

Heart
Space



Connecting with
the love that you are

Heart Space workshops and events are an invitation to connect with the love, joy and peace that are always present. With music, dance and silence you are supported to be more aware of your body sensations and feelings, allowing them to be as they are and express yourself spontaneously.

With beautiful touching live and recorded music you are invited to let the music dance you. Allow yourself to be just as you are; playful, spontaneous or even crazy.

Your heart can sing and dance fully and joyfully.

In the space and the presence of the heart, acceptance of everything as it is just happens by itself and you can fully enjoy yourself and **your own joy - letting it to be big!**

We like to sing simple and heartfelt songs and mantras together, accompanied by the harp or drums and enjoy feeling and sharing our love.

We also include long and deep relaxations **with sensitive live music played on the celtic harp and flutes.** You can simply receive without doing anything, letting the beauty of the music touch you. In this presence, perceiving sensations and feelings that arise, you can deeply rest in your being.

It is a deep joy for us to share the presence of the Heart with you. So simple and so beautiful. Let us share and enjoy this moment together!

Arjuna & Chintana

Arjuna Raphaël Pinel

is a professional musician from France, has been living in Canada and in the last 9 years in Germany.

He plays and composes beautiful heartfelt music, mostly on the celtic harp and on other instruments as well:

flutes, concertina, percussions... He loves to improvise and let the flow of inspiration take him on an unknown journey. He plays deep relaxing music and leads beautiful mantra singing.

Deva Chintana

is a dance therapist and bodyworker. She has a strong passion for dance and has cultivated it since her early childhood. She has been living in Italy for 10 years and since 2002 has been offering workshops based on dance and joy in Italy, Japan and Finland. Chintana enjoys sharing her love and joy for life, embracing all the colors of feelings and energies.



Joy of Life

Midsummer RETREAT

in the magic nature of Finland

Flyer Design: Arjuna & Chintana

Love - Peace - Creativity

Contact and booking:

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Heart
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17th - 20th June 2010
with Arjuna & Deva Chintana

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Joy of Life

Midsummer RETREAT



Sing mantras from the heart with Arjuna on the harp

Swim in the lake and enjoy the authentic Finnish Sauna with wood

Discover the joy of dancing

Three days surrounded by magic nature on a wonderful lake to connect to your heart and experience this special moment of Midsummer - the night without a night, magic light and colours.

Enjoy the beauty of each moment with spontaneous dancing, mantra singing, relaxations with touching harp music, painting, sauna, swimming in the lake, resting, in yourself, nice walks in the nature and moments of silence and celebration.

Discover the Joy of your Being and let it flower!



Enjoy the beauty and silence of wild nature

No reason to dream of love
for it is already here
in the waking heart
find it now
in the sweet infinity
of this moment's
eternal embrace

Nirmala



Chintana will support you with her loving presence to express yourself freely through dancing and painting.



The retreat will be accompanied by Arjuna's beautiful and heartfelt live music.

On Sunday 20th June at 16h after the retreat he will give a meditative harp concert.



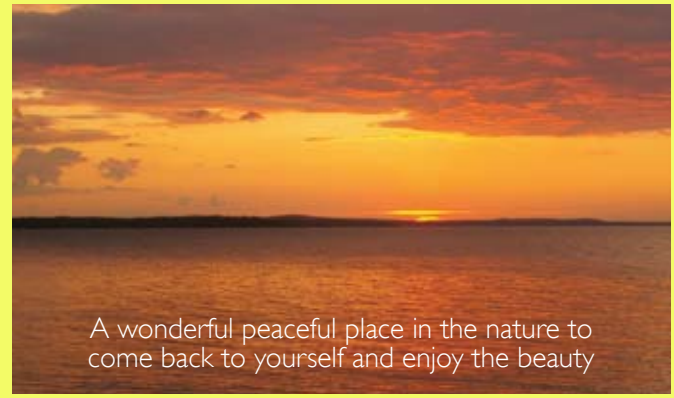
A Midsummer fire to let go of the old and celebrate life



Healthy food: fresh organic juices for breakfast, nice nourishing meals with fresh salads, hot meals and herbs from the garden.

Practical information about the retreat:

Start: Thursday 17th June 2010 at 18h for dinner
End: Sunday 20th June at 14h after lunch
Meditative harp concert with Arjuna: Sun 20th 16h

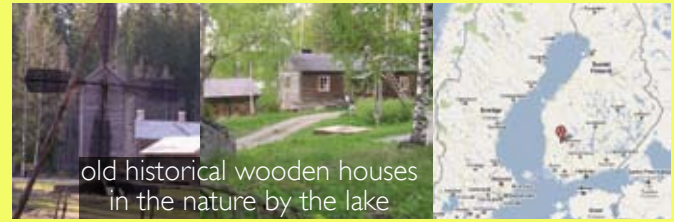


A wonderful peaceful place in the nature to come back to yourself and enjoy the beauty

Place: Koskelan Torppa. About 70 km from Tampere and 235 km from Helsinki.
Address: Onkinevantie, Suodenniemi, Finland.

Airports with low cost flights: Tampere (Ryanair from Frankfurt & Milano, Airbaltic, Finnair, SAS). Helsinki (Air-Berlin from Düsseldorf).

We can help you to book your flight and to organize how to arrive there, please contact us.



old historical wooden houses in the nature by the lake

Sleeping: in very charming old wooden houses, nice double rooms, 4 beds-room or dormitory, bring your own sheets or use the sheets of the place (12 €).

Contribution:
380 € for the retreat, accomodation and food.
Student, unemployed: 340 € (in dormitory).
In double Room: 420 € per person.
Booking with 150 € deposit until 15th May 2010.