



MEDITATION under the LONG WHITE CLOUD

7 Day Meditation and Imagery Retreat with Ian and Ruth Gawler

October 2014 - Saturday 25th at 4pm to Friday 31st at 2pm

Attending a meditation retreat provides the unique opportunity to take time out from daily life, to slow down, draw breath, regain balance and experience a new level of inner peace and mental clarity.

Over the years, Drs Ian and Ruth Gawler have led many meditation retreats together. This is their second "Under the Long White Cloud" in the beautiful, natural, meditative space of Mana Retreat Centre, Coromandel, New Zealand.

- *Join like-minded people as you deepen your understanding and experience of relaxation, mindfulness and meditation.*
- *Be guided into the direct experience of inner peace and immerse yourself in it.*
- *Experience the additional benefits imagery provides as you learn and practise a structured series of reliable, guided exercises.*
- *Take the time to spend time with your self. Become reacquainted with who you really are.*

This retreat will be highly regenerative, offering a combination of relaxation, mindfulness and meditation instruction, along with free time for resting, personal practice and reflection.

Meditation under the Long White Cloud will be a retreat of medium intensity. Based upon 'Meditation - an In-Depth Guide', there will be daily instruction from Ian along with meditation and guided imagery sessions led by Ian and Ruth, mostly in 40 minutes sessions. These will be interspersed with walking meditations, optional yoga, Chi Gong and great meals - high quality, mainly organic vegetarian food will be served. 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 co-founded the world's first lifestyle-based cancer and multiple sclerosis self-help groups and 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. Meditation, she believes is a way of getting to know your own mind and learning how to use it more effectively. Ruth has been studying and practising meditation since 1975 and is currently on the Board of the Australian Meditation Teachers Association.

Dates: October 2014: Saturday 25th at 4pm to Friday 31st at 2pm

Venue: Mana Retreat Centre, Coromandel, New Zealand be@manaretreat.com Tel +64 7 866 8972

Cost: NZD\$1970 includes tuition, comfy, shared accommodation with linen, 3 vegetarian organic meals a day.

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

\$200 deposit reserves a place. Pay by a direct credit to bank account 0203 0403 120890 00 or Visa/MasterCard or mail a cheque. The balance may be paid on arrival.

From banks outside NZ: Bank of New Zealand (BNZ), Coromandel Branch, 5 Wharf Road, Coromandel, NZ,
Mana Account: 02 0304 0312089 000, Swift # BKNZ NZ22.

Cancellation 14 days or more prior to the event the deposit may be fully transferred to another event within 12 months or refunded less a \$50 admin fee; within 14 days of the event forfeits the deposit.

Massage and body therapies available as an optional extra -
<http://www.manaretreat.com/programme/healing-therapies.html>

Early booking is recommended as this retreat is likely to be fully booked

For more information on the retreat itself, or the Gawler's work: www.iangawler.com or call +61 (3) 59666130