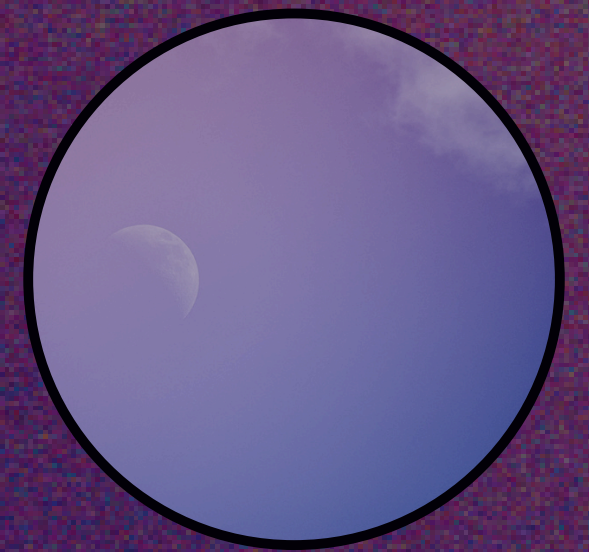
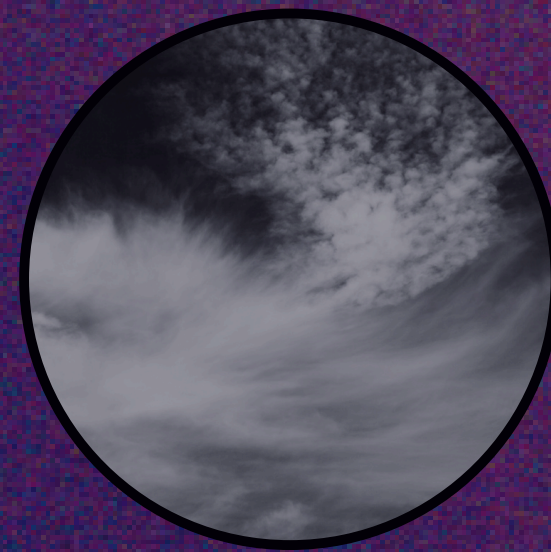
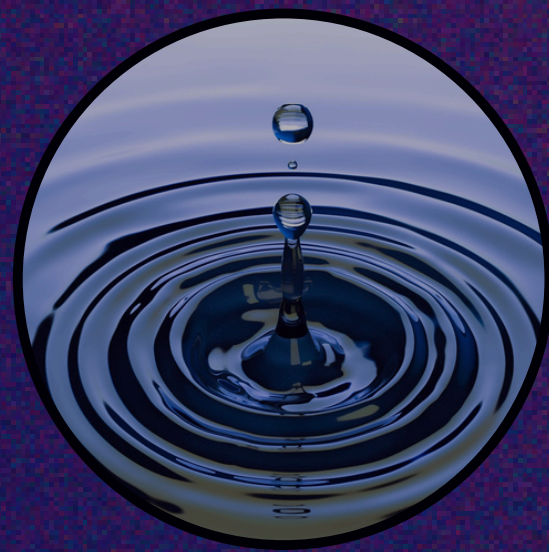


# INSPIRED.

*A SERIES OF ONLINE HOLISTIC HEALTH RETREATS*



*Attend one day retreat, or all five*

# “INSPIRATION

*opens the door to our souls.*

*Allow yourself to be inspired, and watch your world open up.”*

- G. Brian Benson

## Why “Inspired”?

To be “inspired” means to be “in Spirit”. When we live an *inspired* life, all that we hope to achieve and experience comes to us from a place of joy and flow, rather than a place of resistance.

Our ***INSPIRED*** series of Holistic Health Day Retreats (listed below) hope to provide you with all you need to feel *inspired* in every aspect of your life:

**Saturday 1 February 2025 | Health**

**Saturday 5 April 2025 | Release**

**Saturday 14 June 2025 | Purpose**

**Saturday 2 August 2025 | Action**

**Saturday 25 October 2025 | Rest**

## Included in each Retreat:

### Each online day retreat will include:

- *Holistic Health Tips & Tools*
- *Yoga Classes, Breathing Practices and/or Yoga Nidra*
- *Distance Reiki, FunFitness and/or FitFood Recipes*
- *Creative Activities*
- *Digital Goodie Bag & Online Content*
- *Lifetime Access to Recordings*

**Please note:** *there will be plenty of breaks and free-time for integration and space away from your screen.*

# About the Different Modalities:

*Each day retreat offers a unique blend of healing modalities and practical tools and experiential elements to support your holistic health journey.*

## **About the Modalities:**

**Holistic Health Tips and Tools** - Tailored to the theme of each day retreat, the holistic tips and tools offer practical and holistic ways to create a sustainable change in your life.

