

Spring Urban Retreat Brussels
A Restorative, Breath and Meditation Weekend
with Anna Ashby
April 3-5, 2020

“The cult of productivity has its place, but worshipping at its altar daily robs us of the very capacity for joy and wonder that makes life worth living — for, as Annie Dillard memorably put it, ‘how we spend our days is, of course, how we spend our lives.’”

— Maria Popova, *Brain Pickings*

This Spring Urban Retreat provides a deliberately slow paced environment for diving deep into practice that replenishes the soul. By setting aside a target based mindset and tapping into ever deeper layers of being through contemplative practice, this weekend allows for an alchemy that draws forth fullness of being and peaceful presence.

Engaging slow, mindful stretches/postures as a way to release tension and resting in supported restorative yoga postures to shift the nervous system back into balance allows the power of the breath to move blocked energy and raise awareness. Immersive + deep meditation begins to heal and attend to deeper matters.

This weekend offers a way to draw forth the abiding wisdom at the core of being which transforms perception and reaffirms connection.

Come and experience a weekend of conscious presence and relaxation; tap into the peacefulness that arises from spending intentional time with self and in community. Please bring a journal.

Schedule:

Friday, April 3, 2020, 7:00p - 8:30p ‘Settle’

Saturday, April 4, 2020, 10:30–1:00p + 2:30-4:30p ‘Rest’

Sunday, April 5, 2020, 10:30–12:30p ‘Integrate’

Location: Centre Perou, [Avenue du Perou 23](#), [1000 Brussels](#)

Contact: Nicole - ncouloubaritsis@gmail.com

Retreat Fee: €200

Due to the nature of retreat sessions are not available for dropping in.

Lunch is included on Saturday.

Anna Ashby is a senior teacher at triyoga in London and founder of their training programmes. Her unique approach to yoga arises from years of study, practice and teaching. Her direct experience of the yoga tradition while spending 12 years in an Ashram in up state New York underpins her teaching with a richness and depth stemming from the philosophy of the tradition. Anna’s teaching emphasises subtlety, precision and breath while inviting enquiry and exploration. She holds the highest level of certification from Yoga Alliance both in the UK and in the US (Senior Teacher/E-RYT 500). For more information visit Anna’s website www.annaashby.com