

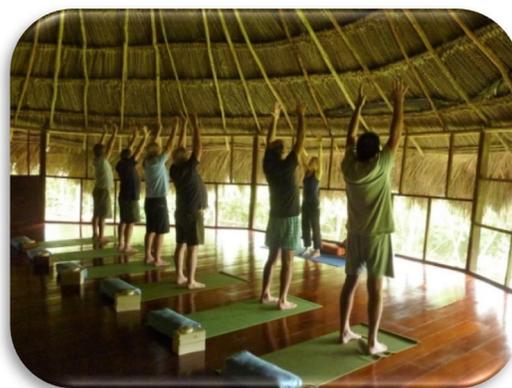
Jeannine Plaiche

Nurture Nature Retreat October 20-27, 2018

Anusara® Yoga & Reiki Initiation in Peru

**Jeannine Plaiche, Certified Anusara® Yoga Teacher, Naturotherapist & Reiki Master
&**

Johanne Delisle, Certified Health Coach, Yoga Teacher & Reiki Master/Teacher



THE NURTURE NATURE RETREAT is a unique yoga & reiki retreat in the Peruvian rainforest of Tarapoto which brings together the energizing practice of Anusara yoga with the energy healing practice of Reiki, nature and healthy nutrition to nurture, rebuild and revitalize your body-mind's energy field. The philosophy of Anusara yoga recognizes the spiritual interconnection and flow between all things and as a yoga method works with the body's biomechanics in order to align the body-mind's innate spiritual biorhythm with that of Mother Nature. As a participant you will also be formally initiated into the 1st degree of Reiki which will further develop your ability to channel vital energy through your body and to others.

A week of nurturing your true nature through yoga, reiki, clean vegetarian eating, and joyful celebration of your spirit's alignment with nature will leave you feeling grounded, reenergized and detoxified. You'll return home with a deeper connection to your Heart and a greater capacity to create a life that honours who you really are.

TAMBO ILUSION NATURE RESERVE & WELNESS RETREAT CENTRE

[CLICK HERE TO SEE A VIDEO OF THE CENTRE](#)



Tambo Ilusion is a family run business and nature reserve located in the Peruvian Amazon rainforest of Tarapoto of Northern Peru. With a natural spring, the forest and an ecosystem that has developed around them, the property of 14 hectares is legally recognized by the government of Peru as a private conservation area.

Due to its geographical location, Tambo Ilusion is a natural haven for the flora and fauna. Its famous lagoon has even been blessed as a healing lagoon by a well-respected *Shaman* (-medicine man) in the region, due to its nutrient rich environment.

What you'll be able to experience at Tambo Ilusion:

- Nature walks through the woods
- Swimming in the fresh water lagoon
- Sunset and star gazing
- Delicious vegetarian food (*some eggs*)
- Low exposure to electromagnetic fields
- Quite time to rest and relax

RETREAT DAILY ITINERARY

(Some minor changes may be made in the coming months)

06h00-06h30 Meditation

06h30-08h00 Morning Yoga Practice

08h00-09h00 Breakfast (*silence is to be maintained from 22h00 to 09h00*)

09h30-12h30 Reiki initiation (Day 1 & 3)

12h30-14h00 Lunch

14h30-17h30 Reiki initiation (Day 2 & 4)

15h30-17h30 Yoga Workshops (x2)

17h30-19h00 Supper

19h00-21h00 Special Evening Events (*silence is to be maintained from 22h00 to 09h00*)

**A WORD FROM RETREAT HOST,
CERTIFIED ANUSARA® YOGA TEACHER,
NATUROTHERAPIST & REIKI MASTER
JEANNINE PLAICHE:**



What is Anusara yoga? Anusara yoga is a life-affirming, alignment based school of Hatha yoga, which celebrates the vibrancy of life that pulsates in all of nature. The philosophy of the Anusara yoga teachings is drawn from the non-dual Tantric philosophies of India.

Yoga asanas (poses) are explored using scientifically based principles called Universal Principles of Alignment™. These principles help align the student with the spiritual practice and intention in a way that improves physical posture, optimizes psychological well-being and connects us to our highest life purpose.

I've been practicing yoga for over 15 years now and the most significant transformation that I've experienced through the practice is my ability to feel, witness and transform energy in a way that moves me from a state of stagnation, confusion, anxiety or disconnect to a state of awareness, love and union with my higher Self and my life purpose.

Energy is what we are all made of, it's not a "thing" and it is very dynamic. Some traditions call it *Shakti*, or *Prana*, *Kundalini* or simply *That*. Through my yoga practice I have practiced shifting my relationship with nature in order to move into greater harmony and abundance; I have experienced that deep connection we all have with nature and my hope is that you too can experience this gift of life. We are indeed ONE and if we are called to this practice it is likely that our Hearts are asking us to reconcile our connection to our True nature and drawing us back towards spiritual unity.

