

A close-up photograph of a bonfire. The foreground is filled with glowing, charred logs and embers, with bright orange and yellow flames rising from the left. Numerous sparks are flying through the air, creating a sense of movement and heat. The background is dark and smoky, with some faint light filtering through.

HOME COMING

A JOURNEY OF REMEMBRANCE

Saturday, 29th October 2022



SAMHAIN 2022

The HOMECOMING Retreat;

a one-day experience consciously curated to guide guests home to wholeness through a nourishing & empowering journey of remembrance.

Surrounded by breath taking nature in the heart of the South Downs, in the West Sussex countryside we will come together to celebrate and give thanks for all that we have received. This is the time of the descent into darkness, of inception, out of which new life and new ideas, will emerge.

We recognise the power of community to release limiting beliefs, to access the truth and express authenticity in a sacred, intimate circle.

Traditionally, the veils between the worlds are at their thinnest now.

Boundaries dissolve and all is laid bare.

RETREAT HOSTS

AMANDA DENTON has studied a wide range of yoga practices and has over 25+ years of experience teaching. Her trainings include Yogasana, Kundalini, Yin, Chakra Vinyasa and Tapasya Hot Yoga. In 2021 Amanda also completed her Sound Meditation Teacher Training and is a passionate gong player.

Her philosophy lies in the teaching of yoga as a breathing, moving meditation, an uninterrupted flow of mindfulness and concentration. She believes that kindness to the self and others is fundamental to the practice of yoga.

www.amandadentonyoga.com

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





INNERBLOOM : THE SOUND COCOON

EMERGE FROM THE COCOON

REMEMBER

COME HOME TO YOURSELF AND WELCOME THE NEW

Situated amongst many ancient and sacred sites, which date back between 100 and 66 million years ago, you will find yourself connected and inspired by the wild land surrounding you.

Our home for the day is an eco-dome, which provides the most incredible acoustic experience. Safe like a cocoon, it creates a warm, intimate and cozy environment.

Numbers are limited to only 10 people.



ITINERARY

START : 10:30AM

OPENING CEREMONY WITH CACAO

CREATING SACRED SPACE

BALANCING MERIDIANS WITH BREATH AND MOVEMENT

LUNCH BREAK (FOOD INCLUDED)

A JOURNEY TO THE HEART MEDITATION

SACRED SILENCE

MULTI-SENSORY SOUND IMMERSION

CLOSING FIRE CEREMONY

CLOSE : AROUND 4:30PM (MAY RUN OVER)



TRAVEL

The nearest train station is Shoreham-by-Sea, which is a 15 minute taxi journey to Innerbloom. We highly recommend to pre-book a car via: Adur Cab Co. (+44 1273 454-454).

If you're travelling by car (ca. 1.5h from London), there will be available parking. If you don't mind sharing the ride, please let us know so we can put you in touch with other participants and save you some petrol.

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

ENERGETIC EXCHANGE

Ticket price per person (*includes lunch and snacks throughout the day*):

Early bird: £99 / Standard: £119*

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

CONTACT

retreats@tam.studio

