



Harmony for Body, Mind and Soul

# Weekend Yoga & Meditation Retreat

EMAIL: melbourne@yogaindailylife.org TELEPHONE: (03) 9427 0977

## Thank you for your interest for our weekend Yoga Retreat.

Within a relaxed and friendly atmosphere we aim to present a weekend that encompasses various aspects of Yoga and the means with which to incorporate these into our daily life.

The system of Yoga we teach is called *Yoga in Daily Life* which was developed by Paramhans Swami Maheshwarananda (Swamiji), an authentic Yoga Master who hails from a long lineage of great Indian Masters. We hope you will gain an insight into the essence of Yoga and find the inspiration to practice it regularly. Regular practice of Yoga & Meditation most definitely helps in achieving quality and purpose of life.

***This is an exclusive opportunity to deepen your practice with Swami Jasraj Puri, a long standing Australian luminary of the Yoga in Daily Life tradition. It is a special retreat for all who wish to explore yoga at greater depth. This retreat is recommended for people already practicing yoga. Not suited for beginners.***

Originally from Sydney, **Mahamandaleswar Swami Jasraj Puri** has been living in India since 1996. He now manages the Yoga in Daily Life ashram in Rajasthan, which includes a school of 1500 pupils, a hospital, an animal shelter and a research centre. In 2010, he became the first western Mahamandaleswar, one of the highest spiritual titles in India. A qualified Physiotherapist, he has devoted his life to social service and the study of the practical and philosophical aspects of Yoga. A highly respected and inspiring yogi whose immersion in the yogic life in India has contributed to his deep insight and experiences. With his western background we have the unique opportunity to learn from someone who can offer us these valuable ancient teachings in a modern and relevant context and a clear, down to earth manner.

### The weekend will include:

- Guided Meditation sessions
- Yoga Classes (gentle / intermediate / advanced levels on offer)
- Delicious & nutritious vegetarian meals by a qualified chef
- Saturday evening bonfire & stories
- Inspiring talks with Swami Jasraj Puri on the topics of yoga, meditation & practical philosophy for our daily lives
- Yoga Nidra - guided Deep Relaxation
- Nature Walks
- Free time in the beautiful nature
- Time by your self and some social time too

All meals at the Retreat are delicious, freshly prepared vegetarian fare! Please let us know when you book if you have any allergies and we will accommodate you.

**THE RETREAT VENUE** In the lovely Yarra Valley Candlebark Farm is in a very peaceful setting which provides you with an opportunity to experience the beauty and simplicity of the native bush. It is nestled on 100 acres of the treed foothills of the Yarra Ranges overlooking the beautiful Yarra Valley. There is a large carpeted hall for one of the yoga classes, all of the talks etc; and another room for the other yoga class (so there will be a choice of levels!).

The sleeping rooms are clean spacious basic bunk style bedrooms for 3 - 4 people, each room with its own bathroom. You must bring your own bedding & personal toiletries and towel. For the duration of the weekend the retreat is a strictly smoke and alcohol free zone. No drugs/alcohol are to be consumed on the premises.

### DATE

**Weekend Fri 4 – Sun 6 October 2013**

Registration 5 -7pm, Friday

Retreat closes 4pm Sunday

### COST

\$350 full \$295 concession

Includes all retreat programs, meals & accommodation

### VENUE

Candlebark Farm Retreat Centre

531 Healesville-Kooweerup Road Healesville

### DIRECTIONS

On receiving your payment we will forward receipt & venue information.

### TERMS & CONDITIONS – Please read carefully

#### PAYMENT

Yoga in Daily Life cannot guarantee or reserve a place until full payment is received.

#### CANCELLATION

If a cancellation is made up to 72 hours before the start of the retreat a transfer or refund of the total balance minus an administration fee of \$50 will be given. For any cancellations after this time the total balance is non-refundable. In extenuating circumstances an application (in writing) for transfer to another course will be considered at the discretion of the centre management. A \$50 administration fee applies to all refunds and/or transfers.

Alcohol, tobacco, recreational drugs, and non-vegetarian foodstuffs are not to be consumed or brought to the retreat venue. This of course means no smoking at the venue.

## REGISTRATION

**Your Details:** please write clearly

Name: \_\_\_\_\_ Please circle: male / female

Address \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Please advise level of yoga experience: \_\_\_\_\_

Please advise any food allergies/ intolerances: \_\_\_\_\_

Have you done a class /retreat with Yoga in Daily Life before? If Yes When? \_\_\_\_\_

If you have a **medical condition that we should know about**, such as high blood pressure, diabetes, depression, arthritis, or **special dietary requirements** please include a note with your registration form. The information will be kept confidential and will assist the retreat organisers and Yoga instructors to adapt the classes.

Please inform me of upcoming events using the email address I have given (✓)

We value your privacy. Your email address will not be given to a 3<sup>rd</sup> party. Our full privacy policy can be viewed at <http://www.yogaindailylife.org.au/privacy.htm>

**Payment Options:** Payment is required with the booking.

**Phone:** to use your Visa or Mastercard. Call us during office hours 9427 0977

**EFT:** Yoga in Daily Life ANZ Bank BSB 013412 ACC 353100429 with reference of *YOUR NAME* & "retreat".

Please note here the date you made the deposit \_\_\_\_\_

**Email:** fill in this form & email back. Or print this form, fill it in, scan or take a photo then email back. Or simply type your details into an email & forget about the form all together. Pay by credit card or EFT.

**I agree to the t & c's** (see on the first page). Please sign here: \_\_\_\_\_

*We will contact you to let you know we have received everything.*

**How did you find out about us?**

Classes? Internet search?

**Forward this registration form to:**

Yoga in Daily Life

**Email:** melbourne@yogaindailylife.org

**Phone:** (03) 9427 0977

**Post:** Yoga in Daily Life. Level 1, 8 Corsair St Richmond VIC 3121

We will email you a receipt confirmation and instructions on how to get to the retreat venue and what to bring.

**Some FEEDBACK from previous retreats ...**

- *Everything was GREAT!!! Thanks*
- *A beneficial break from the city to focus on the body and soul in nature. Nourishing, energising, good for body and soul!*
- *The yoga classes were amazing + loved the relaxation too. + also the food!! Oh and the panel discussion. 😊*
- *Enjoyable, relaxing, physically stimulating, spiritually stimulating! Especially the yoga sessions and deep relaxation. And the time to enjoy it over a whole weekend.*
- *The entire program was nourishing and enlightening and I got to spend the weekend with some great people.*
- *The program was terrific! I really enjoyed the meditation & yoga & found the talks very thought provoking. Amazing experience! The food was also just incredible – thank you.*
- *Absolutely loved it – it has improved my wellbeing and given me the motivation / resource to further my practice. Relaxing, reflective and recharging.*
- *Very easy going and welcoming.*
- *As I went last year I expected it would be fabulous ... and it was!*

