



## MEDITATION in the DESERT

***The renowned 7day meditation retreat, followed by 3 days with senior Indigenous Australians***

Led by Ian and Ruth Gawler from **September 6<sup>th</sup> to 15<sup>th</sup> 2013**

*For thousands of years, deserts have been places of inspiration and renewal for those on the spiritual journey. Join like-minded people and share a unique experience in the Central Australian Desert. Immerse yourself in meditation, join in noble conversation amidst noble company, and take the opportunity to reconnect with the essence of who you really are.*

**Meditation in the Desert will begin with a welcome to country and an introduction to the local plants and their significance. To conclude, an extraordinary invitation to enter into the spirit of this land with its indigenous custodians. The experience of a lifetime.**

During the retreat itself, **Meditation in the Desert** will provide a combination of instruction and practice centering on relaxation, mindfulness and meditation. This will be supported by a guided tour through Buddhist psychology and how this form of mind training applies in a modern, busy secular world. There will be ample time for questions and discussion; along with free time for resting, personal practice, silence and reflection.

Meditation in the Desert will be led by Drs Ian and Ruth Gawler. Based upon 'Meditation - an In-Depth Guide', it will be of medium intensity with 4-5 hours meditation practice per day, mostly in 40 minutes sessions and interspersed with walking meditations, optional yoga and great meals!

**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. 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 has been meditating since 1975 and is currently on the Board of the Australian Meditation Teachers Association.

Ian and Ruth have co-facilitated many meditation retreats together.

**Date:** **September, Friday 6th** at 5pm to **Sunday 15th** at 4pm, 2013.

**Venue:** Hamilton Downs, Alice Springs – looking out over the Western MacDonnell Ranges. This is a remote location and as such basic good health is a pre-requisite to attend.

**Departure and return point:** A hotel in Alice Springs that is to be decided.

**Cost:** Non-refundable deposit \$200. Early bird by March 31<sup>st</sup> \$1850, Full payment \$1970 due July 31<sup>st</sup>. Includes bus transport Alice Springs - Hamilton Downs (app 1½ hrs each way), the retreat, very basic bunk style accommodation and complementary use of a swag, high quality vegetarian meals and indigenous content.

**Full Details, Enquiries and Bookings:** Visit [www.iangawler.com](http://www.iangawler.com) or call +61 (3) 59666130

**Add on Tour:** Many people take the opportunity to visit other places of significance when they come to the Central Desert. We have arranged a specific post retreat tour with Remote Tours that needs to be booked directly with them. Details: [http://www.iangawler.com/pdf/4\\_Day\\_Tour-Flier\\_FP.pdf](http://www.iangawler.com/pdf/4_Day_Tour-Flier_FP.pdf)