



The Luxury of Simplicity...

Brickyard Retreat at Mutianyu Great Wall

Nia Retreat

6-8 February 2015

Updated 18 December 2014 Subject to Change Without Notice



Instructor and Practice

Nia is a sensory-based movement practice that draws upon elements and energies of the martial arts, healing arts and dance arts. Nia empowers people of all shapes and sizes to take control of their own holistic fitness by connecting the body, mind, emotions and spirit.

During our Nia sessions, we will dance and move barefoot to diverse, soul-stirring music. The workout is as intense as each person chooses to make it - Nia can be wild and sweaty, quiet and gentle, conditioning, strengthening, and always filled with Joy. Since every Nia experience can be adapted to the individual's needs and abilities, Nia is completely safe and suitable workout for people of all ages, sizes and fitness levels. Each session will begin and end with a simple guided meditation, somatic education and mindfulness practices.

Nia is a pleasure-based practice, which encourages us to CHOOSE joy and pleasure in our movements. Moreover, we will learn how to use the voices of SENSATION to guide and inspire our movements, to move in ways that strengthen and condition the body, whilst at the same time direct energy to parts of the body that require self-healing. By becoming fully present in our bodies and music, we will not only be working out physically, but also releasing negative emotions, stress and other blockages or hindrances to overall well being.

The Brickyard provides a truly serene escape away from all the stresses of the city, and I'm excited and honoured to be holding a Nia retreat in this special place. I am a passionate believer in the effectiveness and power of movement to heal, and invite you to join me on this journey of joy, relaxation, release and self-healing through movement, the Nia way...

PROGRAM:

FRIDAY | 6 February

- 18:00 Depart from Liangmaqiao on Schoolhouse School Bus
- 20:00 Check-in at the Brickyard, Refreshments
Dinner (arranged individually)
- 21:00 Evening Gathering: Getting to Know Each other,
Introduction to Nia, Guided Moving Meditation

SATURDAY | 7 February

- 7:00-9:00 Breakfast
- 9:30-11:30 Nia Experience 1
- 12:30 Lunch (arranged individually)/Free time

- 16:00-18:00 Nia Experience 2
- 19:00 Dinner (arranged individually)
- 21:00 Evening Gathering: Topic TBA, Share, Guided Restorative Meditation
- SUNDAY |** 8 February
- 7:00-9:00 Breakfast
- 9:30 - 11:30 Nia Experience 3, Wrap-up
- 14:00 Complimentary Late Check-Out
- 16:30 Ride The Schoolhouse School Bus back to Beijing

Package Inclusions

- Complimentary School Bus service from/to Beijing
- Superior queen Great Wall view room
- Private Nia Sessions
- Brickyard Breakfast
- Rmb 388 dining credit (per room)
- Afternoon Snacks

Pricing

If you are travelling on your own the price is **Rmb 2,388** for one person. We are offering a special rate for **Rmb 2,976**, for two people (if staying in the same room).

Depending on availability, participants may upgrade their rooms for an additional charge. Upgrade to a premium twin room for Rmb 498. Guests can upgrade to a private transfer for Rmb 488.

About the Brickyard Retreat



The Brickyard was a working glazed tile factory until The Schoolhouse acquired it and transformed it into a stylish boutique hotel with lush gardens and stunning views of the Great Wall and the Yanshan Mountains. Learn more at www.brickyardatmutianyu.com.

Book the Yoga Weekend Retreat Package

Contact us at +86 (10) 6162-6506 or info@brickyardatmutianyu.com