

Soul Spa

a specially
curated
experience for
body.
mind.
soul.
spirit.

time to stop.
breathe.
reclaim
beauty.
awe.
wonder.

DATE

**1-2 July 2022
(Friday - Saturday)
4pm - 4pm**

VENUE

**Lifesprings Canossian
Spirituality Centre
100, Jln Merbok
Singapore 598454**

COST

**\$450 per pax* **
limited to 8 pax**

***Booking is only confirmed upon
payment made and is
transferrable.**

****Price includes**

- one night's accommodation at Lifesprings Spirituality Centre
- three meals
- specially curated treats for body & soul to facilitate deep rest.

Cancellation policy:

**50% refund up to 7 days before event
OR attend the next available Soul Spa**



*Soul
Spa*

anam cara ministries

SOUL SPA is a specially curated 24-hr retreat to facilitate rest and recharge through delighting your senses, calming your mind, feeding your soul and grounding your body

🌿 **Walk the labyrinth under the stars until daybreak**

🌿 **Indulge in the nature that surrounds you**

🌿 **Let your inner child be inspired to play with the materials you will be given access to**

🌿 **All this and more as you are held in gentle, hospitable silence and experience the quiet company of a small group of fellow retreatants.**

You will be surprised at how even just 24 hrs of gently facilitated silence can give you a deeply restorative experience of rest.

give yourself the gift of

- permission to pause...
to choose from a range of soul-nourishing options to
rest...
play...
dream...
listen.
be.
- open to and soak in the love of God through various sensory, non-verbal, facilitated experiences.
- reconnect with the original blessing you are and the God who calls you
Beloved.

To book your spot, please click the link below:



<https://calendly.com/anamcara-min/soul-spa-july-2022>



Your host

Edwina Yeow is the founder of Anam Cara Ministries. She has been guiding, companioning and encouraging spiritual seekers for over 25 years.

Her specialty is in curating, creating and facilitating encounters that help people connect with God and themselves in body, mind, soul and spirit. She interweaves modalities that span her training in spiritual direction & retreat giving, theological studies as well as counseling, with a special emphasis on embodied spirituality.



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