



**7 Day MEDITATION RETREAT 21 – 27<sup>th</sup> October 2017**

## ***Bringing Mind and Heart Together***

**Ruth and Ian Gawler with Liz Stilwell**

*Amidst the tranquil beauty of the Coromandel Peninsula*

*We hear so much these days of training the mind and using the power of the mind*

*But what about our heart?*

*A mind with no heart is cold and empty.*

*A mind with heart is warm, creative and full of potential.*

*Ready to learn how to use meditation and Guided Imagery to open your heart and bring balance to your mind? Join us for this very special retreat!*

- *Take time out from the busyness of everyday life for a life-changing holiday*
- *Slow down, reflect, contemplate – regain perspective, clarity, vitality, and balance*
- *Learn Imagery techniques that unite heart and mind, and guide personal change*

**Our annual New Zealand meditation retreat is both practical and regenerative, with excellent meals and optional yoga and Chi Gong**

**While there will be plenty of time for relaxation, mindfulness and meditation, the focus of the 2017 retreat will be Guided Imagery**

*This program is well suited to meditation teachers and health professionals seeking personal and professional development. Some health professional organisations may accept this program for Continuing Professional Development requirements. This program could be used by those applying for registration with Meditation Australasia.*

**Dates:** Saturday 21<sup>st</sup> to Friday 27<sup>th</sup> October 2017

**Venue:** Mana Retreat Centre, Coromandel, New Zealand [be@manaretreat.com](mailto:be@manaretreat.com) Tel +64 7 866 8972

**Register with Mana Retreat** at the online secure <http://www.manaretreat.com/users/register.php>

For more information on the retreat call Mana or +61 (0)417 869 938

For more information on Ruth and Ian Gawler : [www.iangawler.com](http://www.iangawler.com)