



# MEDITATION and the INNER JOURNEY

## A 5 DAY RESIDENTIAL PROGRAM

### Drs Ruth and Ian Gawler, with Julia Broome

June 2015: Monday 8<sup>th</sup> to Friday 12<sup>th</sup>

*For thousands of years, people have removed themselves from the busyness of daily life and entered into a retreat situation to meditate. Come, join like-minded people, be inspired, be renewed. Immerse yourself in meditation. Be guided, be nurtured.*

*Take the opportunity to reconnect with your own inner wisdom and the essence of who you really are.*

***This retreat brings together 2 powerful experiences -  
The deep natural peace of meditation, and a gentle process of introspection***

**Meditation and the Inner Journey** will be led by Drs Ian and Ruth Gawler. It will be a retreat of medium intensity. There will be daily instruction from Ian, along with regular mindfulness & meditation practice guided by Ian and Ruth. These sessions will be interspersed with walking meditations, optional yoga, time for personal reflection and rest, along with great meals - high quality, mainly organic vegetarian food will be served.

Also, you will be introduced to a guided imagery process that provides reliable access to your own inner wisdom. Many have found this process truly transformative. Ian and Ruth are actively involved throughout the whole retreat and there will be good time for questions and discussion - all amidst the natural beauty of the Upper Yarra Valley.

**Ian Gawler** OAM is a best-selling author who has played a major part in popularising meditation, Mind-Body Medicine and other self-help techniques in the Western World.

**Ruth Gawler** is a GP with a specialised interest in Mind-Body Medicine and psychology. Ruth is highly experienced as a group facilitator and as a yoga and meditation instructor and currently is the President of the Australian Meditation Teachers Association (ATMA).

*Together, Ian and Ruth have around 50 years of training and experience that you can draw upon.*



*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 ATMA.*

**Dates: 8<sup>th</sup> – 12<sup>th</sup> June 2015.** Arrive 12 - 1pm, lunch 1.15. Program content commences 2.30pm Monday 8<sup>th</sup> Program concludes at 2 pm after lunch Friday 12<sup>th</sup> June 2015

**Venue:** The Gawler Foundation's Yarra Valley Living Centre, Rayner Crt, Yarra Junction, Victoria. [www.gawler.org](http://www.gawler.org)

**Cost:** Dorm - \$1680 Twin share - \$1990

**BOOKINGS and ENQUIRIES:** The Gawler Foundation: +61 3 59671730 [www.gawler.org](http://www.gawler.org)