

# *Permission to SHINE*

*24<sup>th</sup> October – 30<sup>th</sup> October*



*“Be the lighthouse and all things will come to you.”*

Hello gorgeous,

Join me in the rolling romantic hills of the Umbrian countryside at a UNESCO world heritage site dating back to the 10th century. This secluded ancient hamlet is ready and waiting for you to let go of the daily grind and experience the magic of kundalini yoga and meditation.

We will endeavor to journey together to experience feelings of deep inner peace, joy, vitality with a renewed sense of self and spirit. Relax, renew and fall into a new YOU. Join like-minded souls to enjoy a love affair with yourself, and experience your own fairytale...



*On this empowering journey, you will:*

- Let go of worries, stress and overwhelm
- Tap into your innate vitality, ease and joy
- Practice kundalini yoga meditation and chanting
- Enjoy seclusion and retreat into the Umbrian countryside
- Take time to reflex, relax and rejuvenate
- Eat well local Italian produce, detox, rest well and meet like-minded souls

You will leave feeling blissful, relaxed, energised with a new

sense of vitality and perspective in your life going forward. Previous experience of kundalini yoga is not necessary; this course is perfect for absolute beginners.

### *About Dawn Harlow*



Dawn Harlow is a writer and the author of her latest book, *Permission to Shine*, soon to be released. A KRI certified kundalini yoga and meditation teacher, Dawn studied and trained in Rishikesh, India along the banks of river Ganges. For the last 11 years, she has dedicated her life to studying and mastering the humanology and philosophy of this sacred technology. This is the foundation of her mission which she continues to share globally with both women and men. An

entrepreneur at heart, she combines ancient practices with practical delivery to living a prosperous, healthy life on purpose. As the founder of Permission to Shine, her teachings focus on spiritually, emotionally, physically, and mentally polishing the many facets of the self to live vital, inspired, happy lives. She combines teachings on health, psychology and spiritual philosophy for people to live their fullest potential. She is deeply passionate about her role as the vessel for those to reach their ultimate destiny, break through their blocks and rewrite their story.

## *Location*



Welcome to the exquisite fairytale of the Umbrian countryside

located in the heart of Italy.

Resting atop a high sloping hill, the cobbled back streets, spiral staircases and piazzas will make you feel as though you've gone back in time. Among the medieval pathways of Perugia, you will discover a profound sense of holiness and serenity.

The retreat center, Castello Di Postignano, is a luxurious, medieval heaven on earth. Amidst rolling hills lined with gradients of green rests the perfect palace for a journey of deep healing and spiritual elevation.

### *Details and Logistics*

#### **WHEN:**

Commences 24<sup>th</sup> October at 5:30pm. Checkout will be 30<sup>th</sup> October at 12 noon.

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#### **SCHEDULE:**

5am to 730am: Morning practice

730am to 10am: Free time

1030am to 1pm: Morning practice lecture and meditation

1pm: Lunch

After lunch to 5pm: Free time schedule spa time, personal sessions with Dawn available - please book time in advance

before the retreat.... swim, sauna, rest, just be or visit local towns

5pm to 7pm: Evening class meditation, lecture, yoga

7pm: Dinner till 9pm

Lights out



Day trip to Assisi will be on 27<sup>th</sup> October – a day off to explore. There are two options for the day trip; mooch and munch around Assisi and take in the local sites or enjoy the [beautiful spa in Assisi at an ancient nunnery](#) to relax and renew. Or, you have the option of staying at The Hamlet enjoying the pool serenity and spa there. The choice is yours. This is your time. Booking treatments is recommended a few weeks ahead of your arrival in order to make sure you acquire the time slots.

It is advised that maybe you will feel you want to stay at the

castle and relax. This is entirely your call and maybe one needs to decide on retreat. Transport can be booked for you. Please note that transport is expensive in Italy. Thus you may want to hire a car and travel solo. This has been the preferred choice on previous retreats, however the option of hiring transport is also available for you at your convenience.

You are advised to bring white clothing to practice daily in. Kundalini yoga involves moving powerful energy forces through the body to enhance this flow and magnetism wearing white is advised. It repels negativity and exudes a more positive auric force.

### **ACCOMMODATIONS:**

- 6-night stay in a deluxe single suite
- Breakfast, lunch and dinner included daily
- Tea, coffee and water included
- The tap water is mountain water and is drinkable. If you require bottles of water in your room, there is a mini bar charge and is charged at one euro per bottle. The drinking water is beautiful, so please bring a water bottle to fill up.
- Spa on premises
- Large rectangular pool
- We will take one day trip to local town in Assisi where Saint Francis of Assisi lived and prayed.



## **TRANSPORTATION:**

Flights from London Stansted airport to Perugia with Ryanair:

[Link Here](#): enter your flight for 24<sup>th</sup> October from London Stansted to Perugia.

*Options to arriving at Castello Di Postignano:*

Hire car at the airport, or take a taxi. Or, we can arrange a pick up for you for a fee outbound and inbound. Castello Di Postignano is about a 40 minute drive from the airport. Please advise on booking.

Flights for people travelling from the US, fly into Rome:

Direct flight approx 10 hours. Pick up from airport can be

arranged for a fee. The journey is two and a half hours by car. Please advise us if you require help with this.

More details on transportation will be provided upon booking.

Train is also an option for travel from Rome airport. Car pick up is necessary from Spoleto, which is about 20 minutes away from The Hamlet. Hiring a car is advised or booking transport.

Train information from FCO to Spoleto:

<https://www.rome2rio.com/s/Rome-Airport-FCO/Spoleto>

### **TOTAL COST:**

£1695 - includes all tuition, food and lodging.

Deposit amount is £850 (non-refundable).

Private sessions are available with Dawn. This allows for personal spiritual counselling and your own private practice once you leave The Hamlet to continue your amazing journey and momentum. This is optional yet highly recommended. Sessions need to be booked through PayPal at time of booking for a special retreat price of £110. However, time slots may no longer be available once on retreat.

(Flights not included)

Note that bank transfer PayPal is accepted. If you are using a credit card linked to a PayPal account, fees do apply. Please include the necessary PayPal charge and adjust payment

accordingly.

Once you have reserved your spot via PayPal please send an email to [dawnharlow11@gmail.com](mailto:dawnharlow11@gmail.com) advising of your reservation. Dawn will then follow up by telephone and speak with you personally before attending the retreat to address any concerns or questions you have.

[Click here to book your place.](#)

Book your place and make your deposit by emailing [dawnharlow11@gmail.com](mailto:dawnharlow11@gmail.com), and please feel free to reach out with any further questions.

We so look forward to welcoming you on a new journey of a lifetime!

Huge love and gratitude,

*Dawn Harlow*