



Cherish All your precious moments because  
someday they will be all you have.

You are unconditionally happy when your thoughts, words, and deeds are aligned.

Your happiness is what you choose to be happy. Yes, you do have a choice over the happiness you experience.

What makes you **happy**?

When you are happy for no reason, just like a child, that happiness cannot be taken away from you. You can be happy only when you choose to accept, share, give, forgive, appreciate and acknowledge things and people around you ... for no reason .

Only your **choice** can make you **happy!**

What makes you truly happy?

This exclusive retreat dives into the full spectrum from a view of Happiness to finding it within. It is a lively and hands-on retreat that guide you to personal fulfillment, explore how life views Happiness. You get unbelievable practical tools that you can use at any time to help nurture the all important balance in life.

The retreat is filled with activities to help you be Happy and stay Happy. You find your bliss through silence, deep relaxation, expressing your creativity, expressing your emotions, discussions and debates, dance, music, art and the other mindful activities.

At the end you leave behind a magnificent retreat venue, but take with you a rejuvenated mind and body.



## Exploring Happiness: Tools and Instruments for healthy living.

# Happiness Retreat



We are inviting you to join us for a transformative Happiness Retreat; to allow yourself to be touched in your inner most core, and to take this opportunity to step forward fearlessly, with joy and happiness, into the wonderful celebration of Your Life.

This Retreat is all about you cherishing for Your Life. We create an environment where you are encouraged to slow down, share your emotions, and recognize the simple truth of being mindful activities. A fun filled and an interactive activities will help you navigate your own path to personal happiness by leaving behind all unhealthy thoughts and patterns.

These activities will help you to experience deep intimacy and connection with yourself. You and your team will be doing plenty of exercise and relaxing in beautiful surroundings. It is a natural, joyful, challenging and lively Retreat. The Retreat is designed to help you identify and develop strengths to find the pleasures that lead to unconditional happiness.

The Happiness Retreat promises to give you real happiness. With an inspirational location and carefully researched activities, we ease you out of your stressful day-to-day life. You learn to make real connections and communicate by switching of all your disturbances. You will be in touch with the tools you need to help balance work, family, and life - leading to a purposeful and more healthy outlook.

We do not make you do anything at all, we simply offer you a few activities that will help you discover what makes your life worth living - with Total Happiness. Based on the teachings of spiritual living and values in life we are here to help you take hold of the steering wheel of your life and enjoy the ride.



Watch out for our next Retreat..  
Don't miss it.



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