

zeN

centre
pour
human
architecture

the holistic healing group . south of france

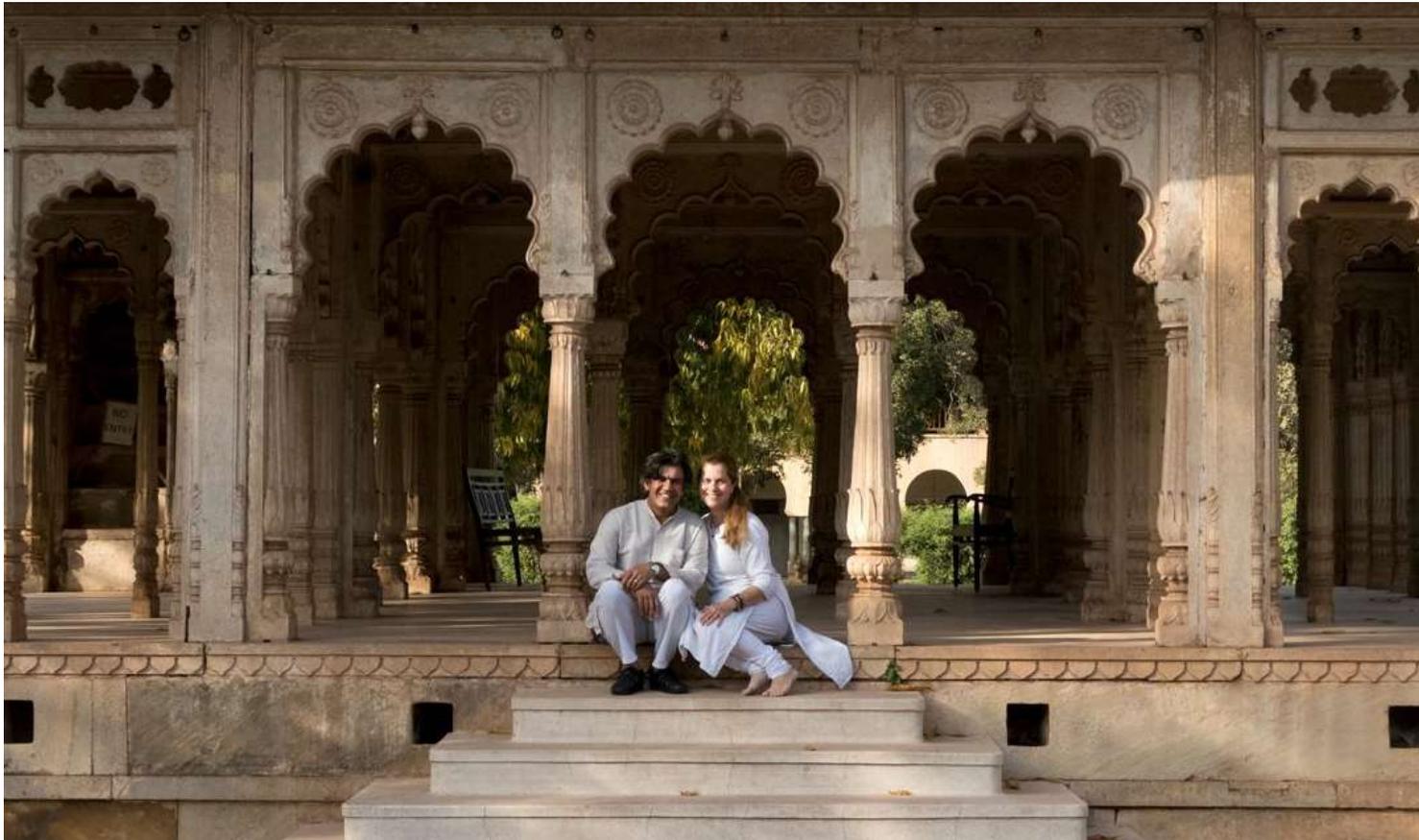


TWO VIBRATORY HEALING FESTIVALS+ Retreats

LIGHT , TRANSCENDING SOUNDS . SACRED VIBRATIONS
KRIYA HEALING . CECILIA + VIVEK SHARMA

Content + Schedule
Two Festivals May 27 – 31 + June 3 – 7, 2021
+ Two Retreat Weeks November 22 - 28 + November 29 – December 5, 2020

