



JAVAS RETREATS



Retreat into the Buda Hills and discover Hungarian magical secrets to healthy spiritual living. Rest, slow down, and relax in a programme of care and attention to the body and mind.

Leaders:

Dr Bronwen Rees
(Dh Sinha Gupta),
Diana Nagy

We offer an invitation to come and explore the teachings of the Javas tradition in Hungary. These teachings draw on ancient Hungarian spiritual practice originating in the East in Buddhist and Ayurvedic form. Participants will learn how to balance their health and diet through careful analysis of their bodily energies, analysis of astrological charts, and personal history to provide their own individual blueprint for leading a holistic life. This will be set in a meditation context, with some group reflection and meditation.

A typical day will start with yoga, astrological analysis, Ayurvedic principles of herbal and food restoratives, Buddhist meditation, talks and story-telling. There will be the option of individual spiritual counselling through astrological chart, contemplative psychotherapy, analysis of personal constitution and massage.

Each retreat usually includes a visit to the famous spa baths in Budapest followed by massage and personal time and rest. The retreat will also include an evening of entertainment such as a Hungarian traditional folk song evening, or talk on Hungarian history and traditions.

The retreats take place at the East West Sanctuary in the heart of Central Europe on the edge of the village of Nagykovacs, surrounded by the Buda hills, 8 miles from the centre of Budapest.



Retreat leaders

DIANA NAGY is a member of the Javas group and provides analysis of the personal physiological constitution based on traditional ayurvedic methods and astrological analysis.

BRONWEN REES is founder of the East West Sanctuary, an ordained member of the Western Buddhist Order leading groups and retreats both in the U.K. and internationally, with a growing emphasis on collective and ancestral healing.

There will be a maximum of 8 people.

Please see calendar for dates and costs, or visit website www.eastwestsanctuary.com