

# refresh!



## Nurture and restore yourself with a Lifeflow retreat

the **Lifeflow**<sup>®</sup>  
meditation centre

July–November 2010

lifeflow.com.au



## Retreats for the second half of 2010

### Calm and clear: meditation for life – 7 day retreat



Explore deep states of calm, and also lighter states of balance accessible in everyday life. When balanced you are

better equipped to deal with some of life's challenges – negotiating conflicts, working with emotions and making decisions.

More info on our website

Sun 11 Jul–Sat 17 Jul

\$865/\$695 conc inc GST

**sold out**  
waitlist available

### Music as meditation

Music is the language of emotion, the language of feeling. It transports us out of the chattering mind and into a world of colour, passion and yearning; the highs and lows of emotional life. How does it work? Why is it so effective? During this weekend we will explore the links between music and emotion, and how Lifeflow meditation can provide a way of training our emotions.

7 pm Fri 10 Sep–2 pm Sun 12 Sep

\$440/\$350 conc inc GST

### Joy of being



Through meditation we can discover that we can take our emotional wellbeing into our own hands.

As our feelings are our own, we can do something about them! By using particular Lifeflow meditations you can learn to create a deep sense of happiness and ease. You can begin to nurture and sustain yourself emotionally, restoring the easily forgotten joy of being alive.

7 pm Fri 15 Oct–2 pm Sun 17 Oct

\$440/\$350 conc inc GST

### Riding the surfboard of life



Meditation is not about just sitting still! Life is full of changes and meditation is a

powerful tool for riding these changes skilfully. A time of change or transition is the time when you can make clear decisions about what direction you wish to take. From the small moments during the day when you decide what to do next, to the decisions which affect your whole life, meditation acts as the surfboard to rest on so that you can catch the moment of change.

7 pm Fri 12 Nov–2 pm Sun 14 Nov

\$440/\$350 conc inc GST

Visit [lifeflow.com.au](http://lifeflow.com.au) to find out more.

### Health and well-being



Is health just a physical concern or does the mind play into it as well? Our Western medical approach has focused

on treating health on a purely physical level. In contrast, the Eastern meditation traditions have always seen that the health of the mind is integral to the health of our body. During this weekend we will explore, through practical exercises, balancing the physical, emotional and mental aspects of our life and look at how balance is integral to maintaining our health.

7 pm Fri 13 Aug–2 pm Sun 15 Aug

\$440/\$350 conc inc GST

Save 10% ... if you book and pay for a retreat one month before it starts.

### Early bird special – save 10%

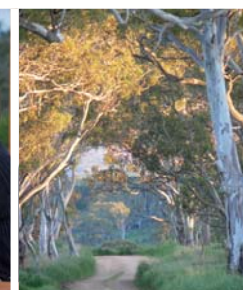
Book and pay one month before each retreat starts and receive a 10% discount:

**Weekend retreats: \$395 / \$315 inc GST**

**4 night / 4 day: 625/\$495 inc GST**

**7-day retreat: \$775/\$625 inc GST**

**Scholarships** – for full time students on weekend retreats – 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.

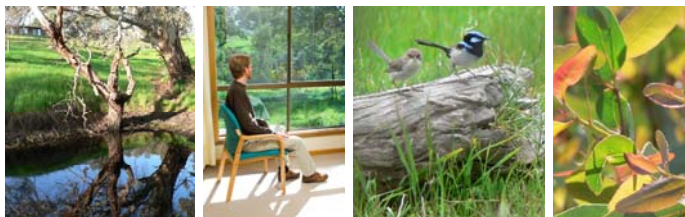
There is also plenty of time to go for walks, soak up the country air, enjoy the ambience of the Tara Hills Retreat Centre, and rest.



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!

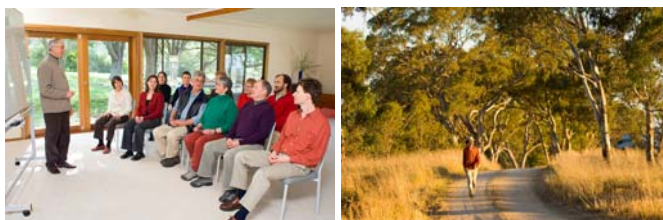
## Do I need previous meditation experience?

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". *Anna, Life Coach*

"The food was fresh, healthy and delicious". *Rachael*

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

### 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 8353 0000 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:

PO Box 10454  
Adelaide SA 5001

**Concessions:** id required

\* full time students  
\* Health Care Card

### Bookings & refunds:

Min deposit of \$50 per booking. Full payment is required 14 days prior to start. \$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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