

Journey to the Heart and Soul

Natalie Sandison, The Times

Beating the mental and physical and emotional blues.

Does it seem as if you are feeling the credit crunch more than anyone else? Are you waking up each morning with an ache in some part of your body? Feeling anxious? Feeling as if life isn't working out quite how you planned? Frustrated at work? Frustrated at home? Dreading something coming up in the year ahead? Fretting over Christmas, your next birthday? Feeling ill, depressed, as if you are permanently on the verge of coming down with the flu? Does it feel as if you have no control over your life? Are you embarrassed too often, regretful of something you did that won't leave you alone? Does your conscious mind begin to sound like a dozen broken records of anxious, slightly depressing music? Does it feel as if some days are generally ok and the rest just a muddle, just a mad fretful disorganised dash from one thing to the next?

'Journey to the Heart and Soul' is an extraordinary experience designed to help you reclaim some of that control. A weekend retreat combining reiki healing, yoga, meditation and life-coaching in a gorgeous old manor house in the heart of leafy Surrey; this is a thoughtfully put together programme designed by a great team of holistic masters to start the individual on his or her journey towards self discovery and inner peace, towards a good clean bill of health. Over the course of the weekend you will be taught the ancient Japanese hands on healing system that is reiki. You will be shown a huge variety of yoga postures, to help you reach your highest potential and to enjoy lasting health and happiness. Yoga can help everyone to feel better. It reduces stress, improves flexibility and muscle tone, increases circulation and can help relieve anxiety-related disorders. Yoga refreshes our energy and helps us to feel good about ourselves, an essential ingredient for our well being and health. Most of all however, the weekend will allow you the opportunity to start making some changes in your life. To dig deep into your own being and discover what actually lies there. In a beautifully warm and supportive and relaxing environment in which nobody pushes you to do anything you might not want to do, but rather holds a friendly hand out, encouraging, enabling, confidently guiding you forwards towards your own inner-light. You will be shown how easy it is to feel better. How easy it is to feel at peace, and to feel light, positive, at one with the universe rather than always slightly fearful of what fate has in store.

Most of us want life to be easier, less stressful, less hard. Most of us would like to be happier, fitter, stronger. If only we had the time. If only there wasn't this thing in the way or that. If only we had the money. But here's a thing: what if someone was to tell you there would never be the right time; you would never have the right amount of cash; the sabbatical would never come, the children never be the right age for you to take the break you need to figure it all out. Not if we stay the way we are. Life begins when we say: - ok enough already; time to start over. Time to change now. Life begins when we start taking responsibility for our own happiness, fitness and strength. In so doing we take control over the easefulness, the stress and the hardships out there. When we change what is going on inside, we change what is happening out there.

Journey to the Heart and Soul is the brainchild of Suzanne Cambray, nutrition consultant and reiki master. Suzanne believes that we all have the ability to heal ourselves and others. That we can all take responsibility for our own well-being and health, physically, mentally, emotionally and spiritually. Together with her amazing team including yoga teacher and life coach Sam – surely one of the most inspiring individuals ever to be met, Suzanne allows us to discover this for ourselves, and provides us with the tools to travel on this extraordinary journey.