

Yoga for Trauma Recovery Retreat Serbia 2018

Yoga-based solutions for post-trauma suffering

Traumatic experiences can leave deep scars on the mind, pain in the body and emptiness in the heart.

Traumatic events change the brain, impacting the body, mind and spirit. Yoga is a holistic system that heals on all these levels, restoring physical and mental health by rebalancing the nervous system and giving tools to help you sleep, shift thinking patterns, calm your emotions and bring stability. Using a system of yoga psychology integrating practices for the body, breath and mind, symptom relief quickly brings hope, energy and positivity.

About Helen Cushing (also known as Ahimsa)

Based in Australia, Helen has been teaching yoga to war veterans, war victims, refugees and other trauma survivors since 2004. In her work she regularly sees PTSD symptoms subside as damaged nervous systems recover and past pain is left behind. Helen travels internationally helping individuals and communities reclaim peaceful and productive lives. She has made a multi-award winning film, *Heroes of Peace*, and written a book explaining how yoga heals the scars of trauma (*Hope: How Yoga Heals the Scars of Trauma*).

At the yoga for trauma recovery retreat you will:

- Experience the healing power of yoga practices that relieve post-trauma suffering;
- Learn the principles of using yoga to heal the nervous system and transform the body-mind;
- Learn tools to support recovery and cope with everyday life;
- Use simple yoga postures, breathing and relaxation to release tension and create calm;
- Learn new mental attitudes for letting go of past pain and feeling joy in the present;
- Be inspired by Helen's award-winning short film, *Heroes of Peace*.

Find out more about Helen's work at www.lifebeyondtrauma.com

Testimonials

"Yoga saved my life, without any doubt." Combat veteran, Australia

"I find the breathing the biggest help because it stops the hypervigilance." Combat veteran, Australia

"After 10 years of counselling and increasing doses of medication I felt I was unfixable. With Helen's help I have found peace and calm for the first time in decades. I am a living example that holistic yoga can bring full recovery from trauma and that the power of recovery lives inside every one of us." Emma, terrorism survivor

"Yoga has healed me on all levels from the physical pain and illness to the spiritual wounding of abuse. I now sleep through the night, I'm a million miles away from suicidal thoughts and feel optimistic about my future." Sara, family violence survivor

"Even if the war leaves scars that are difficult to heal, yoga makes you forget the evil." Colombian guerrilla

"For me, yoga was like a divine cure." War victim, Colombia

"Now I sleep better. They teach you how to breathe and relax properly." War Victim, Colombia

Venue and conditions

The seminar will be held in Hotel Borkovac in Ruma. Ruma is a small town in Vojvodina, located 60km from Belgrade or 30km from Novi Sad, there are a several transportation options.

The hotel is surrounded by pine woods and a nearby Borkovac lake, which is clean. The hotel has a small spa centre and a restaurant.

The accommodation includes half board with breakfast and late lunch.

https://walkinto.in/tour/WyMH0IeCiQ-JezHAIx0sX/Hotel_Borkovac

Registration fees for the seminar:

- For accommodation in a single room, the registration fee is 130 euros in RSD countervalue
- For accommodation in a double room, the registration fee is 110 euros in RSD countervalue
- For accommodation in a triple room, the registration fee is 95 euros in RSD countervalue

The price includes:

- Two half boards
- The complete program with Swami Ahimsa
- Two tea breaks during the program

The price does not include:

- transportation (there is a line taxi and a bus from Belgrade and the price is about 450rsd Belgrade to Ruma-Borkovac)
- visit to the spa centre (you can pay in the hotel, the price is 600rsd)

A reservation requires a deposit of 30% of the total price, that due to the organizational costs, in case of a cancellation, will not be refunded. The deposit is however transferable to another person. After completing the application form, you will receive payment instructions on the e-mail address you provided in the application.

Welcome ☺