



Harmony for Body, Mind and Soul

New Year Yoga Retreat

Thank you for your interest in our New Year Yoga & Meditation Retreat at Otford Valley. This is the 4th year we have run this retreat. It's a really great way to see in the New Year!

Regain balance, harmony and good health within the beautiful surrounds of the Royal National Park and its Pristine Beaches. Feast on delicious meals based on Ayurvedic nutrition. The program will be lead by Yoga in Daily Life instructors, bringing together for you a wholistic and balanced program. Going on a retreat is different to going on a holiday. A retreat is about setting aside time to rest and nourish yourself physically, mentally, socially and spiritually. An opportunity to allow yourself to simply be, to stop running and doing, instead to retreat away from these stresses and relax!

At this retreat we aim to offer a balance of programs themed around balance, wellbeing and creating positive change. The mood will be relaxed and casual and you are welcome to do as much or as little as you like!

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.

THE RETREAT VENUE of Govinda Valley Retreat Centre is a lovely yogic retreat centre. The venue has a large, light-filled hall for practicing yoga, large dining hall, expansive gardens, bushwalks, close to the beach and recreation areas. Accommodation includes comfortable and clean shared dormitory style mostly with four beds per room and share bathrooms, limited number of twin share rooms with ensuites and the opportunity to bring your own tent and camp. Strictly smoke and alcohol free zone. No drugs/alcohol/recreational substances or non-vegetarian food are to be consumed on the premises. All meals are wholesome, delicious vegetarian fare based on Ayurvedic nutrition prepared fresh daily. You can expect cleanliness, spaciousness, grand views, clean coastal waters and privacy.

SAMPLE PROGRAM ALL INCLUDED IN THE COST

- the retreat begins with dinner on the first day
- daily guided Meditations
- Twice Daily Yoga Sessions
- All Delicious & Nutritious Vegetarian Meals
- the retreat closes with lunch on the final day
- daily guided Deep Relaxation sessions
- Bush Walks & Ocean Swims
- Time with others & time for yourself
- Inspiring talks / workshops
- New Years Eve bonfire

Massage & kinesiology will be available at an extra cost.

DATE

Friday 27 Dec – Wednesday 1 January 2014

Registration Friday 5pm

Dinner is at 6.30pm

Retreat closes after lunch on Wednesday

VENUE

Govinda Valley, Otford

1.10 hours south of SYDNEY centre

COST

Shared dormitory accommodation

\$995 per person

Twin room with ensuite (limited number available)

\$1295 per person

Camping accommodation (BYO tent)

\$740 per person

COST INCLUDES all yoga programs, meals, accommodation.

TERMS & CONDITIONS – Please read carefully

PAYMENT

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

CANCELLATION

Cancellations made before December 1st will be refunded minus a \$50 administration fee. Cancellations on or after this are non refundable and non transferable.

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.

P.T.O. for the REGISTRATION FORM ->

Registration Form New Year Yoga Retreat 2014

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 3rd party. Our full privacy policy can be viewed at <http://www.yogaindailylife.org.au/privacy.htm>

Payment Options: Payment is requested 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* & "NYR".

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? Friend? Newsletter? Been before?

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.