



REVA RETREAT



"Give yourself a chance to live life in the light. REVA is just the beginning,"

~Tulaya.

"It (REVA) was the perfect cocktail to start a new journey towards the serenity,"

~Virginie

"REVA Retreat was the best gift I could give myself,"

~Kittima

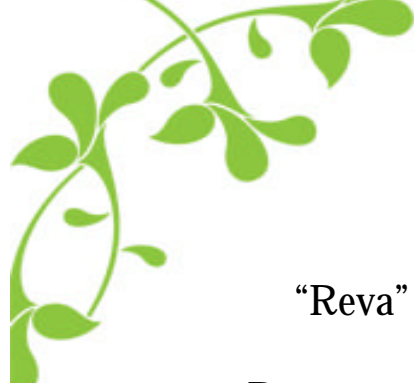
"Taking time for myself has been a great experience. Being part of the REVA Retreat, I feel that I will be able to prioritize and focus better,"

~Caroline

Rediscover Yourself
June 25-27, 2010

Marriott Resort & Spa, Hua Hin





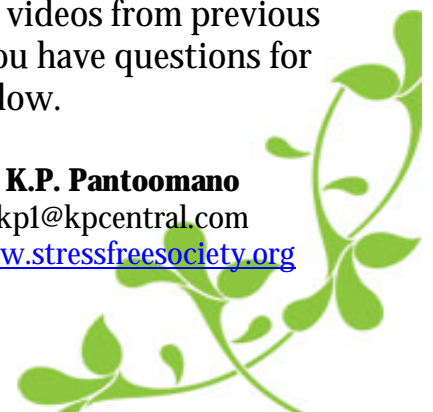
“Reva” in Latin means “renewed strength”. It also stands for Rejuvenating Emotionally and Vitally, with Awareness. Set in the seaside of tranquil Hua Hin, you will explore and learn new tools to help balance your mind, body and spirit. We are bringing together three timeless holistic therapies of Ayurveda, EFT (Emotional Freedom Techniques), and Meditation. Taught by three contemporary sages, Dimple Duangthip Arora, Shalini Yamdagni and KP Pantoomano respectively, the three days two nights retreat is about self discovery, releasing the old and renewing the self from the inside out. The retreat ensures that you return home with renewed energy, empowered with New Age holistic tools to help maintain the quintessential energy and harmony in your daily life.

The REVA Retreat information kit contains a brief introduction on Ayurveda, EFT (Emotional Freedom Techniques), Meditation, key take away you can expect from the retreat, instructors’ bios and customer testimonials. To see videos from previous retreat and testimonials, please visit www.bnow.org/reva. If you have questions for the instructors, their contacts are provided below.

Dimple Duangthip Arora
arora@goldenawareness.com
www.goldenawareness.com

Shalini J. Yamdagni
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www.eftthailand.com

K.P. Pantoomano
kp1@kpcentral.com
www.stressfreesociety.org





Discover & Renew Yourself with Ayurveda

Ayurveda, the Science of Life, is a recorded science of health and medicine, originated in the Indian subcontinent about 5,000 years ago. It is a science and hence universal. It can be applied by anyone, anywhere in the world.

At the heart of Ayurveda is the premise that each of us is Unique. We have to identify our unique nature (“prakruti”), and then strive to live in harmony with that. The **Food, Air and Water** we take in from the external to nourish the internal are the links that connect us to Nature. **Hence, it is essential to understand exactly what your body needs from Nature to stay in health and balance.** And in case of imbalance or disease, what can we do to provide relief, at least as a first-aid measure. The love and gratitude for Nature is inherent in this science, which we will inevitably develop when we embrace its healing wisdom, making us more environment-friendly in the process!

At the REVA Retreat, you will renew your energy and discover your health from a new perspective – a real taste of the healthy, eco-friendly, holistic way of life.

- ✚ Understanding your health and unique metabolic type
- ✚ Understanding your body’s rhythm, and devising a lifestyle which respects that rhythm for food, sleep, work and sex.
- ✚ Understanding that which nourishes your life force : Food, Water and Air

1. Food

- Holistic principles of diet and nutrition
- Golden keys to food preparation, combination and consumption
- Understanding Herbs - Common herbs which are used for personal hygiene, grooming, nourishing and healing in daily life
- Preparation and application of simple herbal supplements to boost your immune system, and herbal remedies for common ailments

2. Water

- Understanding the need for fresh, energized water
- Understanding the potential of water in healing (“holy water”)
- Hands-on methods to energize city water

