

Registration and Information:

Please Mail Booking, Phone, or Email to:

Chris Chaplin

PO Box 123, Shoreham, Vic 3916

Phone: 0418 485 497

Email: crow.worc@abundance.org.au



Name

Address

Phone

E-mail



Payment:

Cheques payable to: **Chris Chaplin**

Direct Deposit to: A/c: **Chris Chaplin**

A/c #: 125951 BSB #: 802214

Reference: YMM_ (& your initials)

Dietary Requirements:

I am Vegetarian | Vegan | No Gluten | No Wheat
No Dairy | Eat Anything (please circle if YES)

Other:

About the Retreat:

- silence, stillness, slowness
- yoga at your level of ability
- daily mindfulness - being present to body, thoughts, emotions, energy
- meditation sessions with guidance
- Sunday Eucharist available
- All sessions are optional



Program:

Friday:

- 7.30 Introduction
- 8.00 Meditation

Saturday:

- 7.00 Yoga
- 9.00 Meditation
- 12.00 Meditation
- 3.00 Mindfulness Practice
- 6.00 Meditation
- 9.00 Meditation

Sunday:

- 3.00 Meditation
- 7.00 Yoga
- 9.00 Meditation
- 12.00 Meditation
- 3.00 Closing

Yoga, Meditation & Mindfulness Weekend Retreat



19 - 21 September, 2014

Wantirna South, Victoria

The Facilitators:

Carol Boulton & Chris Chaplin

practice yoga, meditation and mindfulness regularly, and are actively committed to their own personal growth and interior journey.

Carol has been practicing yoga from a young age, and is a qualified Instructor (2006) having trained intensively for three years at the *Shiva School of Meditation in Hatha Yoga*. She has been guiding others of all ages in the benefits of yoga for health and wellbeing and developing personalized practices for physical health issues for the past six years. "Yoga connects my ever present desire to share with others the significance of balancing body with mind and creating emotional, spiritual and mental harmony."

Carol is a practicing *Transpersonal & Emotional Release Counsellor*, and Supervisor.

Chris, an MSC priest, has taught meditation and mindfulness for 25 years.

His life is dedicated to living a slower pace with a contemplative attitude. He is a trained Spiritual Director (*SILOAM '94*), facilitates retreats and seminars, and is a member of the *Conference of Spiritual Directors*. He has a private practice as a Counsellor and Supervisor, and is a member of the *Association of Transpersonal & Emotional Release Counsellors Inc.*

See more <http://abundance.org.au/>.

Details:

Venue: 'House on the Hill'
Saint Paul Retreat Centre
7 Nortons Lane,
Wantirna South Vic 3152

Dates: Friday 19th – Sunday 21st
September, 2014

Time: arrive by 6pm Friday for dinner,
concludes 4pm Sunday

Cost: \$200 (incl. meals &
accommodation)

Bring with you:

- bedding - pair of sheets, pillow case and bath towel
- loose-fitting, comfortable clothing
- yoga mat if you have one, or blanket
- drawing book & crayons, journal



Bookings by: September 1st

Yoga:

- wake up
- breathing
- stretching
- connecting
- energising
- be in life with all of who I am, mind and body, feelings and spirit
- create a disposition for meditation and mindfulness



Meditation:

- the stilling of the mind through;
- sense withdrawal
- bodily awareness
- breath awareness
- simple observation of experience in the moment



Mindfulness:

- be present - here and now
- connect with myself at deeper levels
- grow in attentiveness to 'other', through attentiveness to myself
- get beneath thinking and rationalising
- get to layers of feeling and release
- ease anxiety, lessen reactivity
- be guided by the wisdom of a listening heart
- be centred, focussed, calm

