

# From Fear to Freedom

BREATHE, MOVE, FEEL WITH PASSION & PURPOSE

Awaken your authentic self. Through a series of mind body practices, you will explore your emotional, physical & spiritual self using Trance Dance, Yoga, Emotional Release Bodywork and Transformational Breathing.

**5day Retreat**  
**August 13<sup>th</sup> - 18<sup>th</sup>, 2009**  
**in Ocho Rios, Jamaica**  
**us\$895 all inclusive\***

**Come with an open mind and an open heart. Get ready to release, let go and integrate. This unique 5day retreat with Gaia Budhai, your guide, and like-minded people, in the beautiful setting of the Bromley House, will inspire you to make a shift in your life.**



Gaia Budhai, is a highly respected teacher, guide, workshop leader and community builder. Through her practice and study in the field of meditation yoga, massage therapy, emotional release body work, transformational breathing, trance dance and primal theater, she has synthesized her practice to include the essence of all these modalities as she continues to develop a unique, integrated approach in which one can live their life being deeply rooted, present, passionate, and embracing all that we are in each moment. Gaia's effervescent personality, combined with her heartfelt warmth and conscious leadership, make spending time with her a truly joyous and healing experience.

For more info, contact:

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www.gaialivingarts.com

Bring a friend and get  
**25%OFF**

**BROMLEY**  
www.bromleyjamaica.com

*jamaica*

\*Price is per person, based on double occupancy. Includes accommodation, transfers to/from the Montego Bay airport, all yoga classes and workshops, three delicious meals served daily and three excursions, exploring the natural beauty of the area. Suite available at additional cost. Airfare not included.

Private sessions with Gaia Budhai are also available for an additional fee.

an event by

**Gaia**  
Living Arts