

The last few months have been a container for the alchemy of change... The REAL magic becomes evident when we  
**EMERGE**

**JOIN US FOR A WEEKEND OF INQUIRY,  
EXPLORATION, CELEBRATION...  
TRANSFORMATION**

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# EMERGE

ONLINE SOLSTICE RETREAT

*A time for nurturing the new you*

**Friday - Sunday June 19th - 21st**



*Hosted by...*



*Chara Caruthers*  
Yoga Therapist, Ayurvedic practitioner  
[www.blissbodyandsoul.com](http://www.blissbodyandsoul.com)



*Manu Molina De La Torre*  
E-RYT 500, Creator of Wholistic Movement  
[www.withmanu.com](http://www.withmanu.com)

Our collective season of change is coming to an end...  
Who will **YOU** be on the other side...?



# What you'll experience during this retreat...

This retreat is a PERFECT opportunity for you to focus on What's Next.

The change of seasons is a natural time for reflection and reset. As your world, and opportunities start to open up we'll use this time to integrate/"digest" experiences of the last few months through deep self connection and inquiry into the following questions:

- What have you learned about yourself?
- What do you want to manifest in your life?
- What are you capable of?
- What are you afraid of?
- What are you committed to creating?
- What needs to be left behind?

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## Activities will include...

- Journaling & Meditation
- Pranayama & Kriyas
- Asana & Yoga Nidra practice
- Wholistic Movement
- Seasonal Self-care workshop
- Ayurvedic elixirs & mind-body nourishing foods workshop
- "Agnihotra" fire ceremony

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## Investment...

Regular price: \$AUD 325

**Earlybird pricing: \$AUD 285 before June 13th**

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# Retreat Schedule...

All times listed are Australian Eastern Standard time

[CLICK HERE](#) for your local time

## Friday June 19th

6.00 pm to 8.00 pm (AEST-Sydney):

- Intro to the retreat
- Setting our intentions
- Journaling workshop

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## Saturday June 20th

8.00 am to 10.00 am:

- Asana & Yoga Nidra

3.30pm to 6.00 pm:

- Seasonal Self-care Workshop
- *Wholistic* movement practice

8.00 pm to 9.00 pm:

- Pranayama
- Meditation/Kriya

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## Sunday June 21st

8.00 am to 10.00 am:

- Asana & Yoga Nidra

3.30 pm to 6.00 pm:

- Ayurvedic Elixirs & Mind body Food workshop
- *Wholistic* movement practice

8.00 pm to 9.00 pm:

- Pranayama
- Agnihotra "Fire" Ceremony
- Farewell

The gifts of transformation can only be shared  
when we find the courage to EMERGE

[BOOK NOW](#)

