

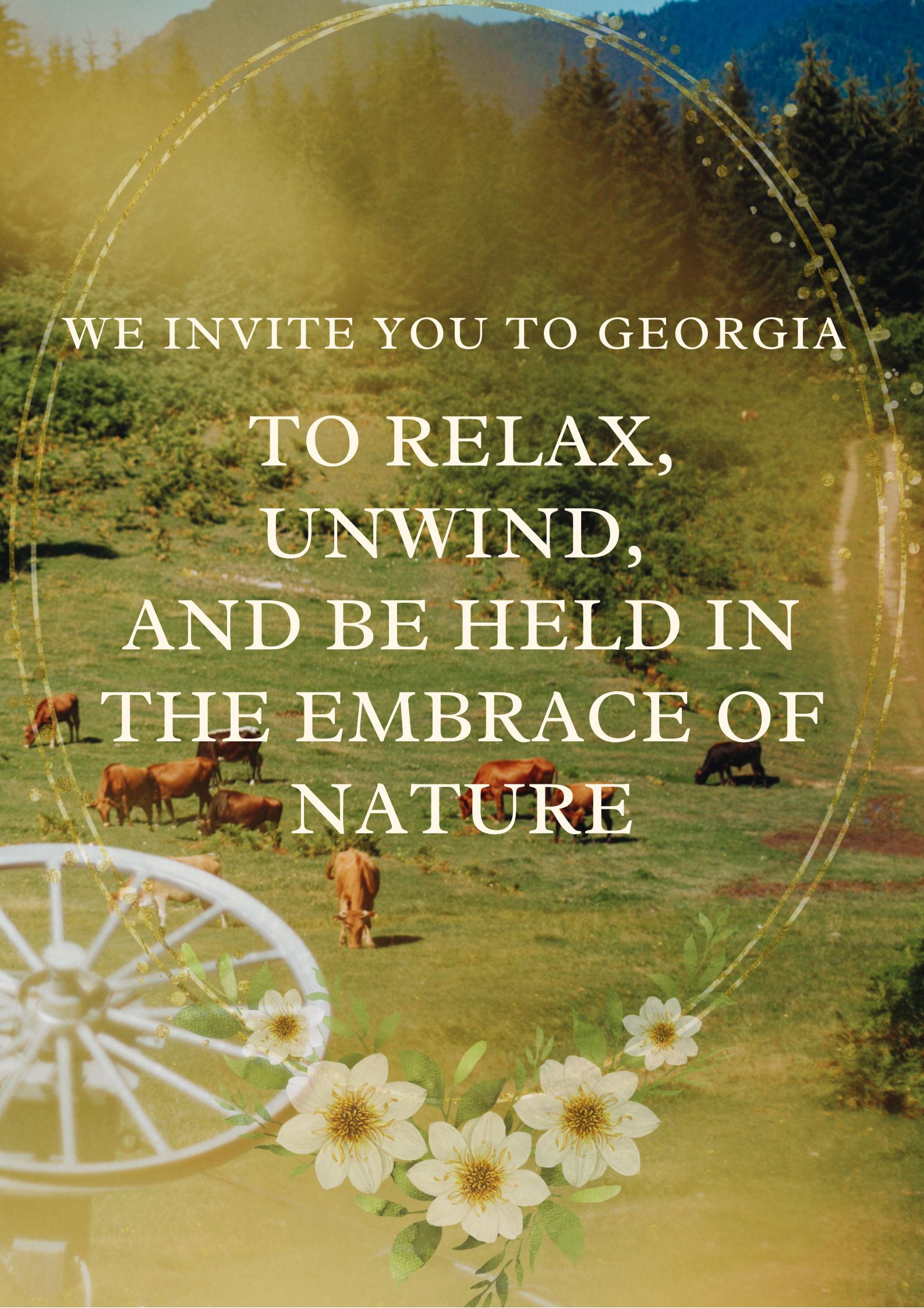
# B R E A T H E W R I T E R E L A X

YOGA & CREATIVE WRITING RETREAT

A MYSTICAL VOYAGE TO A LAND OF  
MYTH, LEGENDS AND HISTORY

SEPTEMBER 2ND - 9TH 2023

GOMARDULI DAO,  
GEORGIA



WE INVITE YOU TO GEORGIA  
TO RELAX,  
UNWIND,  
AND BE HELD IN  
THE EMBRACE OF  
NATURE



# Welcome to Gomarduli Dao



Invigorate your soul, give voice to your dreams,



And allow your spirit to soar.



# What to expect

---

A sumptuous buffet of creative writing, breath led practices, and relaxing meditations.

---

Mindful movement and poetic prose, set amidst the backdrop of majestic mountains.

---

Sing, dance with your breath, dream and allow your soul to express itself, nurtured, nourished and cared for in the company of good friends, incredible food, and pristine nature.

