



# MEDITATION - PURE and SIMPLE

with **Dr Ruth Gawler and Julia Broome**

**SEPTEMBER 2018 – Monday 10<sup>th</sup> to Friday 14<sup>th</sup>**

*Experience being more at ease with yourself and your feelings,  
the connectedness and clarity of mindfulness,  
and profound relaxation into stillness.*

## Using the techniques for healing meditations taught by Ainslie Meares and Ian Gawler

Having been taught these methods for over 20 years, Ruth and Julia are bringing them to you to find a new level of clarity, contentment, and health. All this is possible when we immerse ourselves in the deep inner peace of our own relaxed stillness. This process will be enhanced by being in the majestic forests of the Upper Yarra Valley, along with support from the staff and amenities at the Gawler Foundation's Living Centre.

## There will be experiential guided sessions each day

Ruth teaches with an openness and authenticity that has endeared her to many. The content will be accessible to beginners as well as more experienced meditators.

## Explore how deep relaxation enhances mindfulness and meditation

Combine deep relaxation techniques and mindfulness meditation to release the stress we carry in our bodies in this busy and complex modern world. Ideal for healing, rejuvenation and opening our awareness.

*While this retreat will be highly instructional and guided, the program will also be spacious and provide an extraordinary opportunity for real rest and regeneration.*

**Meditation Pure and Simple** will be based upon *Meditation - an In-Depth Guide* and will be of medium intensity. There will be daily instruction along with guided meditation practice, 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, (mostly) organic delicious vegetarian food will be served and fresh juices provided each day. Optional massage and body therapies. There will be some silent periods, along with good time for questions and discussion.

**Dr Ruth Gawler (MBBS MGP Psych)** Ruth's regular personal study and practice of yoga, medicine and meditation for over 35 years informs her ways of assisting people to open their awareness, deepen their self-understanding and transform their own lived-experience - in order to enhance fundamental good health and profound wellbeing.

She has worked and studied for over 17 years with her husband Ian Gawler and is past President of Meditation Australia. As a General Practitioner with a Masters in psychiatry, Ruth has a special interest in Mind-Body Medicine and what can unleash our hidden potential for integration and recovery.

**Julia Broome (Dip Physio, Certified Feldenkrais practitioner)** An experienced meditation practitioner and teacher, Julia has worked with Ruth for many years. She has extensive experience assisting those with chronic pain and movement difficulties, as well as improving capacity and satisfaction for those in creative pursuits including their work.

**Dates** September 2018 - Starting Monday 10<sup>th</sup> at 11am, finishing Friday 14th at 2pm (after lunch)

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

**Bookings and Inquiries** **The Gawler Foundation** [ClientServices@gawler.org](mailto:ClientServices@gawler.org) and 1300 651 211 - Call Mon-Fri 9-5pm

This retreat is well suited to all Health Professionals. Certificates of attendance will be provided upon request.

**For more detail on Ruth Gawler:** [www.iangawler.com](http://www.iangawler.com)