

*Returning Home  
to the Essence  
of Who I Am*

*Only Love Heals -  
Abhinav*

# RETURNING HOME RETREAT

## Returning Home to the Way of Love

*Pause in this moment... welcome a deep breath... take another, deep down into your belly... Let the breath fill you... up into your heart... relax... truly rest... and allow yourself to receive this invitation...*

You are invited to a deeply healing and transformative 8 day retreat in a truly nurturing and relaxed environment at Narasoma Retreat in the heart of Ubud, in the tropical paradise of Bali.

You are invited to join in a very sacred circle with friends, some of whom you have never met, desiring to come together to heal, to grow and explore Love in a safe and supportive field.

Kate Macnamara, who will guide you in this sacred circle will be following a holistic pathway founded in counselling, psychology and ancient mystical wisdoms. Kate will be joined by Sandy Button and Rick Mercer who offer their skills, wisdom and support.

## Have you ever desired to:

- ♥ Feel balanced & whole?
- ♥ Experience & know who you really are?
- ♥ Discover & know how to live in alignment with your own inner truth?
- ♥ Release old fears & wounds that may limit your well-being & happiness?
- ♥ Heal & transform at the core of your being?
- ♥ Enjoy loving, fulfilling relationships?
- ♥ Come to know & live the language and experience of Love?



## Together we explore:

- ♥ Practical tools and techniques that are both powerful when used in everyday life and supportive for your ongoing healing and awakening
- ♥ The causes of unhappiness, conflict & fear
- ♥ Identifying & healing deep seated fears & traumas
- ♥ Understanding true presence
- ♥ Conscious listening & communication skills
- ♥ Awakening to your innate inner perfect wholeness
- ♥ Attuning to truth peace and Love



**Kate Macnamara, Retreat Facilitator** (Counsellor, Psychotherapist and Author)

After many years in professional practice and my own healing journey, I've discovered that I'm deeply passionate about journeying with others to heal and awaken in wholeness. I have discovered that our true self is not our fears, wounds or traumas. Inside every one of us is a deeper essence of pure potentiality. It truly is helpful to have the tools and techniques that support our healing and awakening journey home to our inner truth, peace and joy.





# RETURNING HOME RETREAT ~ MARCH 2016



Luxurious accommodation



A sanctuary of healing



In a place of beauty

Held at the Narasoma  
Retreat Centre in Ubud,  
In the heart of Bali

The Miracle Walk

All of the details have been taken care of for you. From the moment you enter the arrival hall and see the smiling face of your driver who will bring you to the door of what could be called a 'Garden of Eden'. From the supportive Retreat Centre staff, the wonderful masseuse, to Kate herself, who will be waiting to welcome you home!

## When

From 6pm Saturday the 19th of March until  
10am Sunday the 27th of March 2016.

## What is included:

- ♥ Transfers to and from the airport
- ♥ A relaxing Balinese massage
- ♥ 8 nights twin share accommodation in beautiful Narasoma resort
- ♥ All breakfasts
- ♥ 3 delicious group dinners
- ♥ All tuition and group activities
- ♥ A rice paddy walk to a mysterious location
- ♥ The 'miracle walk' taking in the land of the new Jalan Cinta Sanctuary

## What is not included:

- ♥ Airfares
- ♥ Travel insurance
- ♥ Other meals and personal expenses

## Energy Exchange

This amazing 8 day retreat is only \$2,150 AUD

Early bird options:

\$1,750 AUD paid by 1st Dec 15

\$1,900 AUD paid by 1st Feb 16

A \$500 non-refundable deposit secures your place.

## An optional extra:

After concluding  
our retreat with  
a scrumptious  
breakfast on  
Sunday the 27th



there will be an optional Temple tour, taking in  
two of Bali's temples: Gunung Kawi and Tampak  
Siring.

This will be followed by a late lunch at a regional  
restaurant overlooking the famous terraced rice  
paddies.



For further information and  
to register please email Kate:  
[katejesmry@gmail.com](mailto:katejesmry@gmail.com)

