

## **MEDITATION IN THE FOREST**

**Saturday 22<sup>nd</sup> to Friday 28<sup>th</sup> June, 2024**

**With Ian and Ruth Gawler**



**Supported by Melissa Borich and Sandy Clinton**

It is back! After COVID, lock downs, so many ups and downs...  
Join us for the very popular *Meditation in the Forest* 7 day retreat



Relax. Immerse yourself in the natural beauty of the Yarra Valley  
Big trees, fresh air, beautiful grounds, the Little Yarra River, a sublime meditation sanctuary;  
all combine to create an environment that supports meditation and makes it almost effortless

**You can simply let go, and let be...**



At the same time, be cared for with delicious plant-based food and plenty of free time.  
Be reminded of the theory and practice around meditation as Ian teaches in depth on relaxation, mindfulness, awareness and stillness. Experience the inherent joy and love that flows from the depths of meditation; those depths that can be reliably reached when we take time out, let go of day-to-day activity, and rest in deep, natural peace.

**TIMES:** Saturday 22<sup>nd</sup> June starting at 11am to 2pm Friday 28<sup>th</sup> June (after lunch) 2024

**VENUE:** The Yarra Valley Living Centre, 55 Rayner Crt, Yarra Junction, Victoria, Australia

**ADDITIONAL INFORMATION** is available via [this LINK](#)

**How to apply**

1. We would like to ensure that this retreat is a good fit for you. So we ask you to first contact our Retreat Manager, Sandy Clinton and express your interest via [sandy@insighthealth.com.au](mailto:sandy@insighthealth.com.au) or call 0432 240 427.  
Sandy will reply with more details and forward our Application Form.
2. Once Sandy has received your completed application, she will arrange a short phone conversation to clarify what the retreat offers, discuss your needs, answer any questions and ensure the retreat is suitable.
3. Once accepted for the retreat, you pay a deposit or full fee to reserve your place.
4. Full payment is due 3 weeks prior to the commencement of your training.