

The birth of **Wake Up Cyprus**  
on Aphrodite's Island 12.4. - 14.4.

This retreat will explore the following themes:

Caring for Oneself – mindfulness training

Caring for Others – relationships, community, and communication

Caring for the Earth in a sustainable way – Interbeing with our true nature

## WAKE UP

Together, cocreatively, we will:

- ...have time for ourselves to decelerate and embrace the direction for our future by learning from our fertile past.
- ...understand and water the wholesome seeds that now already manifested in blooming flowers.
- ...use this springtime energy, to heal our shortcomings and to give our lives a new direction.
- ...find appreciation for our blue planet with it's lush vegetation- restoring our sense organs with the verified Cultox system.
- ...feel empowered in our common humanity, encouraged to speak out on our joys, insights, sorrows and dreams.
- ... cultivate humbleness, compassion, understanding, easy rituals
- ...in addition to meditation use deep ecology, forest walks, bon fires, healthy eating, simple yoga, tai chi exercises, and deep relaxation to strengthen our bodies for new challenges.

# JOY JOY JOY

Facebook: Wake Up Cyprus

Email: [WkupCY@gmail.com](mailto:WkupCY@gmail.com)

Wake Up : Young people for a compassionate healthy society

[www.Wkup.org](http://www.Wkup.org)

# RETREAT



	Friday	Saturday	Sunday
7:30		Wake – up	
8:00		Breakfast (pack snack)	Morning sports/Exercise
8:30			Mediation
9:15	Arrival and settling in	Hike (mindset check in) -S	Breakfast
10:00			in joy enjoy
12:00	Lunch (5 CT, in silence)	Lunch (5 CT, in silence)	Lunch (5 CT, in silence)
13:00	ressourcing		13:30 real ease
14:30	Deep Relaxation	13:00 Hike	
16:00	connective play		17:00 packing
18:00	Dinner (5 CT, in silence)	17:30 Dinner (5 CT, in silence)	Departure
19:30	Cultox	19:00 sharing	
21:30	Noble Silence		
22:30	Sleeping		
	<p>1 Programm – ressourcing Meditation S: Self intention, emotional check in, energy check in, LK meditation  G: Names – jumping, why are we here</p>	<p>1 Pause connecting with mother earth – interbeing exercise  2 Pause inviting joy Singing; laughing yoga  3Pause self reflection</p>	<p>1 Programm – in joy enjoy Positive gossiping Laugh-yoga Walking Meditation (singing)</p>
	<p>2 PG - connective play Meditation Walking meditation Singing Mindful sirtaki  3 PG – cultox Gratitude diary Love letter Meditation</p>	<p>evening program – sharing Sharing bis 20:30 Walking mediation Sitting</p>	<p>2 Programm – real ease Meditation – länger: SF Thankful: Summary – of retreat experiences (guided) Vowing – group Singing with movements</p>

Cyprus lies just across the little patch of water beyond the geographical lines of one of the most crucial areas in this world where peace is harmonized on a daily level. Cyprus itself finds itself still in the aftermath of the civil war of the beginning of the twentieth century.

Cyprus has one of the warmest climates in the European Union. The art history of Cyprus can be said to stretch back up to 10,000 years.

Blessed with the beauty of nature's best palette, the scenery of Cyprus unfolds across glittering coasts, rolling mountains, fragrant forests and rugged headlands.

