



## Healing and self-healing techniques from the Realms of Spirit.

With Lou Bognon



**Thursday 20th to Sunday 23rd May 2010**

**A dolphin swim Retreat with Lou Bognon and Courtney Ward**

**A special journey to discover your spirit name.**

**Lou Bognon** is a gifted spiritual healer, dealing mostly with trauma and cancer in its terminal stages. The author of 4 successful books, Lou also carries deep insight into the conditions of our planet at present and how interconnected this is to our own healing.

**What is healing?**

A loving energy, holding the universe in place

*Healing is ...just another fancy word for Love...!*

Indeed – only Love heals and so in this very special and sacred four days in Mozambique Lou will be sharing with those of you who will be inspired to join, some of the techniques for healing, self and others, in a very intimate and ‘hands on’ way.

Of unique interest will be the “re-programming” and “spinning” techniques.

We will also be looking at how *Health is a constant state of wakefulness.*

Being healthy means being in a state of receptivity to the Loving-Healing energy that sustains all Life – all the time.

While learning and sharing healing techniques, – we will embark on a parallel journey where you will be guided in a very special and sacred journey to discover your sacred spirit name.

You are not your current body, personality and imaginings, nor are you your current name, your mind and possessions, job, titles and anything else we tend to cherish and hold on to, in our dimension...and even though you know who you are not, you do not yet know your identity...

Birthing your true identity, the sacred name you are known by in the Realms of Light – the name of your Soul, and the name that truly defines your uniqueness as a part of all that is.



[www.loubognon.com](http://www.loubognon.com)

**LOU BOGNON**

Lou grew up in Mozambique, where, as a child she was made aware of her gift of healing. She spent a good part of her childhood trying to help the volunteers of the local Red Cross camp, who often had to cope with hundreds of destitute and very sick rural people. It was this upbringing, which marked her soul forever and made her realize that she could - and would - make a difference in the world.

At seventeen, she became the Mozambican revolution's youngest teacher, and at nineteen she arrived in South Africa, where she has lived intermittently for the past thirty-three years.

*The Inner Voice*, Lou's internationally broadcast radio program, which she both produces and presents, in English and French is intended as being inspirational and educational and she regards it mainly as an extension of her global healing work. To listen, visit:

Lou also writes a regular column called: *From a Spiritual Perspective* for Biophile Magazine ([biophile.co.za](http://biophile.co.za)) and another column for The Ascension Times Magazine, called *Healing Words*. Lou runs a spiritual counseling and healing practice in Johannesburg but also travels all over the world, for her healing work.



**Courtney Ward** - 'Essentially a performer in the great arts of the divine', Courtney is a talented artist, actor and musician. She is especially gifted in her spontaneous ability to apply her artistic gifts and musical talents in a group dynamic in aid of personal transformation and creativity. Courtney has been exploring the powerful use of sound vibration healing for the past 12 years. It has taken her on a journey of shamanic sound discovery that lies within the seed core of us all.

For the past 10 years, Courtney has worked intensively with a pod of 200+ dolphins in Southern Mozambique as Halo Gaia's Owner and leading Dolphin Swim Facilitator . Through her intimate relations with the dolphins, her love of people and her exceptional musical skills, Courtney offers an extraordinary Dolphin Assisted Therapy program during our retreats. Her playful and spontaneous joy magnetically inspires and enthralls those around her.



**Rate per person sharing: R3800.00**  
**SINGLE supplement charge for accommodation alone**

**Includes:**

- 4x4 Transfers from the border to camp
- **Three** night's accommodation in tents on wooden decking, with mattresses and linen



- Snorkeling course & Code-of-conduct-with-dolphins de-briefing
- Three lunches to swim with the dolphins
- Full program presented by Lou Bognon & Courtney Ward
- Dolphin Tails and photographic memoirs e-mailed after the retreat

**Excludes:**

- Transport to the Mozambique border
- All meals; There is a restaurant to enjoy meals out or a self-catering facility available
- Drinks (except tea/coffee served in the dive camp)
- Snorkeling equipment
- Visa (ONLY for non-South African passport holders)



**ALL RATES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCE SUCH AS FUEL INCREASES ETC.**

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**BOOKINGS ARE CONFIRMED UPON RECEIVING A 50% DEPOSIT**  
**CONTACT [info@halogaia.com](mailto:info@halogaia.com) TO BOOK YOUR PLACE**

