



Let Nature Inspire Your Creative Spirit



Cacao + Bhakti Yoga Retreat: Let Your Heart Sing **at Museflower**

Oct 3 - 6, 2024

Facilitators: Tania Ho and Watchararat Srichamroen (A)

With Special Guest Teachers: Hao Wong and Boom Nanthaharn



"The heart is like a mirror. When we dust it off, we are able to see ourselves. The dust is all our stuff - guilt, anger - this stuff is reflected back to us. Practice removes the dust from the mirror of our hearts."

— Krishna Das, renowned kirtan artist

Perfect for anyone who wants to express your true authentic self from your heart

Do you yearn to find yourself and just be you again?

Cacao + Bhakti Yoga Retreat - Let Your Heart Sing at Museflower is a heart-centered, heart-full retreat that delves deep into connecting with your heart through the practice of Bhakti Yoga and Cacao ceremony.

Museflower Retreat & Spa

159/1 Moo 1 Ban Samanmit, Donsila Sub-District, Wiang Chai District, Chiang Rai 57210, Thailand

Reception Tel: +66-(0)-93-137-0414, +66-(0)96-262-2465

Email: retreat@museflower.com

Website: www.musefloweretreat.com



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This 4-day retreat gives you an opportunity to listen to your heart's voice, and to experience how you can express your true authentic self.

Meditating and chanting with mantras is a powerful way to uplift our vibration and to build confidence in expressing our voice. In this retreat we also invite the wisdom of Mother Nature through Cacao and other modalities, such as Shamanic journey and labyrinth walk, to strengthen the connection between our hearts and the Earth.

Do you wake up feel like defeated by life, or the whole world is weighing down on you?

Do you feel like your passion in life is slowly fading away?

In life, we often carry many roles and identities. We wear different hats in our jobs, in our family, friends and relationships with others. And though this is necessary, sometimes we hide our true nature in order to survive. We devalue our own needs and wants and desires. We suppress our heart's voice, constantly overriding it with our mind, and follow what society, culture, and others expect us to do.

If we allow this to continue, we may slowly chip away our passion and our zest in life. We may start to feel the weight of the world on our shoulders. We may feel that everything is on us, and that we can hardly breathe. And we are overwhelmed by life.

Are you ready to let go of all that heaviness and to start anew with joy, passion and purpose?

Because when you take a pause to step away from your daily life, you gift yourself this time and space to process and uncover what is really weighing you down.

Through experiencing the various modalities offered in this retreat program, you can begin to pay attention to your own heart's needs and desires, your fears, hopes and dreams. You can listen to your heart's whispers through different meditation techniques. You can express your voice through chanting, writing and singing. You can release what no longer serves you and what weighs you down with fire ceremony and the support from nature.

When we prioritize ourselves again, and act that we truly matter, we give ourselves the permission to be our true authentic selves. When we align our heart and mind in harmony again, we can rediscover our joy of living and enjoy the sweet nectar that life has to offer.

**This is the time to be you and no one else.
Allow yourself to be you and let your heart sing.**

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This Retreat is Right for You if You Want to:

- Let go of heaviness and the weight of the world on your shoulders
- Feel like your true self again and not defined by the roles you play
- Connect with joy and the zest of life
- Build confidence with expressing your voice
- Be in harmony with your heart and nature
- Feel supported in a community setting with like-minded individuals

What We Will Cover in this Retreat:

- Learn about the practice of Bhakti Yoga
- Flower essence
- Mantra meditation
- Chant and sing in kirtan (devotional chanting)
- Shamanic journey
- Labyrinth walk
- Cacao ceremony
- Fire release ceremony
- Dance meditation
- Sound bath
- Journaling time for self-reflection
- Sharing your thoughts and feelings with the group in a safe space

About Your Facilitator - Tania Ho, Meditation Teacher & Intuitive Soul Guide



Tania serves as a meditation teacher and an intuitive soul guide to help people find clarity to express their true authentic selves through meditation, intuition development, and oracle card readings.

Originally from Hong Kong, Tania now makes her home in Chiang Rai, Thailand, with her family as the founder and owner of Museflower Retreat & Spa since 2014.

Tania teaches beginners to meditate in a fun, easy and practical way. She has also studied a number of holistic therapies including devotional chanting, labyrinth walk, shamanic journeying, flower essences, and energy healing. Through her offerings, she supports and holds space for people to listen to their own inner wisdom.

For more information on her offerings, visit: www.taniaho.me

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About Your Facilitator - Watchararat Srichamroen (A), Resident Wellness & Yoga Practitioner



Growing up from Pitsanulok, north of Bangkok, Khun A has begun her spa therapist career 12 years ago. Khun A became a certified yoga teacher since 2008 and is also trained in Tai Chi, Qigong, Reiki and crystal balancing.

Khun A offers support and wellness tools to help access to your inner Source to know who you truly are.

About Special Guest Teachers - Hao Wong & Boom Nanthaharn



Hao is a bhakti yoga practitioner and certified yoga instructor (200-hour) based in Chiang Mai, Thailand. Hao primarily practices bhakti yoga through devotional singing, and believes that the art of singing mantras and medicine songs can be extremely healing and nourishing for the spirit, especially when done in an intentional group setting.

