



the **Lifeflow**  
meditation centre

# refresh!

Nurture and restore yourself  
with a Lifeflow retreat



## Moment to moment – discovering the beauty of life



Meditation provides a powerful tool to keep you grounded during life's busy-ness. More than just a technique that you learn while sitting still, it is an approach that you can apply everywhere – bringing you back to the present. It's like coming home: reconnecting with the richness of the feeling of your life, with the beauty of the present moment.

7 pm Fri 23 Mar–2 pm Sun 25 Mar  
\$440 / \$390 conc inc GST

## Blissful body, open heart, wise action



We often think that feeling good comes from people and things outside of ourselves. Meditation takes another tack: instead of trying to grab hold of more, you practise letting go. This allows you return to the natural bliss of your body: the wellspring of good feelings through your life. From here, your heart can open, leading to a deep sense of contentment – each moment fulfilling in itself. Wise, skilful action grows from the stillness of these moments.

7 pm Thu 19 Apr–2 pm Sun 22 Apr  
\$595 / \$535 conc inc GST

## Mindfulness in action – living now



We all know the feeling of being overwhelmed by our “to-do” lists and not being able to switch off. So much of our energy can go into making plans for the future and getting caught in the past that

we can end up not *living* our life fully, just running on autopilot. Using the skills of mindfulness you can learn to be kind to yourself, restore some calm and inner peace, and fully open to your life here and now.

7 pm Fri 18 May–2 pm Sun 20 May  
\$440 / \$390 conc inc GST

## Dark night of the soul

When facing change, we are facing the unknown, and this can lead to feelings of loss, meaningless and dissatisfaction. These can shake us to the core of our



being. Welcome to the Dark Night of the Soul! – that rite of passage which can occur at any stage of life, and can also lead to

fundamental realisations about our lives. On this retreat you can learn how meditation can help to make sense of this experience, and to open up to valuable insights about life.

7 pm Fri 1 Jun–2 pm Sun 3 Jun  
\$440 / \$390 conc inc GST

## Jumping in puddles – the joy of being

How long has it been since you've felt an abundance of joy, a sense of overflowing with life? Our 7-day retreat provides the ideal conditions to rediscover your natural,



joyful state. During the retreat there is time for deep rest and recovery, time to “do nothing”. Our body, in fact, is never “doing nothing” – retreat allows our energies to restore, and our mind to settle and clear of its own accord. Out of this calm and clarity a sense of joy naturally arises. Learn about this, how to cultivate it and how to rekindle it in your daily life.

11 am Sun 8 Jul–2 pm Sat 14 Jul  
\$885 / \$795 conc inc GST

## Early bird special – save 10%

Book and pay one month before each retreat starts and receive a 10% discount:

Weekend retreats: \$395 / \$350 inc GST  
3 night / 3 day: \$535 / \$480 inc GST  
7-day retreat: \$795 / \$715 inc GST

Scholarships – details on website.

## What happens on a Lifeflow retreat?

Lifeflow retreats provide a balanced mix of guided meditations, theory classes, deep relaxation and gentle yoga sessions.

Each day on retreat includes:

- 4-5 guided meditation sessions
- 2 theory classes
- a gentle 'stretch and breath' session
- a deep relaxation session.

There is also plenty of time to go for walks, soak up the country air, enjoy the ambience of the Tara Hills Retreat Centre, and rest.



Throughout the retreat there are also opportunities to reflect on the ideas and exercises presented, and learn how to apply these in your own life. At least two fully qualified teachers are available on each retreat if you would like any further individual guidance.

## Accommodation

Tara Hills Retreat Centre is designed to accommodate between 10-15 people on retreat. Comfortable single rooms are available in our purpose-built retreat building.



## Food

We provide wholesome, mainly vegetarian home-style meals, catering fully for breakfast, lunch, dinner and snacks in between. The culinary skills of our chefs are consistently praised by all!

## Do I need previous meditation experience?

No. Many people have had their first experience of meditation when on retreat. If you have been attending our courses in the city, then retreats provide an ideal way to take your meditation further.

## Why everyone loves being at Tara Hills

Tara Hills is set amongst the rolling hills, large gum trees and abundant bird life of peaceful Native Valley. It provides an ideal space for retreats: here you can open your senses to brilliant night skies, fresh air and expansive country vistas. It's easy to get to, yet provides the seclusion of being in a quiet corner of the countryside – about a 45-minute drive from Adelaide, just past Nairne in the Adelaide Hills.



## But don't just take our word for it . . .

"My weekend retreat at Tara hills will have to rate as one of the best holidays I have ever had . . . nothing that life throws at me at present can wipe away the smile on my face. Thank you, can't wait to come back."

"The food was fresh, healthy and delicious."

"I feel very rejuvenated and kind of 'slow' on the inside – I highly recommend it."

### Registration Form

– book early, places are limited!

Scholarships – see website for details.

**Bookings in person:** Enrolments may be made at our *Come and Try* session, or at any of our courses or retreats.

### Bookings by credit card over the phone:

Please ring 8379 9001 and have your card details handy (Visa or Mastercard).

Name: ..... Contact phone no.: .....

Address: ..... Postcode: .....

Email address: .....

Retreat name:..... Starting date: .....

Privacy: Any personal information you provide will not be disclosed to any other organisation or person.

PAYMENT:  Cheque/money order made payable to *The Lifeflow Meditation Centre*

OR:  Visa  Mastercard

Course fee (less any discounts): \$.....

Other products: ..... \$.....

Amount enclosed as payment: \$.....

Card number: \_ \_ \_ \_ \_

Card holder's name: .....

Expiry date: / Signature: .....

**Mail bookings:** Post completed form with credit card details or cheque/money order:  
8/259 Glen Osmond Rd  
Frewville SA 5063

**Concessions:** id required  
\* full time students  
\* Health Care Card

**Bookings & refunds:**  
\$100 deposit required to make a booking.  
14 days prior to retreat start, full payment is required & deposits become non refundable. \$25 admin fee applies to all refunds (unless retreat cancelled, then full refund applies). Unfortunately no refund if cancelling less than 7 days prior to start.

| For Lifeflow use only | Receipt # | Method of payment | Initial | Date |
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