



TOGETHER WITH **DoSuON**



**Come and join our Reach, Flow & Feel Good  
Retreat,  
La Salamandre, Rabastens, Midi-Pyrennes,  
France**

**For 5 days (8 – 13) or 3 days (8 – 10) in June 2018.**



**Be surprised how much we'll giggle and have fun learning as you engage body and mind.**

**Allow us to teach you the basics of Shiatsu, Do-In Yoga, Healing with Tuning forks. Bring conscious and subconscious minds together with Switchwords & activate Life Pathways. Enhance meditation skills, Nourish senses with Sound Healing & more. Susan Paardekooper and Donna Turner are your course facilitators and the course will be given in English with Dutch and French translations as necessary. Where possible, lessons will be given outdoors.**

**Stimulate connection to inner self, the group and your environment. Return home feeling refreshed, aligned and restored.**



Susan is a qualified Shiatsu therapist, Do-In teacher, SRT Practitioner and Switchword Facilitator with her own practice in The Netherlands.

For more information about Susan Paardekooper go to:

[www.gowiththeflowcentre.nl](http://www.gowiththeflowcentre.nl) , [info@gowiththeflowcentre.com](mailto:info@gowiththeflowcentre.com)

Donna Turner is a qualified Reiki Master, SRT Practitioner, Sound Healer with Tuning Forks and Switchword Facilitator.

For more information about Donna Turner, check LinkedIn (NL), FB pages Donna Well Being & Switch Your Life on With Switchwords.

**What's included?**

- Retreat with facilitation
- 2 or 5 nights stay in residence La Salamandre
- All meals on site
- Welcome/Close drink & snack
- Free WI-FI
- Welcome gift

**Not included are:**

- Travel & car hire
- Drinks
- Excursions & meals out
- Private sessions upon request for: SRT, Shiatsu, Reiki, Human Tuning, Touch for Health, Chakra Balance.

For retail therapy additional products are available to purchase.



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Rooms are shared with single beds en suite. Breakfast, lunch and dinner are served on La Salamandre terrace with beautiful scenic views over the French countryside.

The cost for 3 days is €225,-

The cost for 5 days is €495,-

Contact La Salamandre now to reserve your place,  
[info@residencelasalamandre.eu](mailto:info@residencelasalamandre.eu) or  
[www.residencelasalamandre.eu](http://www.residencelasalamandre.eu)

## PROGRAM

### Friday

11.00	Information
12.00	Tour of Residence La Salamandre
13.00	Lunch
14.00	Introduction Program
15.00	How to use Switchwords
17.30	Free
19.30	Dinner
20.30	“Trek to the Stars”

### Saturday/ Sunday

9.00	Do-In Yoga
9.30	Breakfast
10.30	Shiatsu or Tuning Fork Healing
13.00	Lunch
14.00	Free
15.00	Shiatsu or Tuning Forks Healing
17.30	Free
19.30	Dinner

20.30 Sound Healing/Meditation  
Weekend Retreat Evaluation and Departure

**Monday**

9.00 Do-In Yoga  
9.30 Breakfast  
10.30 Switchwords  
13.00 Lunch  
14.00 Free  
15.00 Switchwords  
17.30 Free  
19.30 BBQ & Party

**Tuesday**

9.00 Do-In Yoga  
9.30 Breakfast  
10.30 Switchwords - Dream Life

**Pathway**

13.00 Lunch  
14.00 Excursion & Dinner (own cost)

**Wednesday**

9.00 Do-In Yoga  
9.30 Leaving Breakfast  
10.30 Retreat Evaluation and Departure