

Ashram Weekend Retreat

November 17th–19th 2017



Revitalise your spirit with a weekend of traditional Indian yoga practices. You'll be able to engage yourself fully in the energies of chanting, meditation, yoga philosophy, and seva, or service. Join Cathie McGill & Swami Dayananda on a total immersion weekend as taught in yoga ashrams. By looking inside and quieting the mind you'll be able to recharge and replenish. Plus yoga sessions to open and strengthen your Body-Mind-Spirit and Heart. So if you are ready for some insights and self-nurturing, this retreat is for you. Come join us!

What others have said about the Retreats: "I found the retreat was an invaluable opportunity to step out of the daily distractions of everyday life and practise mindfulness and Yoga for an extended period. This was both profound and rejuvenating. I came away from the retreat with a sense of connectedness to myself, to others and to the natural environment (that I want to hang on to for as long as I can!)." Margaret C.

"For me the weekend was a very moving and informative time that has certainly filled in a lot of spaces in my personal search." Leanne

"Even though we were only hour & half away from home, it felt like I was across the other side of the world. Special thanks to everyone I was fortunate to have met and shared this experience with. You all have touched a special part of my soul. To all who a thinking about going to future retreat, don't think just do it!! I promise you it will shift you in the right direction." Virginia

Location Details: Lokananda Retreat Centre

Time – from 5pm Friday 17th November, Finishing 3pm Sunday 19th

Cost per person includes all meals, programmes and shared accommodation:

\$450.00 / \$395.00 Pay by 17th October

To Register, www.trybooking.com/312682

contact info@spiritofyoga.com.au/www.spiritofyoga.com.au

www.lokananda.com.au Phone 0418 811 747

The weekend programme includes:

Daily Yoga practices

Deep Meditation sessions

Guided Insight Meditation

Teachings from the yoga classics: Bhagavad Gita, the Upanishads, Yoga Sutras

Chanting

Contemplations while walking the labyrinth

Personal time to relax in the garden

Delicious homemade vegan food with Indian specialities



Cathie & Nancy have extensive experience in Yoga and its associated practises and welcome new and experienced people to join them on this special weekend

