

# THE HEART OF BEING

## Mini Retreat in Gozo

with Emina Musovic  
10th October 2024 -13th October 2024

*A deep dive into the  
Heart*



This invitation is for beings who long for a peaceful and harmonious life: a life filled with joy, love, and an effortless connectedness with each other. In these four days, we will explore together the depth of our Hearts.

We will enter the realm of deep listening and what it means to be present with yourself and others. We inquire together what happens when you start embracing all that is, without trying to fix or change it.

This deep acceptance of everything in and around us supports the letting go of all that no longer serves you and enables you to rest in your essence.

My role is to point out the limited beliefs that you might have and to make apparent the mental misunderstandings that distract you from dwelling in your Heart of Being. We witness together, in the group, the unfolding of an organic flow of everyone's unique beauty.

This is a deeply touching experience that connects beings through their Hearts. Beautiful meetings are formed in these moments of raw authenticity where all masks are shed and our essence shines through in all its innocence.

The Heart of Being Retreat is a safe place to just be yourself without any agenda or plan to be followed. The retreat is for sincere and honest beings who have an urge to find rest and love within.



During the retreat we will have a morning session, followed by lunch. We will then go for a walk or visit some lovely places on Gozo. The programme continues with an afternoon session until dinner is served.

The evening programme will be unfolding spontaneously according to the needs of the group. What you take home is the joy of discovering your inner most Heart; the joy of being present and in harmony with life.

Being able to listen to the inner guidance will lead you to more clarity, peace and a deep connectedness with everything around you.

## Programme

*SELF DISCOVERY IS A JOYFUL WAY BACK HOME*

The Heart of Being starts on Thursday the 10th in the afternoon and ends on Sunday the 13th in the afternoon. In these four days we will sit and look together at the beliefs and limitations that we might have, that hinder us from living in harmony with life.

These retreat days are an invitation to disintegrate old patterns and discover the depth of your Heart.

This retreat does not require any techniques or complex methods. Your presence and openness to discover the simplicity and beauty of yourself is all that is needed.

In this Interactive time together, everyone is encouraged to participate full-heartedly and to have the willingness to hold the space in self-responsibility.



## Location

*NAMASTE VALLEY FARMHOUSE  
GOZO*

The Retreat will take place in Gozo, a little Pearl in the Mediterranean Sea and one of the Maltese Islands.

We stay for four days in a beautiful Valley Farmhouse in Xaghra.

Our location with an amazing view will provide a peaceful atmosphere that allows us to relax and be present with each other.

In and around the location are various possibilities to find lodging that fits your budget.

# Retreat Schedule & Additional Information

*LOVE IS THE SPONTANEOUS INDWELLER  
OF YOUR HEART - PAPAJI*

- The Retreat starts on Thursday the 10th of October at 16:00hrs and closes Sunday the 13th of October at around 13:00hrs. During the day there are breaks at regular intervals;
- The meals that are offered are vegetarian. If you have any specific dietary requirements then please let us know beforehand so that we can decide together what to serve you. Water, tea, cookies and fruits are continuously available during the day;
- The Heart of Being is lead by Emina Musovic and assisted by Christine Harmer;
- Josh Nield of Asatoma - Conscious Food Choices, who cooks with so much love and dedication, will serve us with his amazing food for the Heart; we will all support the kitchen in preparation and clean up;
- Magali Onironautica will assist with her music from the heart;
- This mini-retreat is perfect to combine with a small holiday.

It is also possible to book a One to One session with Emina before the retreat for half of the usual One to One price.

These sessions will support you in getting more clarity on what to focus on during the retreat and assist the process that already takes place within the moment you decided to participate.



# Costs to join

## *REMOVE ALL IDEAS: THIS IS LOVE*

The cost to join the Heart of Being Mini-Retreat is EUR 380.

Included in this price is your participation in the Retreat, all activities, all the guidance during the four days and meals ( two lunches, three dinners and one breakfast).

Please note that breakfast is only served on the last day of the retreat.

Lodging is also NOT included, but you can contact us to help you find a nice place that fits your budget.

A Deposit of EUR 190 is required upon booking to secure your place.

### **Cancellation policy:**

Full refund 30 days before the start of the retreat.

50% refund of the retreat price two weeks before the start of the retreat,

No refunds after 26th September and the full price of the retreat is required.

# Contact & Booking Information

## *BE GRATEFUL....THAT IS THE FRAGRANCE OF LOVE*

For more information on the Heart of Being or to answer any questions that you might have, you can contact Christine Harmer at [cri.harmer@gmail.com](mailto:cri.harmer@gmail.com). Information about Emina Musovic can be found under [www.eminamusovic.com](http://www.eminamusovic.com).

Please note that the Event and Retreat page is a work in progress, however you can find more about Emina and her work on the Website.

More information on Asatoma – Conscious Food Choices can be found on their Instagram and facebook pages @asatoma.mt. You are welcome to share this information with anyone you think would benefit from participating.

With gratitude and Love,  
Emina

