



# Body Wisdom

## Retreat

**Island of Iž, Croatia**  
**Hotel Korinjak**  
**June 14-20, 2011.**

Body Wisdom Retreat guides you through a **discovery of how to energize and express your unique spiritual purpose.**

For some this purpose takes the form of art or music. For others it emerges as a compelling desire to serve, teach, parent, invent. Regardless of its form the presence of this creative force drives our life and constitutes the essence of what we refer to as 'spirit'.

***There can be no more rewarding an experience in life than to manifest a life that expresses the essence of your soul.***

### ***Discover Something Authentic***

The question of 'how do I discover this inner spiritual purpose, and how can I develop the skills necessary to bring my purpose into being' is what the Body Wisdom Learning Experience is all about.

Participants spend the morning hours studying principles and structures that enlighten you on the dynamics of human consciousness. Afternoons are open leaving an opportunity to absorb these learning experiences. Occasionally there are afternoon mini-seminars on subjects related to body/mind development. Evenings are spent exploring TranceDance and other ritual structures that enhance spiritual learning.



## Location

Hotel Korinjak is the first hotel on the Adriatic specialized for ecological, health and holistic programs, offering also healthy vegetarian diet based on traditional home cuisine.

The hotel is located on Earth's very strong energy point and is surrounded by sea and a beautiful pine forest from all sides.



Hotel and camp Korinjak combined offer pleasant vacation surroundings and an ambience suitable for running of quality programmes in the field of personal development and self knowledge. Take time for get closer to your inner self and discovers all of your hidden potentials.

## Program Outline

**The Body Wisdom Retreat** blends the spiritual (body) dance structure of **The Trance Dance Experience** with the creative-mind structures of the **Manifesting Results Program**. The purpose of this blend is to extend the process of comprehension and understanding into the body itself... to activate the entire human body as a creative organism capable of constructing reality through our expressive ability.

### Entering Your Body/Mind Consciousness:

*When thought & experience ignite simultaneously change comes into being. In these 'a-ha' moments wisdom is born and we are forever transformed. These new parallel points of view both magnify and dramatically extend our perceptions of reality.*

## The Body Wisdom Retreat - 6 Trance Dance Vision Building Modules:

- Energizing The Intuitive Body
- Non-Verbal Communication with Higher Mind
- Sculpting Reality Out Of Thin Air
- Embody Change
- A Psychic Walk Into The Future
- Ancestral Communication Of A Vision



These **TranceDance** experiences – where participants dance blindfolded and use a specific breathing pattern – promote deep physical, mental and emotional cleansing and transformation. They stimulate an eventual series of peak experiences which usually occur during and also well after the completion of the retreat.



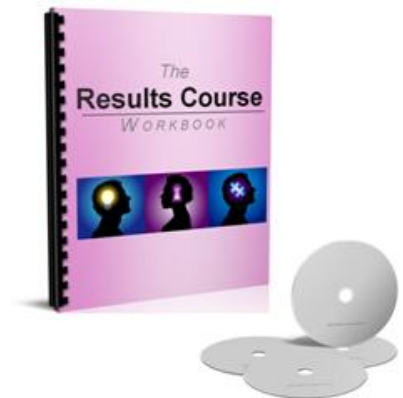
## The Body Wisdom Retreat - Manifesting Results Learning Modules:

- ① The Results Cycle
- ② How Reality Is Created by Your Mind
- ③ Developing Fundamental Results, Purpose & Direction
- ④ Constructing An Effective Manifesting List
- ⑤ The 5 Principles Of Energy Building
- ⑥ Eliminate Self-Sabotaging Your Desires
- ⑦ How Points Of View & Opinions Create Reality
- ⑧ Strengthening Your Relationship To The 3 Levels Of Your Mind
- ⑨ How To Make The Unconscious Mind Conscious
- ⑩ Building Mental Momentum
- ⑪ Implementing The Principles Of The Creative Process
- ⑫ How To Build & Energize Commitment

## Body Wisdom Experience - 10 Creative Imagination Techniques:

Retreat participants will also receive a Workbook and ten (10) audio 'Creative Imagination Techniques' on CDs:

*Working Result Technique • Be Aware Technique • Who I Choose To Be Technique • Pyramid Of Clarity Technique • ICM (Incomprehensible Collective Mind) Technique • Receiving Technique • Alignment Technique • Completion & Acknowledgment Technique • ICM Purpose Technique • Source Technique*



These 10 soundtracks include unique music specifically structured for use as a tool to access the deepest parts of the sub-conscious body/mind.

