



True Spring Yoga and Meditation Retreat

Deepening your Practice

EXPLORE MOVEMENT AND STILLNESS, SOUND AND SILENCE

Surf Coast Cabins, 42 Hopkins Street, Airey's Inlet • Friday 25 – Sunday 27 November 2016



Whether you are a beginner or an established practitioner, this Retreat will deepen your connection to self and to others and strengthen your compassionate heart. Take care of the body through breath-centered movement, and lead the mind towards meditation – a wonderful preparation for the busyness of the approaching festive season.

Friday evening: there will be time to settle in after **arrival at 6pm** before coming together for a short practice before dinner followed by a relaxation session.

Saturday and Sunday: we deepen our exploration, greeting each day with an early morning Asana practice. Also on offer will be Yoga study, Pranayama, Chant in Asana, Meditation and Yoga Nidra each night before bed.

There will be plenty of time for companionship and the opportunity for walks, swims and relaxing before **finishing at 3pm on Sunday**.

Accommodation

Surf Coast Cabins are set in a bushland garden, backing on to a national park, just a 15-minute walk from Sunnymeade Beach and the Airey's shops. There are 8 x single rooms and 2 x twin share rooms, all with kitchen and bathroom facilities, a comfortable lounge and range fireplace. Our yoga and meditation room looks out over the bush.

Enjoy nourishing meals together; individual dietary requirements will be catered for.

Teacher

Deb Robertson, yoga teacher and yoga therapist in the tradition of Krishnamacharya, believes wholeheartedly in the healing potential of yoga and meditation, regardless of age, religious beliefs or physical limitations. She is experienced in adapting postures to individual needs, ensuring comfort and stability whatever your starting point.

Cost

\$480 early bird (\$410 twin share) with payment by **Monday 31 October 2016**

\$540 thereafter (\$460 twin share) with \$200 deposit and final payment by **Monday 14 November 2016**

Includes all classes, 2 nights accommodation and meals.

Now there is no distinction between
Meditation and the object –
All merged into one
Like salt and water

T. Krishnamacharya