"We depend on nature not only for our physical survival. We also need nature to show us the way home [...]. We got lost in doing, thinking, remembering, anticipating – lost in a maze of complexity and a world of problems. We have forgotten what rocks, plants, and animals still know. We have forgotten how to be – to be still, to be ourselves, to be where life is: Here and Now."

-Stillness Speaks, by Eckhart Tolle

To read more about Jeannine at www.jeannineplaiche.com

A WORD FROM CO-FOUNDER OF TAMBO ILUSION, RETREAT CO-HOST & REIKI MASTER/TEACHER JOHANNE DELISLE:

What is Reiki? Reiki is a healing technique based on the principle that the Reiki practitioner can channel energy to the receiver by means of touch, to activate the natural healing processes of the body and restore physical and emotional well-being.



When you heal yourself and assist others with their self-healing you heal the Earth. You do make a difference."

- Laurel Steinhice, Channeling the Earth Mother (in D.Stein, Essential Reiki)

I invite you to partake in this retreat which consists of attunement to the first level of Reiki to learn to heal with your hands. Offer yourself the wonderful opportunity to learn and share the Usui Reiki system which is a simple, non-invasive healing system that balances the body's energy centers thus promoting healing. It is one of the easiest and most natural forms of holistic healing there is.

"My most important discovery with Reiki was that it actually worked. It was tangible (I could feel a sensation in my palms) and I got results (often an incredible before-and-after effect)... Reiki goes well beyond what I expected when it was introduced as an 'energy healing practice'. Or, maybe, my understanding was simply too limited – after all, energy really means that everything is interconnected and can move and transform. Healing doesn't just apply to the physical, but includes a complete holistic view. And Reiki is not just a therapy but indeed a personal spiritual practice."

- Reiki master Torsten Alexander Lange

Reiki is not taught in the usual sense; it cannot be learned from a book or self-taught but is transferred by the Reiki Master to the student through the attunement or initiation (attune means harmony and initiate means ceremony) process via a simple ceremony which is repeated at intervals over the course of the retreat. The ability to channel Reiki is then with you for life and the more you work with it, the more you will be amazed at its inspiring power.

To read more about Johanne visit her website at www.johannedelisle.com

RETREAT ACCOMMODATIONS & PRICE

(prices listed are in Canadian Dollars per person)

At Tambo Ilusion visitors are encouraged to live in grater harmony with nature. The accommodations are considered like glamorous camping or “glamping” for short. Each cabin (or Tambo as they are called) is equipped with 2 double size beds, fresh linens, covered with mosquito nets. Bathrooms and showers are located in a separate cabin just several feet from the rooms. There is no electricity in the cabins, this will ensure a better night’s sleep. And there’s no need to bring your nature music, you’ll have the real thing right outside your door.

\$1590 CND Double Occupancy

****Early-Birdy Discount: Save \$200 by paying in full before July 1st 2018*****

PLEASE READ CANCELLATION & REFUND POLICY BELOW BEFORE MAKING YOUR RESERVATION.



INCLUDED:

- Group shuttle to and from Tarapoto Airport
- 7 night stay at Tambo Ilusion Nature Reserve & Wellness Centre (Tarapoto, Peru)
- 3 fresh vegetarian (gluten free, dairy free) meals per day (20th lunch –to- 27th breakfast)
- All meditation, yoga classes & workshops
- Reiki Initiation with Johanne (Includes: all reiki classes, study manual, 1 private healing session, group healing session, complimentary eye pillow and 1st degree certificate)
- Nature Reserve & Natural Hot Springs Group Excursion
- Special evening events: Bon fire, Music & dance night, etc...

NOT INCLUDED:

- Flights
- Travel insurance
- Extra night stays at hotels
- Massage treatments and other locally organized excursions (hiking, shamanic rituals, cooking classes, etc...)

**Please note that this is a drug-free and alcohol-free retreat. The purpose of this retreat is to restore and nurture your natural state and for 1-WEEK nourish your body with natural (non-acidic and non-toxic) dietary, physical and energetic practices.*