## What you will experience & learn in the Body Wisdom Retreat:

1. A compelling real time experience of communication through your body/mind consciousness.
2. Develop a 'somatic intelligence' which is your bodies capacity to perceive and sense.
3. Explore the connection between 'thoughts and things' (what you think & what your life becomes).
4. Expand your capacity for clairvoyance.
5. Grow 'perceptual senses' that magnify your capacity to distinguish truth.
6. How to see into your future... both mystically and practically.
7. Enhance your capacity for spirit communication.

and more...

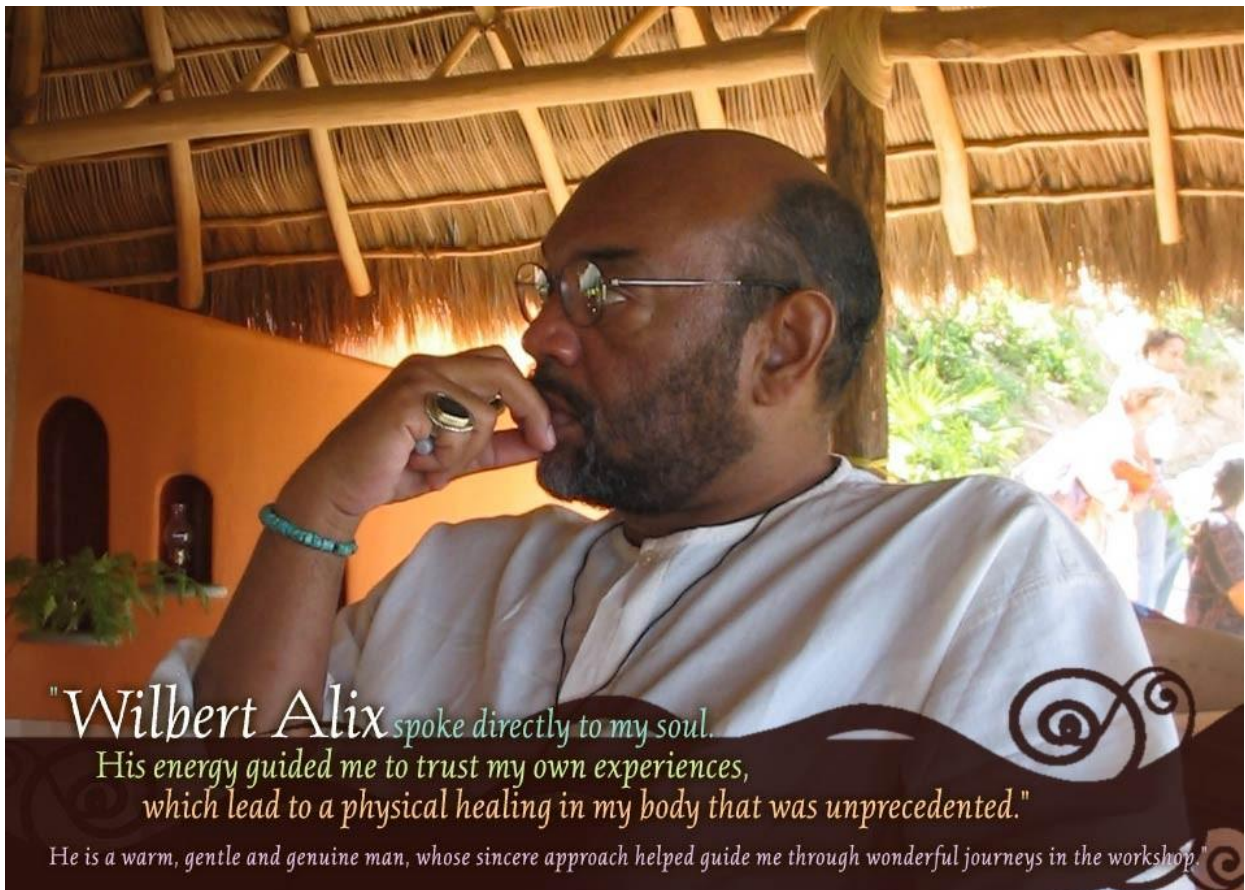
## About Wilbert Alix

Wilbert Alix has earned international recognition as a contemporary healer and teacher of progressive psychology and neo-shamanism.

Throughout his 40+ year career, Wilbert Alix has created numerous social, medical, mental health and alternative therapy approaches to cultivating physical and emotional well-being.

*"I believe that all roads lead to a place we refer to as the heart. In my childhood that lead came through powerfully in communal music and ecstatic dance. This has never left me. Early in my 20's I moved away from New Orleans to explore broader areas of my life both geographically and spiritually. Through experience I have learned that the doorway to every authentic spiritual moment I encountered inevitably had a sign on the door that said "I don't know". Another word for "I don't know" is mystery... and I soon understood that my biggest mystery was myself. So my journey turned inwards even more. The more I explored my heart, the more I began to trust what my heart was saying to me and so the more spiritual my life became.*

*It made perfect sense that the original way that I found 'soul' in my life would eventually return even more of my soul on the beat of another drum."*



## Daily Program Schedule

7:30am - 9am Breakfast

9am - 12pm Exploration of the concepts of Body/Mind manifesting.

12pm - 1pm Lunch

1pm - 6pm Free Time to explore this unique part of Croatia.

6pm - 7:30pm Dinner