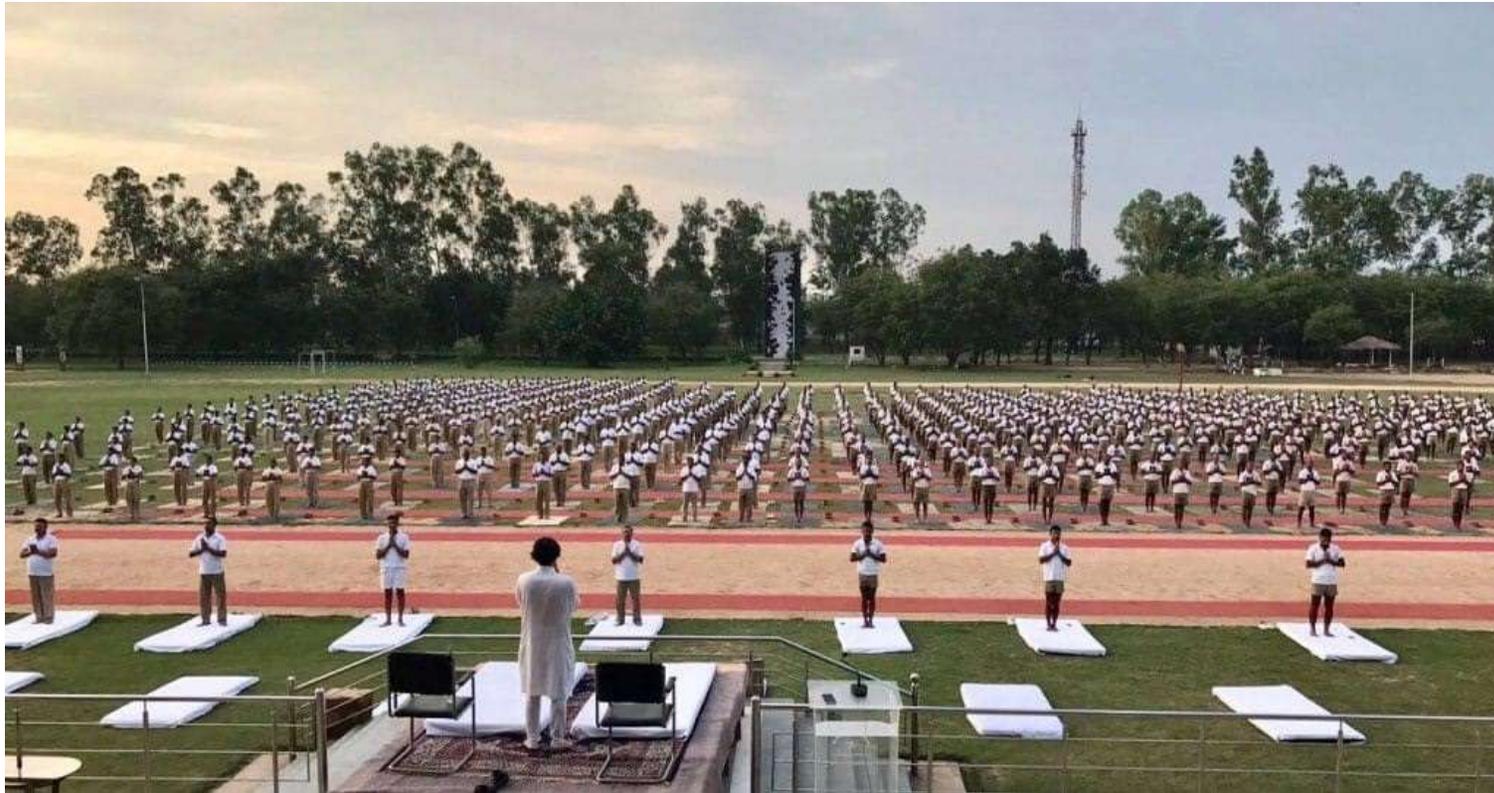




A profoundly Healing Experience of immersion in sacred Vibrations of Divine Energy and Sound, through the Teachings and Methods of Paramhansa Yogananda's **Vibratory Healing System**.

