



ALTERED



a partnership with

RETREAT

LiBc

THE ALTERED RETREAT

A one-day experience consciously curated to experience ALTERED states of consciousness for you to journey inwards.

Supported by a plethora of different soundscapes and vibrations, the sacred plant medicine that is cacao and light wave technology, you will be lead into a deep journey of release, shift and up-level.

This is a special immersion which combines deeply transformational gong baths with the LiBa Lightbath experience, guided meditations, sacred ceremonies and the ancient healing practice of Kundalini Yoga.





RETREAT HOSTS

TAMARA KLIEN is a meditation teacher, sound meditation practitioner and ceremonialist. Her approach is deeply immersive and spiritually invigorating using a plethora of therapeutic instruments such as gongs and crystal singing bowls.

She also works with cacao medicine and heart-centered meditations for deep healing. Rooted in ancient healing techniques, her practices are aimed at helping manage the modern challenges of the 21st century.

www.tam.studio



ELIZABETH BRODERICK of Anicca Sound is a certified sound meditation teacher with yoga alliance, who specialises in creating soundscapes for altered states. Elizabeth is passionate about our capability to heal through vibration and believes that sound takes us on a journey back to our inner wisdom, a place of stillness for balanced living.

She works with gongs, crystal bowls and a variety of other instruments to create a multi-dimensional cosmic sound experiences.

www.aniccasound.com

GUEST TEACHER

JAYNE ELLIS, founder of HighTimes Yoga, is a Kundalini facilitator and spiritual mentor who helps people expand into higher states of consciousness and transform their lives.

Using powerful practices such as Kundalini yoga, ancient breath techniques, mantra and sound, Jayne blends ancient modalities to create transformation at a deep level. Her session will guide you into a state of bliss and expanded levels of consciousness, so you can align with your highest potential.

Jayne regularly hosts private and group events, whilst working with high-performing CEOs, A-List celebrities, and a roster of global brands, who entrust her to help them and their teams connect with their highest possibilities and true greatness.

www.hightimes.yoga





ALTERED LIGHT & SOUND BATH

Guests will be offered a unique and rare opportunity to activate their pineal gland (also referred to as the “seat of the soul”) and explore altered states of consciousness through a deep dive journey into the qualia of consciousness, through ‘light wave technology’ and ‘healing sound wave frequencies’.

WHAT IS QUALIA?

Qualia is part of the phenomenon of consciousness. It includes all of our senses: sight, touch, olfactory, sound and ones rawest feelings, thoughts and emotive responses. Qualia are typically considered to be private to the one experiencing them and ineffable by nature.

HOW DOES IT WORK?

LiBa is in theory Binaural Beats for your eyes, whereas the sounds experienced from a range of therapeutic instruments such as the Gongs are actual Binaural Beats. Ultimately, they both impact and change the brain wave frequencies of participants.

By combining the two we are able to tune into an even more profound and ‘hallucinogenic-like’ experience, triggering a wide range of meditative trance states.

THE ITINERARY

SATURDAY, 12TH NOVEMBER 2022

START : 10:00AM

ARRIVALS WITH WELCOME TEA & NIBBLES

OPENING CIRCLE WITH HEART-OPENING CACAO PLANT MEDICINE

INTENTION SETTING

KUNDALINI PRACTICE

LUNCH BREAK *(please bring your own food or explore near-by options)*

CRYSTAL-INFUSED YOGA NIDRA

ALTERED LIGHT & SOUND BATH

CREATIVE ART EXPRESSION

CLOSING & SHARING CIRCLE

CLOSE : AROUND 5PM *(may run over)*





WHO IS THIS FOR?

- Anyone who wants to experience the profound potency & power of sound meditation
- Anyone who wants to stimulate and activate their pineal gland
- Anyone who is curious about ALTERED states of consciousness, searching for an opportunity to relax and go inward
- Anyone curious to work with the sacred cacao medicine, personal growth & immersive experiences
- Anyone who struggles to express, process or release emotion
- Anyone who is feeling like they need to be supported & held instead of holding and supporting others
- Anyone who is seeking to deepen their connection with themselves

WHAT TO BRING

Yourself, an open mind and the following:

- Yoga mat if you prefer your own or would like extra padding (*recommended but we have some at the studio*)
- Your own water bottle and tea flask
- Journal & pen
- Wear comfortable, loose clothing and bring extra layers as body temperatures drop in the deep meditative & altered states you will be experiencing
- Crystals (*optional*)



LOCATION

Soma Home is a creative wellness studio specialising in immersive events, sound journeys and light art. Their studio which has been home to some of UK's finest healers and practitioners is based in Hackney, London.

Numbers are limited to allow for intimacy.

TRAVEL

The nearest tube station is Bethnal Green Station on the central line, which is only a 10-minute walk away.

Address: Limewharf, Vyner Street, London E2 9DJ.

Please get in touch via [email](#) if you have any questions.

ENERGETIC EXCHANGE

Ticket price per person (*includes snacks, soft drinks and an amazing goodie bag*):

Early bird: £99* / Standard: £119

Concessions / discounts:

If you're unable to pay the full amount, please don't let that stop you as we want our events to be accessible to as many people as possible.**

**ends Sunday, 6th November*

***Please email us to discuss paying via bank transfer (to avoid Eventbrite fees), for payment options and for discounts.*





WHAT'S INCLUDED

- A carefully curated day of practices to invoke ALTERED states of consciousness
- The LiBa Lightbath experience
- Ceremonial grade cacao
- Snacks, soft drinks & herbal teas available throughout the day to help yourself at your own leisure
- A carefully curated goody bag for you to take home

WHAT'S NOT

- Transport (*taxis/trains*)
- Lunch (*there's plenty of spots near-by i.e. Broadway Market, famous for its Saturday food stalls*)
- Coffee (*if this is something that you can't be without, please bring your own; but we would recommend to abstain*)



CONTACT

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