

Surf Coast Cabins Anzac Weekend Retreat

with Deb Robertson and Vyv Mishra

Surf Coast Cabins, Airey's Inlet



5.00pm Friday 24th April - 3.00pm Sunday 26th April 2020

Reawakening Our Inner Harmony

In today's time of ever greater conflict we can feel helpless, not knowing what we can do to ease tensions globally or even locally. At heart, we all want to live in a harmonious world.

Being harmonious with others requires that we first attune the different facets of our being - body, breath, speech and mind - to reawaken the inner harmony that we may not have experienced (or remember) since childhood.

In this retreat, we will work gently on this process of attunement at the deepest level through the practice of asana, pranayama, Vedic chanting and silent meditation.

As we gradually settle into the harmony of our inner being over the course of the retreat, we will create a conducive atmosphere for our natural wisdom to become more accessible to us. This brings greater clarity, ease, peacefulness, joy, and spontaneous feelings of love and kindness for others and for our world. Our contribution to world peace!

Single Room \$630 / Twin share \$495pp

Earlybird by 3 April \$560.00

- *Two nights accommodation*
- *All meals provided* (please advise your specific dietary requirements)
- *Yoga, chanting and meditation practices*
- *Two experienced teachers*
- *Mats, blankets, bolsters, meditation cushions provided*

Bookings and Enquiries:

Deb Robertson

M: 0448 978 818

E: debyoga.au@gmail.com

Small group of 10 participants, filling fast!

\$180 non refundable deposit with booking by 3rd April.

Full payment by 20th April.

Your teachers, Vyv and Deb, have many years of practice and experience in their disciplines and will guide and support your journey inwards.



Deb Robertson

*Teacher & therapist in yoga & chant,
student of yoga & the Vedas.*



Vyv Mishra

*Meditation and yoga teacher,
student of Buddhism & yoga.*



DEB ROBERTSON
the gift of yoga