3. Air

- Breathing techniques to maximize oxygen in the body and mind
- Breathing techniques to detox the body
- Breathing techniques to calm the nervous system



About Dimple Duangthip Arora



Dimple Duangthip Arora is a Diet and Nutrition Adviser from Stonebridge Associated Colleges, London (SAC.Dip.). She has completed advanced holistic studies from the International Academy of Ayurveda in Pune, India. She holds a Bachelor's Degree in Business Management, and is also an Accredited Gemologist from the Asian Institute of Gemological Sciences in Bangkok. Since the year 2000, she has designed and conducted courses in nutrition and holistic healthcare at the Suchada Marwah Centre, Natural Care Therapies Research and Training, and the Pilatestudio in Bangkok. She is currently a visiting consultant on Family Health and Rejuvenation at the TRIA Integrative Medical Institute in Bangkok. She is also a visiting lecturer at the Assumption University in Bangkok (Nursing Science Faculty), and conducts workshops at various health centers and retreats.

Dimple Duangthip Arora has written numerous articles on healthcare and education. Her article on a holistic modality of stress-free education was featured on the front page of Education Learning Post, Bangkok Post (September 28, 2007). She has also appeared on national and internet television, and has been featured in many publications. She has authored the book **"A New Age Manual for the New Mother, Postnatal and Beyond"**, which was released in May 2009 amidst a very positive response from the readers and media alike. The book caught the attention of a leading Thai publisher, and is now being translated into Thai, scheduled for release in 2010. She has founded the **Golden Awareness Fund**, which is a non-profit initiative to promote eco-friendly projects in the city, while supporting the livelihood of rural women.

For more details on Dimple's work and other testimonials, please visit www.goldenawareness.com.

Testimonials

"I purchased a copy of "New Age ..." at Asia books. It was well displayed at the front of the store. I was not only impressed but inspired. I can imagine how much time, effort and sacrifice went into its production.

Your wife's writing expresses the uplifting qualities of kindness, generosity and gratitude."

Best,

Dr. Nicholos Kerna
USA

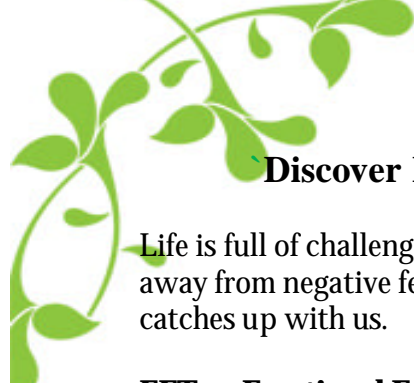
You are truly an inspiration to me. I love your book and guidelines. I've put many tips to use and can't wait for my second baby to arrive to use more too! :0)

I look forward to seeing the video clips of you interview as well. Keep going strong this way and thank you for everything really.

Love,

Mona (Mother, Bangkok)





Discover Inner Peace with EFT (Emotional Freedom Techniques)

Life is full of challenges and can become rather stressful. We do our best to navigate ourselves away from negative feelings and towards happiness, but more often than not the stress of life catches up with us.

EFT or Emotional Freedom Techniques is simple yet an extremely powerful natural techniques that brings relief not only from the emotional challenges but also all sorts of physical illnesses and diseases.

EFT can be thought of as an emotional version of acupuncture. No needles are involved. Instead, you stimulate the body's energy system by tapping key energy points on the face and body with your fingertips as you tune into any unwanted thoughts, feelings or physical pains. This instantly starts to release the underlying energetic blockages which give rise to negative emotions and contribute to physical dis-eases. When we straighten out our energy system, unwanted emotions, intrusive thoughts and physical symptoms respond very well and melt away.

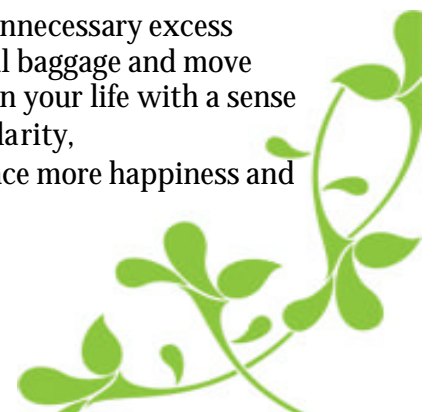
Balancing our energetic system seems to benefit us on many levels. EFT, therefore, is being used effectively by therapists, life coaches, sports psychologists, doctors, nurses, healthcare workers, business professionals, teachers, trainers, parents, children as well as many tens of thousands of individuals worldwide.

