



# ROAR into AUTUMN!

*Find Your Voice* workshop with soprano  
and social entrepreneur Tania de Jong AM  
22-23 MARCH 2014

Wake up and find your unique voice this Autumn. Acclaimed soprano, voice healer and creativity expert Tania de Jong AM will lead you on a journey of breath, sound, chant and song where you'll **uncover your own natural voice**.

This weekend of unlocking the potential of your voice and healing your **mind, body** and **spirit** will include moments of reflection, meditation and joyful celebration!

## *Singing and raw food* ... a divine autumn retreat at beautiful **Amarant** in the Yarra Valley

Experience the purification of prana, release of emotional blocks, opening of the **heart** and **connection** with the self, others and ultimately the **divine**.

From this union self expression, creativity and communication become clear and conscious and **liberate the real you!** To top it off is the luxurious accommodation, fresh air, gorgeous views and conscious eating "the raw food way". Don't miss out on this opportunity to **harmonise with nature** and **experience your voice**.

Inclusive of one night **luxury accommodation**, all **classes** (including some private time with Tania for each participant), **meditation**, readings, stretching, a raw food demonstration and all **yummy meals**.

Early bird \$750 per person/share, (booking and payment by 22 February) OR \$820 per person/share. \$200 deposit (non-refundable) paid on registration. Balance due by 5 March. Single supplement on request.

Arrival from 11am Saturday 22 March. Official start at 12 noon prior to lunch. Departure after lunch Sunday 23 March around 3pm.



To book for this inspiring and nurturing retreat contact...

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or

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"Making a difference in your world  
makes a difference in our world"

[www.amarant.com.au](http://www.amarant.com.au)



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## About Amarant Retreat

Nestled within a stunning valley, Amarant Retreat is surrounded by a mature forest.

Our accommodation is luxurious and extremely comfortable. Enjoy a walk through the gardens where secret treasures lie waiting to be noticed, or up through the forest to the lookout where the view will take your breath away, or simply snuggle by the fire to read or chat.

At one hour and 20 minutes from Melbourne, it's an easy drive.

## Your Raw Food Experience

All our delicious meals will be created with fresh, raw and living foods that are unprocessed, organic and in their original state by a qualified raw food chef.

The demonstrations will excite, inspire and create an ongoing interest.



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