



Heart Retreat

Open to Love

with Marc Steinberg
& Team



“This retreat was one of the most important transformational events in my life. It opened up a whole new world of possibilities for me - deeper getting of what human intimacy is, deeper feeling of who I am as a woman. The space was sacred, and pure. It is such an important part of life, and this exploration is crucial for any human being, regardless of their relationship status or age or background - sexuality is part of life, and if we do not heal our sexuality, we do not heal our life. If we want to heal ultimately and completely, we need to dive into the exploration of our sexuality and leave no stone unturned, no shadow unseen. This is vital, this is crucial for our full self-expression in all aspects of our existence. I am so grateful I could do it at this point in my life, and I think everyone should participate.”

Violetta Pleshakova Phd, Trainer Coach

Welcome

The Heart Retreat has been created to allow you to reawaken your abilities to experience the wonderfulness of what the heart and the four energies of the physical, emotional, mental and spiritual are capable of opening up for you.

Just imagine your life energy vibrantly pulsating in your body making your soul smile and your heart dance!

Imagine being free and open to fully share this aliveness without fear. And imagine to experience a new level of self-love, self-appreciation and life-love again.

“A heart cannot be broken. It’s a myth born out of ignorance. The heart is unbreakable, invincible. Not even cancer can touch the heart. There are no broken hearts, only broken illusions.”

Marc Steinberg



The Flow of the Retreat Days

Program starts at 7am with Shakti-wake up and energy work.

Breakfast

Awareness creation sessions & experiential exercises into the heart of the matters.

Lunch

Touch and breathing exercises help us to reawaken blocked life energies in us.

Heart-Expansion challenges.

Trauma & shadow theatre for healing the past.

Dinner

Various & optional activities

Body - Heart connection Work

Our heart and our body are inseparable. Through the body we effectively can reach the heart and vice versa. The body is not dead matter but a highly sensitive living being. Our relationship to our body is absolute key to a fulfilled life.

Joy is a tremendous healing power. The body knows joy; and through the body and its natural joyfulness we can awaken and expand our hearts. Openness is the key. Fear is the reason why we live in chronic shut-down. Therefore it is critical to heal our wounds and loose the fear of rejection, pain and abandonment - arriving at ACCEPTANCE, LOVE AND CELEBRATION.

- ♥ Body reconnection exercises
- ♥ Body awareness exercises
- ♥ Body healing and forgiving processes
- ♥ Body love and celebration exercises



To be willing to meet our pain takes immense courage; these pains are ring-fenced by fears, guilt, and shame. We are not born with these. Fear, guilt and shame are born out of traumas (mostly early childhood). They sit deep down at the bottom of our psyche. They became a matrix from where we think and feel; and that's why it slips our awareness, no matter how hard we try.

To get to and break up these matrixes is the aim of the trauma work we offer in the retreats. We use elements of psycho drama theatre, gestalt therapy and best practise coaching. The breakthroughs are always incredible, often even magical. When pain meets love, it heals and disappears. What remains are joyful tears, a whole new space of freedom and new level of trust and openness

Trauma & Heart-Shadows Work

The importance of Trauma Work in the field of love cannot be over-emphasized. We have lost our wings such a long time ago that we forgot to remember ever having had them.

Each one of us has been born into and brought up in a society that has conditioned us deeply with moral, social, religious, parental restrictive values, belief systems and behaviors. This conditioning reaches deep into our cellular structure and is not easy to come by. However, without breaking free from any indoctrinated conditioning there will not be freedom, peace and love.

Love Energy

Love Energy is just the name for one aspect of the mighty LIFE energy that flows 24/7 through every human being. This LIFE energy expresses itself in art, vitality, love, giving, work, etc – every creative aspect of our lives.

Suppressed love energy means limited and hindered flow of the LIFE energy itself. Therefore, liberating one's heart liberates one's power to create, one's power to live.

- ♥ Male & female energy connection exercises
- ♥ Male & female energies balancing exercises



Celebration has been replaced by reasonableness in modern societies. The Heart Retreats are celebration events and we celebrate each one and everything. This way you will reconnect with your natural joy, and get in tune again with the heartbeat of existence.

Meditations

The Heart Retreat meditations are designed to free up SENSITIVITY and establish the FLOW OF LOVE.

Heart energy without CONSCIOUSNESS is incomplete and an unconscious affair. Only Consciousness allows the heart to become vivid, colorful and multi-dimensional.

Dance & Celebration

Becoming aware, centered and able to move with the flow, body consciousness is supported by various powerful exercises and dance meditations. By stimulating and balancing the energy flow, being in the Here and Now and reconnecting one's being with the infinite joy and energy of existence happens naturally.

- ♥ Energy Integration Dances
- ♥ Dance and movement meditations

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.”

Helen Keller



*“After having been asleep most in my life
I woke up! I am alive now and feel like
completely reborn.”*

Bart Vandersmissen, shipping agent

Heart Retreat Content

**Awaken the full scope of your loving nature.
Experience that it is all a matter of energy and therefore free
your heart from all fear, reservations and restrictions.**

- ♥ Learn to see with your heart
- ♥ Reconnect to your creative pulse and life energy (called Shakti, Ki, Chi in different traditions)
 - ♥ Learn to connect without agenda
 - ♥ Release traumas, guilt and other toxic feelings
 - ♥ Start loving your body unconditionally
 - ♥ Feel safe in opening your heart to others
- ♥ Discover, heal and integrate your heart shadows
- ♥ Experience full aliveness by circulating your life energy all around your body
- ♥ Find balance between masculine and feminine energies
- ♥ Experience and awaken your ‘Kundalini’ – a mysterious aspect of your life energy
 - ♥ Expand into the “ONE heart”



“This retreat was very different from what I anticipated. Openness is not what I thought it was. The process liberated me and made me experience Oneness. So much opened up for me...a whole new level of Self- acceptance, trust and safety.”

