

# **Reconnecting with Ourselves**

## **Bringing Together Mind, Body and Heart**

with Drs Ruth and Ian Gawler

3 - 9 December 2018

The Yarra Valley Living Centre  
Victoria, Australia

*An opportunity to take time out and deeply re-connect with yourself through a nourishing and rejuvenating week of mindfulness, meditation and healthy nutrition. Enjoy deep rest, guided meditation sessions, delicious revitalising vegetarian food  
Time and space to relax in a beautiful natural environment.*

Drs Ruth and Ian Gawler, with the support of Julia Broome and Emma Houston, will assist you to take the time you need to -

- Reconnect with the whole of yourself and nurture mind, body and heart.
- To deeply relax and reboot.
- Explore how to develop a healthier relationship with your thoughts and emotions and to find more ease, kindness and gentleness for yourself.
- Access your own inner wisdom through evidence-based techniques.
- Give yourself the opportunity to be cared for and supported in the conducive environment of the Yarra Valley Living Centre.
- Learn more about and actually experience the meaning of genuine self-love and compassion

Each day will consist of sessions of understanding through guided meditation and contemplation practice, along with opportunities to ask questions and have discussions. Optional sessions of mindful movement through Yoga, Feldenkrais, Mindfulness Walking and Wu Tao dance will also be integrated into the daily schedule.

We will also nourish ourselves with periods of silence and will be treated to fresh juices and beautifully presented gourmet whole-food plant-based meals to revitalise and regenerate ourselves.

There will also be plenty of time to relax, get a massage, personal body therapy or to just enjoy being away from it all in nature.

**Dr Ruth Gawler** (MB BS MGP Psych)

Ruth has an openness, directness and authenticity that have endeared her to many. She has worked and studied for over 17 years with her husband Ian Gawler in programs and meditation retreats around Australia and New Zealand. Past president of Meditation Australia, Ruth was on their Board for 8 years and played a significant role in bringing to reality their vision of integrating mindfulness and meditation into everyday life. A GP with post-graduate training in psychiatry, Ruth has a special interest in Mind-Body Medicine and what helps people to heal - physically, emotionally, socially and spiritually. Ruth's regular personal study and practice of yoga and meditation over 35 years informs many of her ways in assisting people to open their awareness, connect with body, deeply relax and integrate their whole being.

**Dr Ian Gawler** (OAM BVSc MCounSHS)

Ian has played a major role in pioneering and popularising meditation and other mindbody techniques in the Western world. A powerful advocate of a healthy lifestyle, Ian has appeared and spoken widely in the media and presented at many major conferences. Ian began his working life as a veterinarian, then in 1975 he had his right leg amputated due to bone cancer. The cancer recurred later that year and utilizing a wide range of treatment modalities and self-help options, Ian survived against the odds.

Ian has authored six bestselling books, including the internationally acclaimed *You Can Conquer Cancer* that has been translated into 14 languages. He regularly blogs on *Out on a Limb* communicating current research in therapeutic meditation, nutrition and integrative medicine. He has a gift for translating ancient wisdom into a modern world and has helped countless people to regain their health and incorporate meditation into their lives.

Ian announced he was retiring from leading retreats earlier in 2018, however, he has agreed to help Ruth on this retreat given Kimberly Poppe cancelled.

Bookings: The Yarra Valley Living Centre in Australia 1300 651 211 and overseas +61 3 59671730 (normal business hours) or [info@gawler.org](mailto:info@gawler.org)