

# Darkness retreat ENLIGHTENMENT

with Anoula Sifonios

Hosted by Tao Garden, Chiang Mai, Thailand  
October 22nd to November 1st 2020

A chance to meet your innermost soul ;  
A possibility to enter wider states of openness and perception ;  
Liberate karma and memory knots ;  
Let healing take place ;  
Awaken to your True Nature...  
... and so many unexpected gifts.

In the dark, the body starts functioning on another level and gives access to the invisible planes. We gain better self-knowledge and understanding.  
Visions, revelations and ascent show you what you need to see at this point in your life.

*Guided practices on the energy body and the intuition body :  
deep relaxation, meditation, breath work, music,  
teachings on the awakening of heart and awareness.*

More information on request:  
[contact@darknessretreat.org](mailto:contact@darknessretreat.org)

[www.darknessretreat.org](http://www.darknessretreat.org)

