

COMING TO LIFE

A 2-day Residential Breathwork Retreat

14 - 15 July 2018

"Breathwork is the bridge between tribal and modern worldviews"

- Jhon Kwano -





Introduction

Feeling stuck? Need a boost? Ever wonder what it would be like to let down your barriers and become fully alive? Join us for this transformative retreat, featuring 2 days of talks, sharing and breathwork at the Green Hub in Tai Po.

Breath of Bliss™ facilitators, Jhon Kwano and Andrew McAulay, will share their experiences along different paths to awakening, tribal and modern -- exploring where they converge and guiding participants to make a shift in awareness through powerful breathwork exercises. In this way participants will arrive at a deeper understanding of their own unique life journeys and be equipped to pursue a more harmonious relationship with nature, both inner and outer.

Breath of Bliss™ is a transformational practice that infuses you with aliveness using breath, movement and sound. Unlike other breathing practices, this exercise focuses on liberating oneself and achieving wholeness.

Deep, circular, connected breathing is very different from every day or yogic breathing. Benefits can include:

- Physical sensation, enhanced sense of aliveness, clearing of blocked energy/emotions giving you more access to desirable emotions
- Profound insights, greater brain connectivity, creativity and focus
- Freedom from stress and anxiety
- Access to the unconscious mind to shed limited beliefs and patterns
- Greater feelings of compassion and connection to yourself, the Earth, and other people
- Stimulation of pituitary gland, the release of natural chemicals to access visions, altered states of consciousness and spiritual awakening.

Facilitators



Jhon Kwano

Jhon is an elder and 'Messenger' from the Dani tribe in the highlands of Papua, the largest island in Melanesia, where people still live as their

ancestors have for thousands of years. To his knowledge, he is the only traditional Messenger from Melanesia to play this role outside of that region. Jhon will share about life in his village, including initiation, his discovery of the modern world and how breathwork has changed his perspective and Message.



Andrew McAulay

Andrew McAulay has overseen the development of KFBG's programmes since its "rebirth" in 1995 as a nature conservation centre and is the current Board

chair. He is passionate about nature, has written two books of poetry and has been practicing and teaching meditation for many years. Andrew will share key moments in his life's journey, including his struggle with stage 4 cancer and how breathwork has helped his healing.

Date/Time

14 July (10:00 – 21:00) and **15 July** (08:30 – 15:00)

Venue

The Green Hub, at the Old Tai Po Police Station, Tai Po.

Language

English

Target Audience/ No. of Participants

Aged 18 or above/Maximum 16 participants

Fees

There are two parts to the fees

A. \$1,800 per person

B. Accommodation fee

A. Includes workshop fee and vegetarian meals during the retreat

B. Accommodation Fee (depends on the room type; breakfast is included):

Room Type	Single Room	Twin Bed Room	Triple-bed Room	Six-bed Room
Price per bed/ per night	HK\$460	HK\$360	HK\$290	HK\$220

- There are a small number of single rooms, please be prepared to share, and have a community living experience.
 - Multi-bed rooms will be organized according to gender
 - Most rooms have fans and natural ventilation and are comfortable even in the summer; only a couple of rooms have air-conditioners.
 - You may indicate your preference in the application form. We will try to arrange your accommodation based on your preference.
 - Please note that a first-come-first-served policy will be adopted.
- For more information about the rooms, please visit

<http://www.greenhub.hk/eng/RateReservation.aspx>

Application

Please visit the KFBG website, complete the online application form and pay the course fee (HK\$1,800) online on or before 30 June 2018. Details are as follows:

1. Please click [here](#) for the online registration and payment.
2. Upon receipt of the application form and course fee payment, acknowledgement of application will be sent to you by email within 5 working days.
3. Spaces are limited and we may have to select participants from a large number of applicants.
4. If your application is accepted an accommodation fee notice will be sent to you once we have worked out the accommodation allocation, by e-mail within 5 working days of receipt of your application. We may need to ask you to be flexible over your accommodation request (not everyone can have a single room, and sharing is more fun!)
5. If your application is not accepted, full payment will be refunded to you by bank transfer or cheque within one month.
6. Payment method will be provided in the notice. Please settle the accommodation fee within one week after receiving the notice, otherwise, your reservation may be cancelled and released for others.
7. A confirmation letter will be sent to you by email after all payment is settled.
8. Payment is not refundable after acceptance.

Enquiry

For enquiries, please contact Irene Pang (2483 7109) or June Ngan (2483 7111)

About Breath of Bliss Academy:

Breath of Bliss Academy is a professional training institute offering a 200-hour Breathwork Group Facilitator Certification Program. Seminars are created and taught by Christabel Zamor with her core faculty of somatic, tantric and shamanic experts. They empower heart-centered leaders to get into their bodies, claim their voices and create life-changing transformative events. Their small group trainings have shakti awakening practices, hands-on learning, teaching opportunities and personalized feedback. They have a team of 67 trained facilitators teaching around the globe. Breath of Bliss is a company member of the International Breathwork Foundation.

For more info on Breath of Bliss, please visit <https://www.breathbliss.com/>