In the world of EFT, it is clear that those of us who teach these techniques have come to do so because of the profound effect it has had in our own lives. Through the gift of EFT, I gradually found the health, confidence and abundance that is now my everyday experience. EFT began for me a journey of self discovery, self acceptance, peace and connection with the spiritual part of me. It has renewed my sense of joy, passion and my purpose in life.

EFT Sessions at the REVA RETREAT will help you discover inner peace and feel empowered with an innovative portable life skill

You will

- Develop a basic understanding of your energy system
 - Learn the principles behind EFT
 - Understand the power of your subconscious mind in your everyday life
 - The impact of your thoughts and beliefs on your physical/emotional health, on your behavior and social relationships and your success
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- Learn the Short Cut EFT Tapping Techniques
 - Practice using EFT to let go of the past hurts and make peace with them
 - Let go of limiting beliefs that are keeping you stuck
 - Install empowering beliefs using the CHOICES METHOD
 - Practice using EFT for your everyday issues and stresses
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- learn simple yet powerful affirmations to unblock your energy system and boost your immunity
 - Offload unnecessary excess emotional baggage and move forward in your life with a sense of more clarity,
 - More peace more happiness and harmony





About Shalini J. Yamdagni



Shalini is an Advanced EFT Practitioner. She holds a Bachelor's Degree in Psychology and a Master's in Social Work. Having suffered a physical ailment that confined her to bed rest and getting little relief after 8 months of medications, Shalini sought alternative therapies to help herself. She discovered and gained certifications in various energy healing methods like Chakra Diagnoses and Balancing, Radical Healing, Emotional Empowerment Therapy and EFT.

Shalini has conducted one on one EFT sessions with over 200 people and successfully helped them with all sorts of emotional and physical issues. She regularly conducts EFT Workshops at her home, at different corporations, wellness centers, at fitness clubs like the Pilatestudio and exclusive clubs like the Pacific City Club. She is often invited to give talks at various forums and groups like NIST International School, St. Andrews Int'l School, Amcham, Rotary Club, Womens' Groups, International

Parenting Network and has been featured in the Bangkok Post, and various local magazines like BAMBI, Bangkok Trader, Traversing the Orient and Acclimate and also online magazines like TAN TV Network. Shalini is well recognized in the local community as a practitioner of holistic health.

For more details on Shalini's work and other testimonials, please visit www.eftthailand.com.

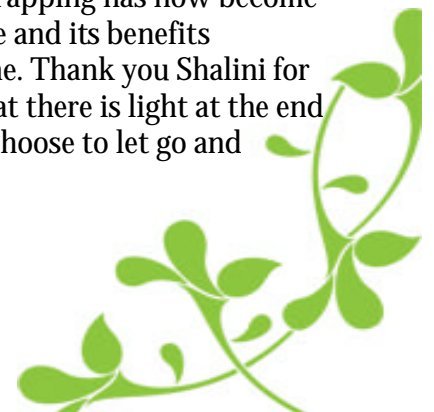
Testimonials

I have suffered from anxiety disorder for the past 15 years...something that has affected my business traveling and sometime jeopardized my career. I tried Shalini's EFT with a lot of skepticism at first, as it defies all logic....but it worked....and I was surprised at how amazingly calm I was when I travelled two days later, underground on the MRT or taking the lift to the 30th floor, when in the past, these issues were giving me a lot of stress, fear, and stomach tensions. It is amazingly simple and easy...and it works, and I look very much forward to doing it again...Thanks Shalini!

Nadim Xavier Salhani
Group Managing Director, Au Bon Pain,
Golden Donuts (Thailand)

My experience with EFT and with Shalini was a life-changing experience. I had been suffering from recurring lower back pain and other "mysterious" pains in my chest and ribcage that traditional medicine couldn't identify. After going through a session of EFT "tapping" my pains were almost completely gone. As I practiced the techniques she taught I was able to fully alleviate myself of the back pain and significantly reduce my ribcage/chest pain. Through Shalini's gentle guidance and intimate understanding of what I was experiencing I felt comfortable to let go of the many other negative emotions that were holding me back and thus causing my body to respond with pain. I feel so much freer and healthier. Tapping has now become a part of my daily life and its benefits continually amaze me. Thank you Shalini for helping me to see that there is light at the end of the tunnel if you choose to let go and follow the light!