Chantal Veugen, artist

A few things to consider...

- » The design and flow of the retreat days is typical Marc Steinberg: holistic, spontaneous and easy-going, yet deep reaching and awakening process.
- » Although the content of the Heart Retreat is essentially spiritual, there is no religious attachment or indoctrination of any kind. All religions are welcome, respected and accepted.
- » Every participant is fully responsible for their own wellbeing and happiness, and conduct their own journey throughout the retreat days.
 - » There is never an obligation or force to do anything in particular or to participate in every or particular session.
- » Clear your schedule for the days of the retreat - you won't be in the mood to do business; for the retreat days you're in a different world all together.
- » Arrive in good shape; consider supporting the effectiveness of the retreat through having given your body rest, exercise and cleansing.
- » The Retreat facilitators are not liable for any illness or injury you may suffer, not during and not after the retreat.
 - » The processes and other elements of the retreat can be quite challenging; it is advisable to have two or three days after the retreat for rest and integration.



"I have met so many beautiful people at this retreat; each of us transformed so magnificently. I am full of love and gratitude to them. Thank you Marc and the Team for fueling and holding the space for us."

Dinara Mendesheva, Coach, Moscow

The Team

Marc Steinberg Master Teacher, MCC and creator of the Heart Retreat

Marc has been empowering and inspiring people on their way to personal growth, success and spiritual fulfilment for more than two decades. He is a Master Teacher, author and founder of CCI Creative Consciousness International and the Creative Consciousness Coaching Academy. Marc has been offering and leading retreats since 1995.
www.marsteinberg.com

Tatiana Solenova

Tatiana Solenova has dedicated her life to beauty, freedom and love. Her heart is compassionate and her actions true. She loves the retreats and to empower the people to step into their greatest potential.

Assistants

Graduates of the Heart Retreats are frequently assisting and accompanying the participants' journeys.

Villas Arodamos - Crete, Greece

Venue: Villas Arodamos is an independent luxury traditional stone built private double villa on 5000 m² grounds on the magnificent island of Crete (Greece) located close to the gorgeous town of Rethymno.

WIFI, air-conditioning, BBQ, umbrellas, large swimming pool

Surrounded by a beautiful garden covered in grass, also flower beds at the middle of a huge olive grove forest.

Only 15 minutes drive from the sea. Before or after the retreat there is plenty of opportunity to discover the Crete island.

Address:
Pikris, Rethymno, Greece



Magaliesburg - South Africa

Climate: mid summer, 25-30 degrees

Venue: SIMA KADE Bush Retreat

A unique get-away and wonderful free- flowing venue in the Magaliesburg hills; secluded, safe and inmidst nature.

Natural pool.

Many platforms and tree houses.
Surrounded by the magical South African bush.

45 minutes drive from Sandton, Johannesburg.
Before or after the retreat you can visit Krugers Park
and many other South African attractions.

Closest airport: Oliver Tambo International
(Johannesburg)

Address:

Magaliesburg, South Africa

Telephone: 082 902 4060

www.sima-kade.co.za



Participation Information

Arrival and departure times

Please arrive at the venue on the commencement day between 12-2 pm, not earlier or later. Program starts at sharp 4 pm!

The retreat ends on the last day in the morning at around 10:30 am and vacating time is 11:00 am.

Airport pick ups are not offered; however you may connect with other participants and share a taxi.

Catering

Catering is included: full board vegetarian; Water, coffee & tea is available around the clock.

Accommodation

Accommodation is not included in the retreat tuition. 2 bedroom sharing.

We do our best to assign rooms and beds such that everyone will be happy. Depending on the venue, not all rooms may have single beds.

2-Bedroom sharing: € 35 p.p.per night / dormitory (if available): €25 p.p.per night

Travel documentation

Check validity of your passport and visa requirements as applicable.

Booking

Limited number of participants - first come, first served. Tuition: € 1397

includes:

- » 7 days retreat tuition
- » full board vegetarian cuisine
- » free WIFI internet
- » comprehensive Workbook

You can book your space by sending an email to: booking@creativeconsciousnessretreats.com. Your space is confirmed with registration of your payment.

ZAR and RUB tuitions receive 25% discount - only valid for SA or RU residents

Couple packages

Ask for our attractive couple offers

Cancellation

Cancellations with reimbursement of the retreat tuition are only possible if the participant provides a replacement.

Website

www.creativeconsciousnessretreats.com

Preparation

Please care to be in good shape and soundly prepared. Instructions will be sent to you 3-4 weeks prior start of the retreat.



“Heart energy is the most healing energy on earth!”

Marielle van Vugt, Yoga teacher

Your potential to open up, let go and expand is literally unlimited. The only border is: your fear. Another human being is the door for that fear to disappear. Through another you can expand into infinity.

Who you are when there is no more “you” is the magic and mystery of the Heart retreats.

You are welcome.

Information & Bookings:
booking@creativeconsciousnessretreats.com

Dates, locations, videos:
www.creativeconsciousnessretreats.com

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