---

A unique opportunity to restore mind, body and soul, writing, breathing and meditating together

---



*"A truly enriching and restorative experience"  
Breathe, Write, Relax 2022*

# Daily Schedule

7.30 - 9.00  
Morning Practice

9.30  
Breakfast

11.00  
Creative writing

14.00  
Light Lunch

Free Time or excursion

17.30  
Restorative yoga & Meditation

19.00  
Dinner

21.00  
Chanting & evening meditation

22.00  
End of the day

---

BREATHE, BELONG AND BE  
WRITE, WISH AND WANDER  
RELAX, REINVIGORATE AND RESTORE



# Your Facilitators

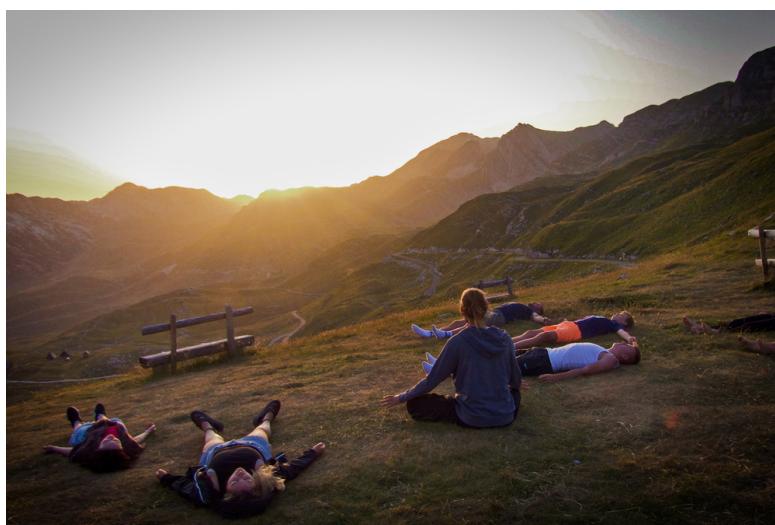


Breathe, Write, Relax brings together the unique qualities of three facilitators:  
David Hirtenstein, Ana Eveleigh and Claire Steele.

It all started when David met Claire in India in 2018 after being invited to join her creative writing workshop for the day. She has been taking groups to beautiful and inspiring locations for more than 10 years on Magical Writing Journeys.

A year later, David and Ana created The Intimacy Project, an online 1:1 yoga platform, to support individuals to create and maintain a daily yoga practice. After working with Claire during the year, they created an online event once a week called Breathe, Write, Relax.

It was just a hop, skip and a jump from there to Spain in 2022 for the first Breathe, Write, Relax Retreat...



# Ana Eveleigh



"When you find yourself in a state of imbalance it is coming back to simplicity which allows you to become balanced again".

This is the essence of what Ana shares and the foundation of her life.

Through her unique combination of yoga asana, tantra, pranayama, Qi-Gong and intuitive movement, Ana guides you through your own practice. Creating space for you to breathe in your own body, and move in your own way to bring all the energies into balance.

Over the past 7 years, Ana has been sharing yoga with people from all over the world. Helping them to find balance within their bodies, within life, and also to guide women through their own healing process.

Womb Wisdom and Ayurveda have become major philosophies that have merged with all aspects of Ana's life. Through the teachings she has received, and the wisdom found through her own experience, Ana now supports women through their own process of self discovery, and healing of the womb.

"Ana provided me with an empathetic and accessible way into daily practice. Her approach is tailored so that I feel heard and seen. I now have greater confidence that I can practice within my daily routines. I no longer feel that yoga is only for people with a specific body type."



# David Hirtenstein



*"Learning to listen to the silent song of the heart, we can express the unique beauty that is inside, allowing us to live in a more peaceful, caring and loving way, with ourselves, each other and the world we all share."*

In 2013 David quit his job and decided to walk from Europe to India, following the path of the heart.

Since then he has studied with many teachers from different traditions, and is dedicated to the practical application of spiritual teachings in life.

Trained in traditional Hatha Yoga and Thai Yoga Massage, with a strong foundation in Buddhist Philosophy and Meditation, he takes great joy in supporting others towards authentic self expression, sharing practical tools for life.

Working with individuals 1:1, he supports them to integrate a nourishing daily practice into their lives, and open a dialogue with the heart.

Nature takes care of everything else.

*If you want to find direction in life and play sweet music, you have to understand the vessel that transports you.*

*The body is the mirror of the mind, and there is great healing through the therapeutic power of intuitive breath led movement, balanced with stillness in pranayama and meditation. Merging this with release through Thai Massage we can rest in the knowledge that everything is taken care of.*



# CLAIRE STEELE

---



*Writing together prompts the sense of being transported somewhere utterly beautiful, a place rich with possibility and beauty, a space where instinct, experiment and mystery abound, a space for that unique and irreplaceable encounter with inspiration. We write to remind ourselves of a life lived with intensity and truth, a life of colour and laughter and connectedness.*

---

These are the things we can bring back into our daily lives and they will sustain us, recalling to us the simple life-affirming wisdom of spending time with people and in places that set a spark in the soul.