7:30pm - 10pm TranceDance journeys and other body centered neo-shamanic rituals that will magnify your capacity to use creative manifesting in your daily life.



## What to bring

- Wear loose, comfortable clothing suitable for movement.
- Bring a cloth bandana or blindfold.
- Bring a spiral notebook with pen/pencil.
- Bring a complete white outfit, which should also be loose and comfortable.
- Bring any Power Objects or articles that have spiritual significance to you.

Also, this is already a high summer season in Croatia, so bring summer clothes and everything you need for relaxing on the beach and swimming in the sea.

## Cost, Lodging:

Retreat fee: **610 €** before May 15. (with 60€ non-refundable deposit paid before May 15.)

Retreat fee after May 15: **670€**

Retreat fee (for Croatian citizens): **3370kn** (370kn non-refundable deposit paid before 15.5.)

We offer **3 options for lodging:**

- Pavillion Lavanda, room with 2 beds: **37,2€** per day per person
- Pavillion Maslina (airconditioning), room with 2 beds: **47,5€** per day per person (breakfast, lunch & dinner included)
- Camp space in pine wood next to the hotel: **31€** per day



### **Meals/nutrition:**

Natural vegetarian food (no meat, fish or eggs) based on the Mediterranean cuisine (breakfast, lunch & dinner) in the self-serve restaurant.

Hotel guests are offered free tea made of Mediterranean grass and herbs from the island during the entire day.

There are also a number of quality restaurants and 'konobas', as well as two grocery stores in the village of Veli Iž.

### **How to get there**

There is a international airport in **Zadar**, most of the big airplane companies have direct flights to here, and also some of the low companies cost like Rynair.

From **Zadar** you will need to take a ship to the **Iž island**, which leaves several times a day. It's few minutes by foot to the **Korinjak hotel** from where the ship docs.

Every participant will get more detailed instructions upon registration.

### **Any questions?**

Feel free to contact us:

**Email:** [trancedance.hr@gmail.com](mailto:trancedance.hr@gmail.com)

**Phone:** 00385 91 3859102 (Michel)  
00385 98 352050 (Ana)