul."



Pictures from previous sound healing retreats



For all enquiries and to reserve a place contact
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