A Retreat of upliftment to higher frequencies through the healing and liberating Vibrations of sacred Instruments and Divine Energy catalysed hands off, whose transforming action penetrates our cellular structure -physical and subtle-, breaking molecular, mental, emotional crystallisations and helping clearing and healing blockages, negativity, painful memories, traumas, anxiety, fear, stress, deep tiredness and their physical manifestations.

Dissolving ancient disempowering thought-patterns, beliefs, negative harmful emotions and replacing it with new Light, Lightness, Calmness, Tranquillity, Clarity, Joy and new wellness at every level. The deepest effect is an important acceleration of our own evolutionary spiritual growth.



The harmonious frequencies generated by MONOCHORD, tuned at 528Hz -the Frequency that heals DNA, GONG, HARMONIUM, TIBETAN and CRYSTAL BOWLS, slow down the mind's brain waves, into Theta (4-7hz) and Delta (0-4hz), characteristics of profound meditation.

In those states of bright luminosity, Sound and Energy deeply resonate in our subtle and physical bodies, stimulating a powerful process of emotional release and mental, physical, spiritual healing. At the biochemical level, this process promotes the production of endorphins and rebalances the release of serotonin and noradrenaline, generating new vitality.

The brain hemispheres get synchronised and one enters in a marvellous state of spiritual depth deeply transforming.

Conducted by **Cecilia and Vivek Sharma**, disciples of Paramhansa Yogananda (*Autobiography of a Yogi*), closely trained on the Kriya Yoga Path by his direct disciple Swami Kriyananda, in Italy and India respectively since 1997 and 2005.

Kriya Yoga practitioners, they specialised in the *Vibratory Healing System* of P. Yogananda, Author of *Autobiography of a Yogi*.

They associate to this ancient Legacy the practice of *Reconnective Healing*®, *The Reconnection*®, trained by Dr. Eric Pearl, *Past life Regression Therapy*-trained by Dr. Brian Weiss- and Sound Healing, trained by great Gong Master Don Conreux and Satya Brat.

Together they conduct around the world Seminars, Healing Retreats, Group Healings and private Sessions for individuals, families, groups, where they share the vast experience acquired in Programs offered in India, Europe, Russia, Singapore, United States for private and institutions like the *Indo Tibetan border Police* as well as disadvantaged areas of the society like *Prisons*, where in Italy they do weekly programs of '*Meditation and Healing*', both for inmates and Staff.



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“VIBRATORY HEALING”

Paramhansa Yogananda's definition of the Healing System by Him described 'of great importance' compared to others, based on His statement:

“**Sound or Vibrations are the more important Forces in the Universe**”, as shown by His Methods that we will share during the Program.

PROGRAM

- **Mahamritunjaya Mantra** for Purification -with Fire and Rice grains like a Yagya, repeated 12 times as an ideal cycle of Kriya Yoga
- P. Yogananda's **Energization exercises to raise our Energy level and** understood and used as specific tools of profound healing of the heart, of the mind, of the body
- Kapalabhati and Nadi Shodhanam **Pranayama** for deep mental and emotional purification, purging, clearing.
- **Meditation:** at the foundation of the Kriya Yoga Path described by Yogananda in *Autobiography of a Yogi*. Learn to center yourself deep within the calmness and light of your essence.
- **Cosmic Chants** of P. Yogananda with Harmonium, for deep guided Healing and Liberation, freeing from negativity, heaviness, darkness, blockages, fears, anxiety, toxic emotions, poisoning thoughts - Letting arise Light, Calmness, Confidence, Joy, Courage, Love, Strength, Faith in the heart, mind and body.
- **AUM** chanted **in the Chakras**, with explication and guidance to rebalance them and consequently helping healing the areas related to them: physical, mental, emotional, spiritual;
- Yogananda's **Superconscious Healing Technique**, to remove thought-patterns, beliefs and habits that are negative, limiting, undermining, disempowering, with introductory guided Meditation;
- Scientific Healing **Affirmations;**