For more information on his offerings, visit his IG page: [@hao.bhakti](https://www.instagram.com/hao.bhakti)



Boom is a sound healing practitioner, a trained rebirthing breathwork facilitator, and an energy healing practitioner based in Chiang Mai, Thailand.

Boom believes and has experienced that we can achieve a greater state of mind, body, and spirit through the wisdom of sound and vibrational medicine, as well as through breathing, a simple yet powerful tool.

For more information on his offerings, visit his IG page: [@boom.nandaharn](https://www.instagram.com/boom.nandaharn)

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Program Price:

Room Type	Occupancy	Per Person Per	Early Bird 10% off
		Retreat	before 31 August 2024
Room with Fan	Single	38,820 THB	34,938 THB
	Double	37,900 THB	34,110 THB
Room with A/C	Single	40,900 THB	36,810 THB
	Double	39,740 THB	35,766 THB

**Rates are inclusive of relevant government taxes. Please note that no service charge is levied.
If you enjoy the services from our team, kindly leave them a gratuity at the Reception.*

- Deposit: 50% deposit is required upon booking to secure your spot, and all deposits paid are refundable up till Sep 15, 2024.
- Bring-a-friend special: Come together with a friend and enjoy an additional of 500THB off per person
- Maximum participants: only 10 spots available

Inclusions:

- Three nights of accommodation with three lacto/ovo vegetarian meals per room night
- 3 x 60-minute group yoga classes
- 3 x 30-minute group meditation classes
- 1 x 60-min signature massage at Museflower Spa
- 1 x flower essence spray to balance and support your emotions
- All sessions in retreat program
- Roundtrip pickup transfer to/from airport or bus terminal in Chiang Rai
- Complimentary wireless internet access at public areas
- Complimentary access to Himalayan crystal salt water swimming pool
- Complimentary unlimited access to Museflower Spa's wet facilities (herbal steam + mineral bath)

What's Not Included:

- Additional spa treatments, wellness classes or holistic sessions apart from the sessions listed in the retreat program
- Other personal expenses such as shopping, flight, visa, gratuity, etc.

Optional Extras:

- 10% discount at The Museflower Boutique (except consignment products, drinks and snacks)
- 15% discount for additional spa treatment, holistic therapies by resident practitioners, and private or group wellness activities from spa menu (exclude

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private classes and sessions with visiting practitioners, wellness packages with resident practitioners, soulful retreat programs, and bicycle rentals)

- 10% discount for additional room night from regular room rate
- Cycling around our natural surroundings and visit our big lake
- Holistic healing sessions with resident or visiting practitioners
- Sightseeing excursions to the famous Chiang Rai attractions, such as the White Temple or tour the Night Bazaar
- Car transport to Chiang Mai

What Others Say About Retreats with Tania:

"My Soul Retreat at Museflower Chiang Rai was transformational, insightful and healing. Tania goes beyond what is promised in the program as an expert teacher of Bhakti yoga, Vedic mythology and shamanic healing. I learned a lot about these subjects but also about myself in the process. I would highly recommend this program for anyone who is going through a challenging time in their life, or anyone who wants to deepen their connection to self and the Divine."

~ Natalie G., Thailand

"The Soul Retreat helped me to deep dive in the world of Bhakti Yoga through the study and the understanding of so many different aspect of the devotion, making me feel to belong. I strongly recommend it! Tania was the best part of the program, she is very expert and emphatic but also humble and open."

~ Daria B., Italy

"I am really glad I made the decision to attend this retreat. I learnt a lot about myself and how to trust that everything will be alright in the end. Tania has been really kind and helpful, and her guidance has been a Godsend! It's a wonderful program."

~ Debra W., Singapore

Refund & Cancellation Policy:

50% deposit is required upon booking to secure your spot, and all deposits paid are refundable up till Sep 15, 2024. The remaining 50% will be paid upon arrival.

Early bird rate (10% off) is valid for bookings made before or by August 31, 2024. 50% deposit of the Early Bird Rate needs to be paid by August 31, 2024, and the remaining 50% paid upon arrival will be calculated based on Early Bird Rate.

Bring-a-friend special: when you bring a friend to join the retreat together, whether you are staying in the same room or separate room, you each can get an extra 500THB off from your retreat booking.

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Should you cancel your booking after Sep 15, 2024, all deposits paid are non-refundable.

The center reserves the right to release non-guaranteed reservations at anytime with notification given to our guests.

In the exception case of extraordinary events, such as COVID-19, medical emergencies, travel restrictions, and natural disasters, all deposits paid can be used as credit towards any future bookings, valid for 6 months from the date of cancellation.

Should any of the facilitators have any emergencies and would need to postpone or cancel the retreat program, and replacements cannot be found, all deposits paid to Museflower Retreat & Spa will be refunded 100%.

"You can't sing with a closed heart. You just can't do it. And if you try, as soon as you start singing, your heart just naturally opens more and more."
- Deva Premal, renowned kirtan artist

Ready to sing with us?

For more information and booking, please visit our website at
www.museflowerretreat.com
or email us directly at retreat@museflower.com

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