



Taryn Edge

PROFESSIONAL SPEAKER | LIFE COACH |
MENTOR | INSTRUCTOR | ACCLAIMED
HEALER

MP, DIP FISA, INSTRUCTOR, CBI, BAT, CBP,
PARAMA BP

Over the past 17 years, Taryn has developed a very successful consciousness-based business in the personal growth, self-development and health, healing and well-being industry.

Taryn has developed a solid reputation as one of the country's foremost healers, teachers, coaches and mentors. She has assisted thousands of clients in South Africa reach miraculous states of improved mental, physical and emotional health and well-being. These astounding transformations have assisted individuals in achieving remarkable success in their personal lives and business careers. Taryn is globally renowned for her on-line coaching, various empowerment programs and retreats.

Alongside Taryn's passion for her on-line coaching, mentoring, healing and empowerment programs, is her passion in facilitating soulful and transformative retreats, healing meditation classes, courses and workshops in various destinations around the world.



Saturday 28th & Sunday 29th September 2019



Hakunamatata Lodge & Health Spa – click [here](#)



R8400 (All inclusive – Saturday night accommodation, all meals and a choice of either a Back, neck & shoulder massage or a Foot, leg & ankle massage)
Deposit R1000 today to secure your luxury chalet (limited chalets available)



Taryn Edge, ABSA Bank cheque account: 408 341 8464,
Branch Code: 632005
Reference No.: AugRetreat/Name



Contact your retreat coordinator Vanessa Crawford-Murphy on 082 820 4678 or vanessa@beyoubodytalk.com

Day 1 – Tranceformation Workshop

The Divinity system was developed by Taryn Edge in 2016 and encompasses a series of healing meditation strategy sessions aimed at boosting the individual's personal growth and self-development through a mindpower mindset workshop.

Through personal mastery, we can increase our awareness levels, objectivity, acuity, decision making skills, and time management.

“Many people are held back by limiting thoughts about who they are and all that they could be, but, what if you could break this chain and embrace challenges, criticisms and setbacks as a source of strength and growth? Think about all the possibilities that would suddenly open for you.



Benefits of This Retreat

PERSONAL

- Healing of physical pains, fatigue, sinus, foggy brains, emotional anxiety, stress or overwhelm.
- Compose the mind through inner stillness and calm.
- Develop a sense of serenity, reduce anxiety, stress and expand a sense of time.

BUSINESS

- Improved productivity (increased productivity = increased profitability)
- Reduce stress and anxiety levels to improve time-management.
- Improved awareness and attention to detail.
- Better decision-making skills
- Enhanced acuity
- Reduce absenteeism

According to world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., you can break free from limiting thoughts and open possibilities for success throughout your life, business, relationships and more. But it all starts with your mindset, she writes in her international bestselling book, *Mindset: The New Psychology of Success - How We Can Learn to Fulfill Our Potential.*"

Day 2 – BodyTalk Access Training

Course Overview

BodyTalk Access is designed to be used by any layperson or professional to bring about significant improvement in health using five simple techniques that can be learned in one day and implemented in 10 minutes. There is also a Fast Aid protocol that can be used during emergencies to rapidly speed up the healing process and reduce shock. BodyTalk Access is not only a great self-care tool, but it is an excellent health care tool that can be used at home, at work and in your community.

Course Description

The five energy medicine techniques that make up BodyTalk Access include: Cortices, to help improve right and left brain communication, Switching, to help decrease stress, Hydration, to help the body utilize water more efficiently, Body Chemistry, to help balance the immune system and Reciprocals, to help reestablish integrity of the body's structures, improve postural alignment, increase flexibility and circulation of fluids and energy. There is also a Fast Aid Protocol that can be used to support Standard First Aid procedures during emergencies to rapidly speed up the healing process and reduce shock.

Course Objectives

- Describe the origin, concepts and foundational principles of the BodyTalk System and the Access Program
- Describe the basic BodyTalk/Access balancing concepts
- Describe the focus and purpose of the Access Techniques
- Demonstrate 6 Access Techniques.
- Identify practical application with self and others

Assessment: All students will be shown how to do the Access techniques on themselves as well as on others. Supervised practice time is a large part of the course.