**Yoga Classes, Breathing Practices and/or Yoga Nidra** - The yoga classes will be accessible and beginner-friendly. Movements in each session aim to relax the body, reduce stress and improve range of motion. Structured breathing practices will be incorporated into some of the days to help access inner calm, and quiet the mind. Relaxation practices, like yoga nidra, will also be included for an experience of deep rest. Yoga nidra is a restful practice that encourages a state of relaxation by lowering brainwave states to ones where healing and rejuvenation can occur.

**Distance Reiki, FunFitness and/or FitFood Recipes** - Reiki is powerful energy healing session aimed to clear blockages, balance your energy, and promote deep relaxation that can be experienced even over a distance. FunFitness is an exercise class created by Anri that aims to help you find your "Fun" in "Fitness". These classes are energising and uplifting. Another one of Anri's creations is "FitFood". These are a series of healthy recipes that you will be able to use to create your own delicious meals for each of the day retreats, and at anytime you feel!

*This retreat series is designed to help you release the tension of modern life, cultivate lasting relaxation, and create routines that support your health and well-being. Whether you're seeking a deeper sense of peace, need to recharge, or are looking for sustainable ways to manage stress and healthy habits, our INSPIRED series will leave you feeling refreshed, restored, refilled and inspired.*

**Meet your facilitators:**

# Anri & Cassandra



*Anri*  
heal

*Anri van Rooyen (MSc Physiology, ASCHP, IIFT), aka AnnA vAn, is a Holistic Health Counsellor & Reiki Practitioner specialising in holistic health, fun fat loss, fitness, overall wellness, and Holistic Health Education. She is also the co-creator of Ariani Health Solutions and the creator of PlayFunFitness & FitFood.*

*Anri's motto: "Healthy living doesn't have to be a punishment"*



*Cass Taylor*  
Yoga

*Cassandra Taylor (MSc Life Sciences) is a Yoga Teacher and Yoga Therapist specialising in Hatha, Yin, Prenatal, Children's Yoga, Mom & Baby Yoga, Meditation, Yoga Nidra, and Sound Healing using Tibetan Singing Bowls. She is also the creator of YogaSteps.*

*Cassandra's motto: "Calmness is a superpower - I can be calm and resting, but also calm and active"*

*It is Anri and Cassandra's passion to provide you with well-researched information as well as practical and holistic tools that you can easily incorporate into your day.*



# *History of Anri & Cassandra's Collaborations:*

Anri & Cassandra met in April 2023 and began their collaborative journey with a series of 3-hour Holistic Health Workshops that focused on weight loss, intuitive eating, gut health, detoxing and stress solutions. From 2024, Anri & Cassandra wanted to provide a more in-depth experience and began hosting overnight retreats and day retreats. These were extremely transformative for the participants, and deeply nourishing. In October 2024, Anri moved to the Netherlands. This move sparked a series of new retreats to take place online, with the first one titled, "Inspired Rest".

They now continue their journey into 2025 with an online series of *INSPIRED* day retreats.

*"The experience was enlightening. Feeding my mind, body & sould (my cup runneth over)! I am glad I took this opportunity to focus on me." - Lara, April 2024 Retreat*



## Booking Details

### For South African Citizens:

- R900pp per day retreat or R3900 for all 5 paid upfront
- Contact Cassandra on 064 875 2414 for the Google Form, and to secure your booking

### For Netherland Citizens (& other countries):

- €90pp per day retreat or €390 for all 5 paid upfront
- Contact Anri on +2773 868 3539 (WhatsApp) or +3163 078 5810 (text/call) to book

***Please note:** more information will be sent out before each day retreat with regards to what you will need.*



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*Inspired by the elements - we aim to create balance.*