Tracy Williams





Awaken Your Consciousness with Insight Meditation

Insight Meditation is a study of consciousness, which will help you to understand how the mind works. By learning about the mechanics and the overall system of consciousness, it gives you tremendous advantage when you use the knowledge to elevate your intelligence. Through practicing meditation and mindfulness, you will develop the skills needed to eliminate stress and experience deep inner peace. As you become skillful at being aware, your mind will begin to shift its consciousness to a higher state of expanded awareness. Here you get to experience your natural state of joy, inspiration, contentment, unconditional happiness, creativity, mental clarity, insight and wisdom.

You will learn how to remove the mental barrier, which is blocking you from experiencing your state of well being and let go of the negative emotions such as fear, hatred, anger, dissatisfaction, anxiety, frustration, depression, restlessness, boredom, guilt & shame.

You will gain insights and answers into such questions as

- Why we have conflicts
- Why we do harm to each other
- Why we are unsatisfied with ourselves or with others
- Why happiness seems to elude us
- Why we have negative emotions (stress)

You can use this training to:

- discover your passion and life purpose
- experience unlimited abundance due to unlimited mind
- create win-win situations
- expand your view and knowledge
- experience emotional balance, harmony and oneness
- gain insights and wisdom

During the Insight Meditation course at REVA Retreat, you will learn:

- how the mind works
- how the mind creates reality
- how to meditate and find a technique that suits your personality
- how the mind produces negative emotions and how you can let go of them
- how to transcend the ego (lower consciousness) and experience higher awareness
- how to completely be stress free for life

The meditation teacher will give guidance and hands-on training as students and teacher practice meditation and mindfulness together in a peaceful environment. Students are encouraged to give feedback and ask questions to make it a valuable experience.



About KP Pantoomano



K.P. was born in Thailand then immigrated to the United States when he was twelve and lived there for thirty years. At the age of thirty-seven, a profound spiritual awakening occurred and transformed his life. Since then, he has dedicated his life to studying and understanding human consciousness through the practice of "Insight Meditation". He combines neuroscience (scientific study of the nervous system) with spirituality (mindfulness training, which gives rise to insight and wisdom) to present a complete picture of consciousness.

"This knowledge can truly change society when everyone begins to understand how the mind works and starts the process of awakening to experience an intelligent state of consciousness, where the mind is in complete balance and no

longer experiences conflict. The future of our world is very bright indeed and the good news is we don't have to wait for it because we can have this experience of higher awareness right now - simply by learning how to shift our consciousness."

In Phoenix, Arizona he worked with individuals and small groups as a counselor and meditation teacher. He is now living in Thailand and spreading the message of inner peace.

For more details on KP's work and other testimonials, please visit
<http://www.stressfreesociety.org/>.

Testimonials

K.P. taught meditation at our professional workshop on how to become stress-free for life. Our group was impressed with his knowledge and teaching skills.

He explained the mental processing of consciousness and showed us how we can eliminate stress through being aware and learning how to relax the mind. He offered several meditation techniques and we all practiced together. Afterwards, we felt refreshed, calm and peaceful.

This mindfulness training can truly change our lives when we make this practice a part of our lifestyle.

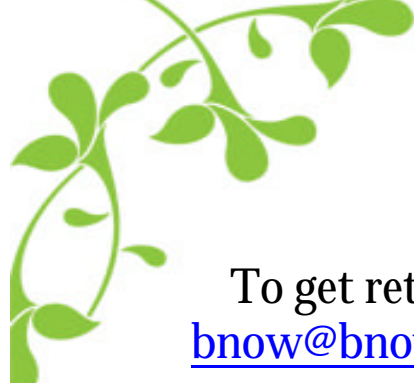
Jason Wong
President of National Association of Asian
American Professionals (NAAAP)
Phoenix, AZ USA

I have been practicing meditation for the most of my life and yet I'm still very superstitious and have fear & anxiety.

Recently, I met K.P. and he was able to help me with these problems. He showed me how the mind works. With new insight I'm now more aware of my consciousness and able to let go of my fear when it arises.

Khun Dao
Chiang Mai, Thailand





To get retreat schedule and package prices, please e-mail bnow@bnow.org. Prepayment for the retreat is required. We accept payment via bank transfer. For questions, please call Pacharee (Nui) at 089 139 6800. The alternative BNOW point of contact is Khun Ramon 085 920 1863.

For those wishing to car pool with instructors or other participants, please let us know and we'll be happy to arrange it. The retreat is limited to 12 participants. The retreat is kept small so each attendee can receive more attention and care during the workshops. To lock in your place, please book by e-mail bnow@bnow.org now.

For more information about the Marriott Resort & Spa, please [click here](#).