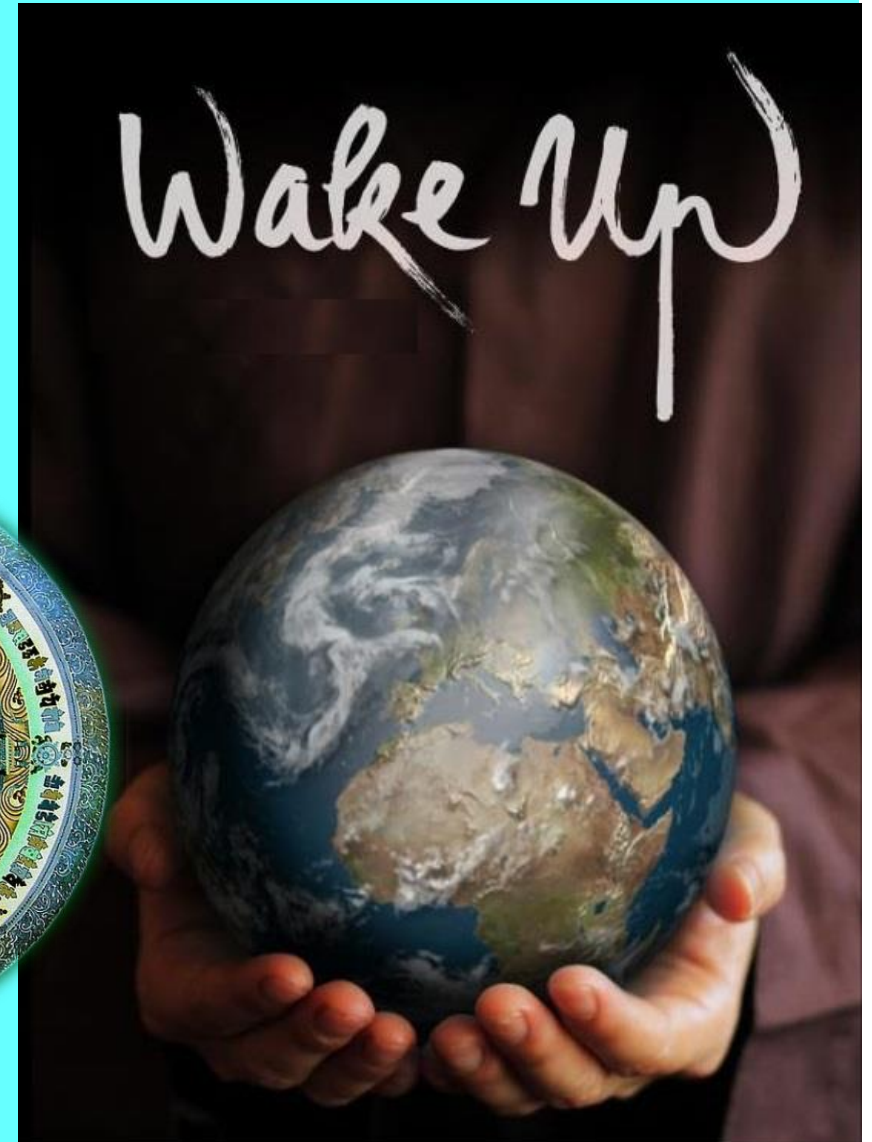
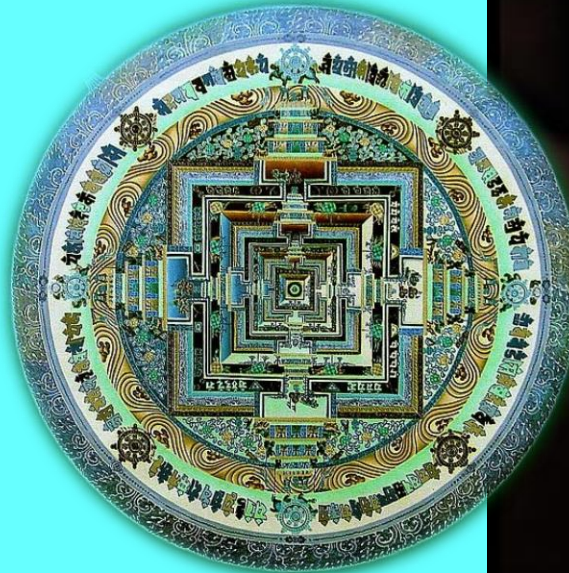
As the island is on the migration path between Europe, Asia and Africa, Cyprus is a animalswatchers dream, with chamaelia, flamingos, turtles, dolphins frequenting and many other significant species. What about homo sapiens, you ask?

Mindfulness in ourselves is even more important to set an ambience of benevolence for everybody. We will explore the healthy surroundings that were divinely designated to Aphrodite. We will use the blessings

to lovingly get in contact with ourselves and our biological and spiritual ancestors.

We will look deeply into means, increase our compassion and capacity for boundless joy.

Wild herbs, local food, safe and sound, with committed and experienced layfriends.





**WHEN?** 12.4- 14.4. See schedule

**WHERE?** Cyprus, Paphos, Goudi, Villa Marmorosa Aphrodisia (specifics will be announced in the registration)



**HOW MUCH?** 50€, please to compensate all costs

**WHO?** Longterm practitioners in the PV and EIAB Tradition

If you need assistance with the payment or with booking your flight, we are more than happy to assist you. May your days be well.

Alex, Aron and Malina







