

# Looking Within

For those of us who are working in a caring profession, taking time out of our busy lives each day to look within is an absolute necessity.... The greater the demand is on our own energy, the greater the need is for us to apply what we teach to ourselves.

Finding a way to retrieve ourselves from the outside world, access our inner self and really listen to what our body is saying is essential. It enables us to tap into the abundance of our own inner resources and all the support that is available to us at any given moment. This helps us to remain calm, centred, focussed, and clear while holding space for others.

Those of us with a caring personality can so easily put aside our own needs in order to respond to the needs of others. Peeling away the distractions from our daily routine is crucial in order to bring clarity and insight into our daily lives. We become clearer as to our own needs and the next step in our journey. Building a bridge between the seen and the unseen helps us to achieve the challenging task of marrying our physical reality with our spiritual practice. For some of us, it can be difficult to take ourselves away from work and family commitments, but these "gifts to ourselves" can be a real boost. Sometimes it is a turning point in our own healing journey.

Spending time in nature and engaging in our own daily practice enables us to find solace through being present. In allowing ourselves to look deeper within, we are connecting with something greater than our small selves; the more expanded truth of who we are. We alter the chemistry of our brain as we tap into the interconnectedness between stillness, renewal and grace.

Join me in Quinta Mimosa from October 11 to October 18 for a wonderful Zen Retreat in a long established purpose built and fully

equipped yoga studio, 15 min drive from Faro airport and 10 min drive from miles and miles of golden sandy beaches. Quinta Miosa is set in a 10 acres fruit garden where you can pick and eat oranges, lemons, nuts, avocados from the trees. There is a range of accommodation to suit your needs from a luxurious villa with twin bedrooms en-suite to a comfy mezzanine above the yoga studio where you can soak up the wonderful energy created during our twice daily practices.

There are three swimming pools and ample spaces to chill between classes and soak up the scenic views and relaxing atmosphere of our surroundings.

The programme of the Zen Retreat is varied and will include Hatha Yoga with a touch of healing and Aura-Soma, Shamanic Yoga dance, Moonlight Meditations, Mindfulness, Laughter Yoga, Yoga on the beach and in the garden, Mantra singing, Chakra clearing and much more. We usually have a two hours session in the morning and another session in the evening before dinner, with the afternoon free to enjoy your surroundings.

The food is locally grown organic vegetarian.

Local therapists are available to give holistic treatments including Ayurveda massages, Reflexology, Aromatherapy, Bowen etc... and I will be available for individual support and healing in between sessions if required.

Do not hesitate to contact me to discuss your needs.

I look forward to share this wonderful adventure with you

Marie Angeline Lascaux ©

Director Springintolife

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