- **Visualizations:**

- **Self-Healing and Healing at a Distance Techniques**, to help others present or far in space and time, included people who have left their body and the Family Tree:

description, deep understanding, long **direct practice and experience** of the Participants on each others or on their dear ones not present:

- **Group Healing Sessions** led by Vivek and Cecilia for thirty minutes, each day, with:

- * Hands Off Vibrations
- * Monochord tuned to 528 Hz.
- * Tibetan and Crystal bowls
- * Gong
- * Koshi Chimes;

on all the Participants laying down and on their dear ones imagined by the participants being there.

It is possible to book **private appointments** for one of the healing Methods practiced by us as described in our website. Please contact us at healing@kriyahealing.com or at admin@chezzenfrance.com informations.

Looking forward to see you!
God bless you!

Cecilia e Vivek Sharma

www.kriyahealing.com or www.chezzenretreat.com

Coherent overall package for each participant:

- Monthly exclusive zoom coaching series with Cecilia + Vivek until the beginning of the festival.
- 5 days stay in the South of France including Ayurveda full catering, overnight stays in an exclusive double room for single room use, festival participation and transfers.
- Travel cancellation insurance integrated in the travel price.

Zusammenhängendes Gesamtpaket für jeden Teilnehmer:

- Monatliche exklusive Zoom - Coaching Serie bis zum Festivalbeginn mit Cecilia + Vivek.
- 5 Tage Aufenthalt in Südfrankreich inklusive Ayurveda detox full catering, Übernachtungen im exklusiven Doppelzimmer zur Einzelzimmernutzung, Festivalteilnahme- und Transfers.
- Im Reisepreis integrierte Reiserücktrittversicherung.

This festival with Cecilia, Vivek and Team will provide a combination of information, techniques, processes and discussions blended with dance and Yoga to open up Your channels!

The entire workshop will be video and audio recorded. Participants will have the option to purchase the audio and video recordings (DVD) to reinforce the experience of the workshop and support you through your day-to-day life.

The workshop will start Friday Morning for a meet and greet and introduction to the workshop at 9:30 am.

For Friday, Saturday and Sunday, we will start at 9:30 am and go to 9:00 pm with a 1.5-hour lunch break at 1:00 pm, a half-hour break at 4:30 pm and from 6:30 pm – 9:00 pm – Break and Dinner.

Are you ready to be part of this powerful experiential opportunity to step forward and experience the new you in the new world? Join us, as this is not an opportunity and experience you want to miss!

Diese beiden Festivals mit Cecilia, Vivek und Team, sowie inhaltlich das Gesamtpaket bietet jedem Teilnehmer eine qualitativ hochwertige Kombination aus Informationen, Techniken, Prozessen und Diskussion-en, gemischt mit Tanz und Yoga um Ihre Kanäle zu öffnen für eine besondere Form der Transformation!

Der gesamte Workshop wird per Video und Audio aufgezeichnet. Die Teilnehmer haben die Möglichkeit, Audio- und Videoaufnahmen zu erwerben (DVD), um die Erfahrung des Workshops zu vertiefen und Sie in Ihrem täglichen Leben zu unterstützen.

Der Workshop beginnt am Freitagmorgen um 9:30 Uhr mit einem Meet & Greet und einer Einführung in den Workshop.

Für Freitag, Samstag und Sonntag beginnen wir um 9:30 Uhr und gehen bis 21:00 Uhr mit einer 1,5-stündigen Mittagspause um 13:00 Uhr, einer halbstündigen Pause um 16:30 Uhr und ab 18:30 Uhr - 21:00 Uhr Pause und Abendessen.

