



MEDITATION in the FOREST

Experience deep natural peace - amidst the majestic forests of the Upper Yarra Valley

7 Day Meditation and Contemplation Retreat with Ian and Ruth Gawler plus Julia Broome

Pre-Easter: **April 2017** : Friday 7th from 4pm to Thursday 13th at 2pm

- . *Take time out from the busyness of everyday life*
- . *Slow down, reflect, contemplate - regenerate*
- . *Regain perspective, vitality, balance and clarity*
- . *Deepen your understanding and experience of relaxation, mindfulness and meditation*
- . *Learn and practice contemplation – the pathway to insight and genuine, dependable intuition*

This year there will be a focus on the practice of contemplation. You will learn how to think things through, how to overcome confusion, how to develop clarity and certainty in decision making, and more - how to access insight, intuition and inner wisdom in a predictable and reliable way.

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, and specific sessions for health professionals.

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. Ruth believes that meditation 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 the President of the Meditation Association of Australia.

This retreat is well suited to all Health Professionals. Certificates of attendance will be provided for those who require them. This retreat qualifies to be included in applications to join the Meditation Association of Australia.

Date: 4 pm Friday 7th April until 2 pm Thursday 13th April 2017.

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

Bookings: The Gawler Foundation: +61 (3) 59671730