



# ***MIND and HEART***

**- reconnect with the essence**

## ***7 DAYS of MINDFULNESS and MEDITATION***

*All amidst the natural peace and beauty of the Upper Yarra Valley*

**with Ian and Ruth Gawler plus Julia Broome**

**March 2018 : Friday 23<sup>rd</sup> to Thursday 29<sup>th</sup> - Pre-Easter**

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

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

***Experience how mindfulness and meditation gently opens our heart  
and brings clarity, balance and joy to our mind.***

***Join us for this very special retreat!***

- **Slow down, reflect, contemplate – regain perspective, clarity, vitality, and balance**
- **Learn Imagery techniques that unite heart and mind, and guide personal change**

***Meditation in the Forest*** will be led by Drs Ian and Ruth Gawler. Based upon *Meditation - an In-Depth Guide*, it will be of medium intensity. There will be daily instruction from Ian, along with relaxation, mindfulness, meditation and contemplation practices guided by Ian and Ruth, mostly in 40 minute sessions. These will be interspersed with walking meditations, optional yoga and Feldenkrais, time for personal reflection and rest, along with great meals - high quality, organic vegetarian food will be served; much of the food coming from the Centre's gardens.

*Also, there will be good time for questions and discussion amidst like-minded people.*

**Ian Gawler OAM**, Founder of The Gawler Foundation, Ian has played a major role in pioneering and popularising meditation and other mind-body techniques in the Western world. A powerful advocate of a healthy lifestyle, Ian has authored six bestselling books. Known for his clarity and good humour, Ian has a gift for translating ancient wisdom into a modern, scientific context.

**Dr Ruth Gawler** is a GP with a special interest in Mind-Body Medicine. Ruth has a long-term interest in how the mind determines the choices we make, the reactions we have and the ways in which we process information and energy. Ruth believes that meditation is a way of getting to know your own mind and learning how to use it more effectively.

This retreat is well suited to all Health Professionals. Certificates of attendance will be provided for those who require them.

**Date:** 4 pm Friday 23<sup>rd</sup> March until 2 pm Thursday 29<sup>th</sup> March 2018.

**Venue:** The Yarra Valley Living Centre, 55 Rayner Court, Yarra Junction, Victoria, Australia

**Bookings:** The Gawler Foundation: +61 (3) 59 671 730