Sind Sie bereit Teil dieser kraftvollen Möglichkeit einer fundamentalen Transformation zu werden, nach vorne zu gehen und das neue Ich in der neuen Welt zu erleben? Machen Sie mit, denn dies ist eine besondere Gelegenheit und Erfahrung in einer besonderen Zeit, welche Sie nicht verpassen sollten!

Festival **One + Two** . Schedule

Thursday May 27th to Monday 31th 2021

+

Thursday June 3th to Monday 7th 2021

VIBRATORY HEALING FESTIVAL

LIGHT , TRANSCENDING SOUNDS . SACRED VIBRATIONS

with and from
kriya healing . cecilia + vivek sharma + team



Thursday

from 12:00 am check in at the hotel, welcome drink, free time to enjoy the place and relax.



example boutique hotel in fleurance, lecture, condom, saint puy

Friday, Saturday & Sunday

7:30 am - 9:00 am - fresh vegan breakfast in the hotel

9:00 am - 9:30 am – transfer or own arrival to the zen . center / festival grounds

10:00 am – 11:00 pm – outside YOGA session

11:00 am – 1:00 pm - Introduction to the Workshop (only Friday) and Workshop

1:00 pm – 2:30 pm – Lunch Break

2:30 pm – 4:30 pm – Workshop

4:30 pm – 5:00 pm – Break

5:00 pm – 6:30 pm – Workshop

6:30 pm – 9:00 pm – Break + Dinner, at Sunday Wrap-up & Goodbyes

9:00 pm - transfer or own arrival to the Hotel

(every day: Yoga in the morning, music or dancing in the evening)



Monday

7:30 am - 11:00 am fresh vegan breakfast in the hotel and free time to enjoy and relax.

1:00 pm - Hotel check out, relaxed journey home.



Flat-rate travel price for

- . 5 days including nights in a luxury boutique hotel
- . double room with bath en suite for single use, daily room service
- . vegan detox ayurveda breakfast
- . during the festival days multi-course ayurveda full catering including all wonderfully freshly prepared non-alcoholic drinks and raw food snacks between meals
- . 3 days festival at the zeN . center
- . daily transfer or own arrival to the zeN . center and back to the hotel (5 to max. 30 minutes travel time) or own arrival with rental vehicle booked through us
- . comfortable airport transfer (collective transfer) to and from airport Toulouse.
- . travel cancellation insurance
- . 1.599,- EURO

payment method

- 1st payment with booking 533,- EURO
2. payment three months before the start of the journey 533,- EURO
3. payment one month before the start of the journey 533,- EURO

Notice

. two alternative retreat weeks with Ceclia and Vivek Sharma:
For a limited number of interested parties who appreciate the more compact seminar framework, it is alternatively possible to book one of the following two retreat weeks with Cecilia + Vivek Sharma for the same price:

- . November 22 - 29, 2020
- . November 29 – December 5, 2020

The same themes as in the festival are implemented there in 7 days, 6 nights. The maximum number of participants per retreat week is 30 people. This package also includes all the services listed, including travel cancellation insurance.

- . All festival and Retreatguests are cordially invited to use the enchanting pool and center gardens, as well as all day facilities.
- . Our wonderful chef and his team prepare sophisticated and fresh, vegan detox Ayurveda dishes on site. Lunch and dinner include four courses, as well as soft drinks.
- . Yoga mats and blankets are provided for every participant.



- . Individual workshops with Cecilia and Vivek can also be booked.
- . if a guest does not want to use the airport transfer, the travel package price is reduced by EURO 50,-!
- . On request, we can book a rental vehicle for the entire stay for a comfortable transfer from the airport or train station to the hotel, for our own daily travel to the festival site, as well as for other free disposal, via our cooperation partners. The average price is around EURO 200,-.
- . Further treatments such as additional massages, Ayurveda treatments, rental electric bicycles and so on, can be booked on site.
- . Additional bath towels can be provided for a small fee of EUR 2.50.
- . The use of our romantic, wood-fired outdoor sauna with home-made herbal infusions is charged at 10,- euros per guest and use.
- . . On request, the double rooms can also be booked for two or three people. Accordingly, we grant a discount on the travel price.



