

A few words from Angela.

Just the thought of returning to Harbin brings with it a warm and happy feeling! In my mind I can see the beautiful hills, the sun's rays lighting up the valley in the morning and the great fig tree over hanging the warm pool.

My favorite time for the pools is very early, when it is still dark and silent. The healing waters have a magical quality — set into the wooded hillside, where deer and wild turkey often pass by. Floating in the warm water and looking up at the stars is something one can never forget.

Our Yoga classes are held in the large and comfortable space of the conference center. With its own camping facilities (indoors or outside), two warm pools, delicious organic meals and Harbin's pools and spa just a few minutes walk, we are totally self contained.

I love the fact that women of all ages and backgrounds come here to nourish and work on themselves. In the classes we take time to go more deeply into the areas of the work that are rarely possible in a weekend workshop. There is also time for being together and support for processing, as well as watsu, body-work or counseling from qualified practitioners who are a part of the retreat.

Personally, I feel a sense of joy and freedom in my teaching at Harbin. A lot of what I uncover there becomes the seeds for classes in the following months. The process of unfolding one true feminine nature is nourished from all sides!

I hope you will take time for your self this year and join us in Harbin Hot Springs, where we shall practice Yoga and feel free to laugh, cry, dance, sing, sit silently in meditation or just enjoy the comfort of community.

Namaste - Angela