



Harmony for Body, Mind and Soul

Spring YOGA Retreat

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

Thank you for your interest for our weekend Yoga Retreat.

We have been offering this Spring Retreat for the past 5 years! Within a relaxed & 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.

This retreat is recommended for people already practicing yoga. Not suited for complete beginners.

As the season changes from winter to spring so to we can take this opportunity to gently open, stretch ourselves out and re-energise. This weekend away offers you the time and place to have some essential space for yourself to rest deeply, be away from the usual life distractions and business, to tune into your own wishes for your life and prepare for the growth that spring brings. With practice yoga can enrich, inform and illuminate everything you do. 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 the inspiration to practice it regularly.

The weekend atmosphere is relaxed and easy going.

At this retreat we are very please to announce that **Swami Madhuram Puri** will be joining us and leading some of the programs! Yeah! This will be his first time visiting Australia. Swami Madhuram has been studying and teaching Yoga and Meditation under the guidance of H.H. Paramhans Swami Maheshwarananda, for the past 12 years. His interest in what is called "Nada Yoga", the yoga path of sound, has seen Swami Madhuram use his musical skills playing bansuri (Indian bamboo flute) and chants for his own yoga practice as well as sharing it with others. He has previously organised concerts and chanting workshops around the UK, in Europe and India. And now it's our turn to benefit from his wonderful talents!

The Meditative music Swami Madhuram offers acts as a medium to help focus the listener's mind and gradually helps return the mind to its natural, peaceful state. This calm state of mind is an ideal space to let go of the many obstacles that prevent us from feeling happy, content and fulfilled.

The weekend includes:

- Meditation sessions guided by Swami Madhuram
- Inspiring sessions including a Nada Yoga workshop & Saturday evening Concert!
- Yoga Nidra - guided Deep Relaxation lead by Swami Madhuram with live music
- Yoga Classes (gentle & intermediate levels) lead by our local Yoga in Daily Life teachers
- Delicious freshly prepared vegetarian meals organised by a qualified chef
- Free time in the beautiful nature • Time by your self & some social time too • Nature walks
- Periods of silence • Massage is available at an extra cost.

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 2 - 3 people (not more than 4), 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 10 – Sun 12 October 2014

Registration 5 -7pm, Friday

Retreat closes 4pm Sunday

COST

\$350 full \$295 concession

10% discount for groups of 3 or more.

Includes all retreat programs, meals & shared 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 3rd 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 CBA Bank BSB 063165 ACC 10410772 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!*