SCHEDULE . VIBRATORY HEALING RETREAT WEEKS
LIGHT , TRANSCENDING SOUNDS . SACRED VIBRATIONS

with and from
kriya healing . cecilia + vivek sharma + team

November 22 - 28 + November 29 – december 5, 2020

sunday

from 2:00 am check in at the CHEZ ZeN . holistic retreat resort or in the neighboring boutique hotel, welcome drink, free time to enjoy the place and relax, Introduction to the Workshop, Q + R, Dinner.

monday - friday

8:00 am - 9:30 am - fresh vegan breakfast buffet

9:30 am – 10:30 pm – YOGA session

10:30 am – 1:00 pm - Workshop

1:00 pm – 2:30 pm – Lunch Break

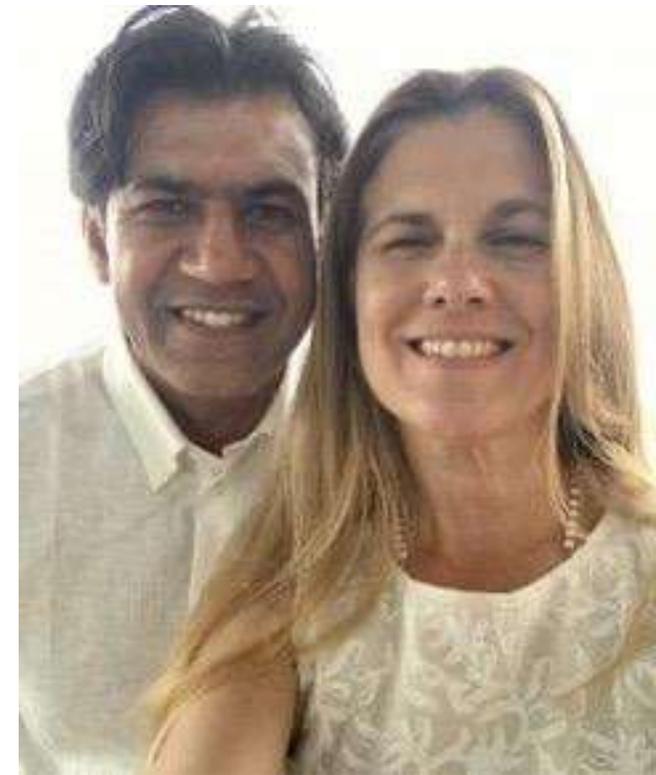
2:30 pm – 4:30 pm – Workshop

4:30 pm – 5:00 pm – Break

5:00 pm – 6:30 pm – Workshop

6:30 pm – 9:00 pm – Break + Dinner

(A campfire evening will take place on Thursday evening)



saturday

7:30 am - 9:00 am fresh vegan breakfast buffet. Wrap-up & Goodbyes.

10:00 pm - check out and relaxed journey home.

flat-rate travel price for

- . 7 days including nights in the CHEZ ZeN . holistic retreat resort.
- . double room for single using in the CHEZ ZeN . holistic retreat resort or alternative in the neighboring boutique hotel
- . vegan detox ayurveda breakfast
- . during the retreat days multi-course ayurveda full catering including all wonderfully freshly prepared non-alcoholic drinks and raw food snacks between meals
- . 7 days Retreat and Seminar
- . Daily sauna and pool use possible
- . one hour Japanese Shiatsu massage
- . comfortable airport transfer (collective transfer) to and from airport Toulouse.
- . travel cancellation insurance possible
- . 1.599,- EURO



payment method

1st payment with booking 533,- EURO

2. payment three months before the start of the journey
533,- EURO

3. payment one month before the start of the journey
533,- EURO



for further questions, information + booking:

healing@kriyahealing.com or welcome@chezenretreat.com