SUGGESTED TRAVEL CHECK LIST

- ✓ Headlamp or flashlight and extra batteries
- ✓ Swimwear and beach towel or sarong
- ✓ Comfortable light weight clothes
- ✓ Bug repellent (natural if possible. Available for purchase at Tambo Ilusión). Wearing socks, a scarf, long pants and long sleeve shirts, instead of bug repellent are recommended especially at sundown and use repellent only if necessary.
- ✓ After bite remedy
- ✓ Sun hat or baseball cap
- ✓ Earplugs and eye mask (in the jungle, there is a constant auditory backdrop formed by the chorus of birds, insects, frogs... which is a soothing melody for most, but we recommend earplugs for light sleepers).
- ✓ Flip flops
- ✓ Walking shoes or boots
- ✓ Comfortable yoga wear (exercise clothing that allows for comfortable movement and sarong)
- ✓ A set of warm clothes for cooler evenings
- ✓ Rain gear (rubber boots are practical in rainy season: March, April)
- ✓ Toiletries (shampoo, sunscreen, etc. biodegradable if possible)
- ✓ Journal to write in for Reiki and Yoga reflections and contemplation.
- ✓ Best money to travel with is US Dollars. However the currency accepted at Tambo Ilusion is the Peruvian currency *Soles*. It is suggested to exchange while you are in Peru, since exchange rates in Canada are very poor.
- ✓ Tambo Ilusion is located in a safe area of Peru. Vaccines are not necessary. However feel free to consult Heath Canada if you have any specific concerns or if you will be traveling to surrounding areas.

TRAVEL DETAILS & PLANNING YOUR TRIP

The town of Tarapoto is a short 1h30m flight from the country's capital of Lima. It is recommended that you arrive in Lima or Tarapoto at least one (1) day before the start of the retreat and one (1) day after. You can stay the night in either Lima or Tarapoto (at your own expense).

SHUTTLE PICK-UP (Tarapoto - October 20th):

Shuttle pick up will be at 1:30 at the Tarapoto Airport and at a central location in downtown Tarapoto. We will arrive at Tambo Ilusion in time for a late lunch.

SHUTTLE DROP-OFF (Tarapoto - October 27th):

Group shuttle will leave Tarapoto (destination Tarapoto airport) after breakfast (at appx 8h30-9h00). **Please schedule your Tarapoto-Lima flights as early as 11am.** For those staying in Tarapoto, Tambo Ilusion check-out is at 12 (noon).

OVERNIGHT STAY IN LIMA AND TARAPOTO BEFORE OR AFTER RETREAT:

Here are the hotels recommended by the owners at Tambo Ilusion:

- **LIMA** both hotels are located about 30-mins from the airport in the districts of Miraflores and San Isidro and offer airport transfer:
 - ✚ Casa Andina, Lima (<http://www.casa-andina.com>)
 - ✚ Foresta Hotel, Lima (<http://forestahotellima.com>)
- **TARAPOTO** mototaxi cost from airport to hotel is appx 15 soles:
 - ✚ La casa de Los Palos, Tarapoto (<http://casadepalos.pe/>)
 - ✚ El Mirador, Tarapoto (<http://www.elmiradortarapoto.com>)

NEED A TRAVEL AGENT TO HELP YOU BOOK YOUR TRIP?

JOHANNE PILON, DMC Travel • 1-450-691-5555 • johanne.dmctravel@gmail.com

RETREAT CANCELLATION & REFUND POLICY

You must communicate with Jeannine in writing if you wish to cancel your registration!

***CANCELLATION BEFORE JULY 1st, 2018:** A full refund less \$200 processing fee will be issued

***CANCELLATION BEFORE AUGUST 1st, 2018:** Receive a 50% refund less \$200 processing fee

***NO REFUND, CREDIT OR COMPENSATION WILL BE ISSUED** for Cancellations AFTER AUGUST 1st, 2018, as well as for no shows, late arrivals, early departure from retreat, personal injury/illness, weather or travel delays, flight interruptions and/or scheduling conflicts.

**PayPal service fees are non-refundable in all cases.*

PHOTO RELEASE AND LICENSE AGREEMENT

By participating in this retreat each traveller automatically grants royalty-free permission to Jeannine Plaiche Yoga and her representatives to take photographs and video during the retreat, and otherwise capture their image, and recordings of their voice. The traveler further grants to Jeannine Plaiche Yoga and her representatives the right to reproduce, use, exhibit, display, broadcast and distribute these images and recordings in any media now known or later developed for promoting, publicizing or explaining Jeannine Plaiche Yoga and its activities and for administrative, educational and research purposes. Photographs, video images and voice recordings will remain the property of Jeannine Plaiche Yoga.

REGISTER FOR THE RETREAT

1. Read the information package completely
2. Contact Jeannine to reserve your spot and send payment within 5 days of reserving your spot. Payment methods accepted include:
 - a. *E-interac / E-transfer (preferred)*
 - b. *Check by mail (contact Jeannine for address)*
 - c. *PayPal (a 3% non-refundable PayPal service fee will be added to the cost of the retreat)*

PLEASE DO NOT BOOK YOUR FLIGHT UNTIL THE RETREAT IS CONFIRMED