



# Re-invent yourself

A KiaZen MediZen Retreat  
Yoga Workshop Series

**composed & presented by Amir Jaan**

The 4 practical pillars  
of a peaceful, prosperous, authentic &  
spiritually mature character



**Rukgala Kandy ॐ Olanda Beach Galle ॐ Adams Peak ॐ 28 November - 6th December 2018**

Dream-life by design with twice daily yoga classes amidst the breathtaking beauty and tranquility of the retreat venues. Experience Sri Lanka's true magic, up country jungle life and stunning tropical beaches near the famous World Heritage site Galle Fort.

Amir's new series of workshops will be an opportunity to pause & reflect on the contemporary issues arising out of the constantly evolving personal & social issues around - modern self-identity, crisis, relationships, responsibilities & routines

Amir will present the material for these workshops in the style of a technically accurate and well considered series of experiments, conducted playfully through the lens of self-awareness, in the laboratory of the body mind and under the close observation of our higher selfie ~ to engage with self enquiry, to illuminate & demonstrate the synergy between these seemingly simple principles and the structured methods that underlie the science & practice of kundalini yogic exercise.

#### What's included:

- 8 nights based on full board
- Awesome delicious healthy styled Sri Lankan food
- One therapeutic massage session
- 5 hours workshop daily 7.30am Kundalini & 4.30pm Yindalini

#### Excluded:

Airport transfers, additional massage treatments and any additional food/drinks/incidental expenses | Retreat transport will be available from and to Prana Lounge Colombo on 28th November & 6th December 2018

Pricing: 1,500 US\$ based on twin / triple sharing per person

35\$ surcharge for single occupancy per day

Bookings payments received by October 15th receive 10% early bird discount | 50% deposit to secure your space, balance to be settled 7 days prior to the retreat, by bank transfer or at Prana Lounge by cash or credit card.

Main themes under inquiry during these workshops are: How to be Impeccable with your word | Speak with integrity & say only what you mean | Avoid using the word to speak against yourself | Use the power of your word in the direction of Love & Truth | Don't take anything personally | What others say and do is a projection of their own reality | Don't make assumptions | Find the courage to ask questions and to express what you really want | Communicate with others as clearly as you can to avoid misunderstandings, and drama | With just this one agreement, you can transform your life under any circumstances

**Retreat details & booking:** [www.pranalounge.lk](http://www.pranalounge.lk) | [pranaloungecolombo@gmail.com](mailto:pranaloungecolombo@gmail.com) | +94 711 739 905