

# Open to the Infinite You

*If you feel it's time to 'step up' and connect with your full potential in order to make a difference in the world then join*

*Safaya Salter*

*For this inspiring weekend Spring Retreat*



**Friday 5<sup>th</sup> April to Monday 8<sup>th</sup> April 2019**

**Retreat at  
Trefacwn  
St Davids  
Pembrokeshire  
Wales SA62 6DP UK**

Those of you who have been to Safaya's Spring retreats will know that this is a fun filled, highly inspiring and life affirming two-plus days (two full days, Saturday and Sunday, plus the Friday evening and Monday morning). Discovering more of your own unique potential, while learning invaluable tools for your personal growth, and self-maintenance, will help you address your emotional landscape with greater understanding, allowing deeper connection and possibilities in every area of your life.

We'll be celebrating Nature and learning different ways to align with her in all her wondrous guises as the beautiful venue and surroundings of Trefacwn House, as well as the cliff walks around White Sands (weather permitting) offers us a wealth of peace and harmonious contemplation and support.

We'll revisit the wisdom of the wild ponies that Safaya was first able to share with a group in 2016. We find it's surprisingly easy to weave these directions into our lives as we continue to 'step up' in our work and private lives. Affectionately named 'The Ten Commandments', as one of the students at the original retreat pointed out that there were ten in the group and we encountered ten ponies, each with a message, on the 10<sup>th</sup> day of the 10<sup>th</sup> month, these teachings continue to be wonderfully appropriate in providing relevant guidance and nurturing support to our individual journeys.

Safaya's gentle humour and sensitivity will allow you easy access to process your learning experientially through a series of exercises including how mind, heart, body and brain interact through our emotional state and how you may expand conscious awareness in all aspects to be the creator of your own life.

Lessons in finding 'the zone', for your own best, graceful performance, through your heart connection, can be used for your journey in animal communication as well as in your private or professional life. It's a wonderful way to learn and support yourself wherever and whenever you need to express the truth of you with confidence, grace and ease.

Other fascinating features will include an introduction to the art of finding information in objects and how controlling your brainwaves gives you greater thinking ability and awareness to bring to your work, relationships and home life.

**Are you ready to open up to more of you?  
If so - Welcome - and I look forward to  
sharing this very special work with you.**

**Cost for workshop only:-** ATAOA Students £195

Non ATAOA Students £220

**Early bird special:-**

If you book and pay before  
March 1st take £10 off the  
workshop cost

**Accommodation:-** Contact Safaya for information

[safaya@btinternet.com](mailto:safaya@btinternet.com)

[www.mindbodywisdom.co.uk](http://www.mindbodywisdom.co.uk)

[www.heartbasedhorsemanship.co.uk](http://www.heartbasedhorsemanship.co.uk)