

Coolum Beach Weekend Retreat

TELEPHONE: (07) 3252 2550 FAX: (07) 3252 3550

Thank you for your interest in our weekend Retreat at Coolum Beach.

Within a relaxed and friendly atmosphere we aim to present a weekend that encompasses all aspects of Yoga and the means with which to incorporate these into our daily life.

The system of Yoga we teach is called **Yoga in Daily Life** which was developed by *Paramhans Swami Maheshwarananda (Swamiji)*, an authentic Yoga Master who hails from a long lineage of great Indian Masters. Therefore, the Yoga presented by the qualified *Yoga in Daily Life* instructors this weekend emanates from a true and authentic source. We hope you will gain an insight into the true essence of Yoga and find the inspiration to practice it regularly. Regular practice of Yoga & Meditation most definitely helps in achieving quality and purpose of life.

YOGA is more than just physical stretching exercises. The Yoga Asanas, Breathing Exercises, Relaxation Techniques and Meditation are all part of the one whole, which is Yoga. The techniques are inter-related and when practiced together, bestow abundant health, happiness and self-confidence.

The Yoga Asanas are a combination of exercises that relax, energise and rejuvenate the whole body. Both the gentle and the more dynamic movements help to relieve muscular tension and discomfort. Yoga Asanas keep the body flexible and increase joint and spine mobility. Complete beginners are encouraged to attend our Retreats, as are those who have previous Yoga experience.

MEDITATION is a practical means to attain *peace of mind*. In the practice of Meditation we learn to move beyond mundane content of thought to deeper levels of the psyche, accessing that deep well-spring of inner peace inherent within each human being. Through Meditation we learn how to consciously bring stillness and tranquillity to an otherwise restless and overactive mind. The result is a natural sense of peace and a clear-thinking mind - better able to deal with life's demanding situations.

THE RETREAT VENUE The Luther Heights Center situated in an elevated position with panoramic views extending over the ocean on three sides, and to Mount Coolum and the Maroochy Valley on the other. Experience the beauty and freshness of the beach in the early mornings. It is set on 15 hectares of sub-tropical bush and parklands just 1.5 kilometres south of Coolum Beach on the David Low Way.

The retreat venue comprises share accommodation with bunk beds and shared bathroom facilities. You must bring your own bedding (Pillows, sheets & sleeping bags etc.) & personal toiletries and towel. For the duration of the weekend the retreat is a strictly smoke and alcohol free zone. No drugs/alcohol are to be consumed on the premises.

A Sample Daily Program

- Early morning Meditation
- Yoga Class & Breath Techniques
- Breakfast
- Interactive Lecture
- Beach Walk
- Fresh & Nutritious Vegetarian Lunch
- Yoga Nidra - a yogic guide to Deep Relaxation
- Yoga Class *or* Beach Walk
- Dinner
- *Evening Program* – Lecture or other program
- *Sunday program* is similar, closing with lunch

P.T.O. for REGISTRATION FORM ->

Date

**Weekend Fri-Sun, August 22nd-24th.
Registration 6.30-8pm, Friday
Retreat closes after lunch Sunday.**

Cost

\$265/\$230 concession
Includes all retreat programs, meals & accommodation

Venue

Luther Heights Youth Centre
David Low Way Coolum Beach
✂

Directions

On receiving your payment we will
forward receipt & venue information.

**REGISTRATION FORM
Coolum Beach Weekend Retreat**

NAME: _____ (please circle M/F)

WITH FRIEND / PARTNER (circle) _____ (please circle M/F)

ADDRESS: _____

TELEPHONE: _____

EMAIL: _____ EMAIL ME FOR UPCOMING EVENTS (PLEASE TICK)

We value your privacy. Your email address will not be given to a 3rd party. Our full privacy policy can be viewed at <http://www.yogaindailylife.org.au/privacy.htm>

PLEASE ADVISE LEVEL OF YOGA EXPERIENCE

- ABSOLUTE BEGINNER MORE THAN 10 CLASSES MORE THAN 50 CLASSES

Visa/MasterCard/Bankcard/Cheque

CREDIT CARD NUMBER : _____ EXPIRY DATE: ____/____/____

*Please find enclosed full payment / final details (for Telephone/Fax bookings) to secure my/our place at the above Retreat.
I/we hereby sign in agreement with the below terms & conditions.*

AMOUNT ENCLOSED: _____ SIGNATURE: _____

If paying by credit card or cheque please write amount here

How did you find out about this retreat? Friend Newspaper Leaflet/Poster/Letterbox (please circle)

Yellow Pages Book / On-line (please circle) Website: _____ Other _____

TERMS & CONDITIONS – Please read carefully

PAYMENT

Yoga in Daily Life cannot guarantee or reserve a place until full payment is received.

CANCELLATION

If a cancellation is made up to 72 hours before the start of the course a transfer or refund of the total balance minus an administration fee of \$30 will be given. For any cancellations after this time the total balance is non-refundable. In extenuating circumstances an application (in writing) for transfer to another course will be considered at the discretion of the centre management. A \$30 administration fee applies to all refunds and/or transfers.

Alcohol, tobacco, recreational drugs, and non-vegetarian foodstuffs are not to be consumed or brought to the venue. This of course means no smoking at the venue.

Forward this Registration Form to the Australian Association of Yoga in Daily Life, **46 Doggett St, Fortitude Valley Qld 4006**. We will mail you a receipt and instructions on how to get to the retreat venue and what to bring. If you have a **medical condition that we should know about**, such as high blood pressure, diabetes, depression, arthritis, or **special dietary requirements** please include a note with your registration form. The information will be kept confidential and will assist the retreat organisers and Yoga instructors to adapt the classes.