Claire's ethos is strength through creativity: a commitment to the deep and sustainable transformations that can be brought about through creative connections which prompts her to explore new ways to share the wealth of stories and insights that form who we are as individuals and as a society.

---

*"The writing sessions were just amazing - Claire is just a master of her craft, a brilliant woman who creates a calm and judgement free environment in which people can come together, share ideas, words and phrases to produce individual pieces of writing".*

*"Unpredictable, totally engaging, funny as heck and deliciously collaborative! Claire's approach breaks down barriers, ego and personal fears".*



# Daily Activities

## Morning Practice

"I loved the yoga - or 'intuitive movement' element of the retreat. Both David and Ana are excellent instructors\leaders and provided for a mixed group of different ages and agility levels. The practice was appreciated by everyone who attended. I found these sessions to be very rewarding - energising both physically and spiritually."



## Creative Writing

"The writing sessions were remarkable because of the trust and openness Claire engenders in the group. This allowed for exceptionally deep engagement with the exercises and an astonishing and consistently high level of creative inspiration born from honesty, warmth and vulnerability."

## Included Activities

Lake Excursion

Waterfall Excursion

Traditional Georgian Singers

Sauna



## Additional 1:1 Extras

Private Yoga Sessions

Private Writing Sessions

Thai Massage

Tantric Massage



# A few of David's favourite photos from his time walking through Georgia



# Accommodation



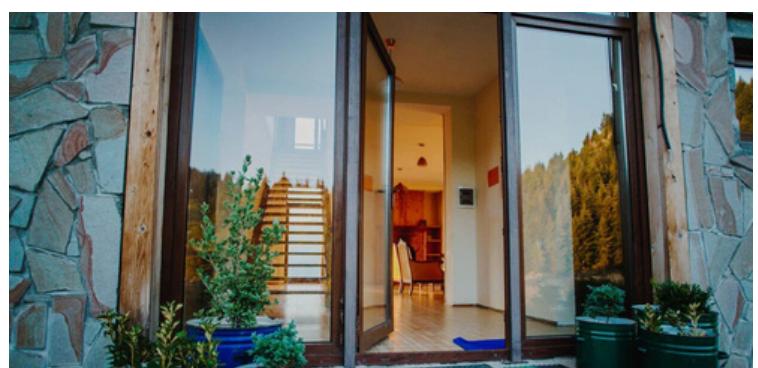
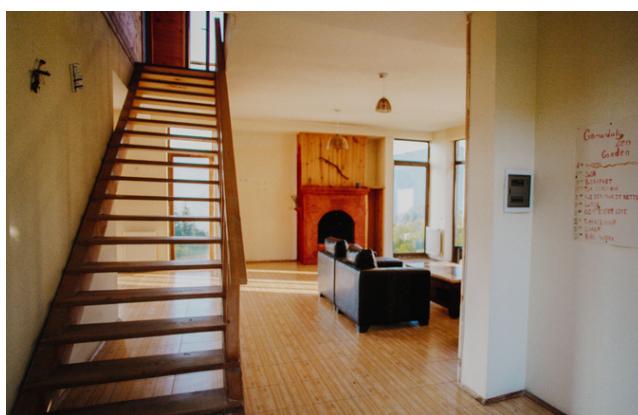
There are many houses available within this beautiful location, each with a kitchen, en-suite bathrooms, and spacious communal living spaces.

So your options are:

Shared twin room.

Shared double room.

Private double room for single occupancy.



# Double Rooms



Each room has:  
bed linen, extra blanket, soap & shampoo  
Bathroom and balcony



# Twin Accommodation



Each room has:  
bed linen, extra blanket, soap & shampoo  
Bathroom and balcony



# Food and Drink

*"To dine with the Georgians, and participate in their traditions, engaging the senses with lush colours, eloquent oratory, and savoury food, is to relearn something about human nature"*

## *The Georgian Feast: The Vibrant Culture and Savoury Food of the Republic of Georgia*

The following meals are included:

Breakfast

Lunch

Dinner

The following dietary requirement(s) are served and/or catered for:

Vegetarian

Vegan

Gluten Free

If you have special dietary requirements it's a good idea to communicate it to the organiser when making a reservation



# Your investment

## Included in the price

Airport Transfers

Breakfast | Lunch | Dinner

Morning Practice | Creative Writing Sessions

Afternoon Yoga & Meditation | Evening Activities

Shared accommodation (max 2 persons) £1100 per  
adult

Double Room 2 Persons

£1100 per adult

Private double room (single Occupancy) £1400

- A reservation requires a deposit of 50% of the total price.
- The deposit is non-refundable, if the booking is cancelled.
- The rest of the payment should be paid one week before the retreat .

To book, please email Ana:

[theintimacyprojectonline@gmail.com](mailto:theintimacyprojectonline@gmail.com)

or

Whatsapp +447940074913