



Body Awakenings
yoga • pilates • massage

Awaken Your Body and Get Healthy & Active

Yoga & Health Retreat 19-21 February 2010

Cost: \$350 includes 2 nights share accommodation, breakfasts, lunches & dinners, daily yoga, talks and activities. Ayurvedic Cooking class is an optional extra – please enquire if interested.

Where: Govinda Valley Spiritual Retreat – near Otford
<http://www.govindavalley.com.au>

All fitness levels and age groups, including prenatal, welcome!

Deposits of \$150 required by 15th December 2009

Accommodation

The rooms at Govinda's are shared - there are 4 bed & 6 bed rooms. Please let us know at the time of your booking if there is someone else you would like to share a room with.

What to bring

You will be provided with a bed sheet and pillow. Please bring your own sleeping bag or duna and pillowcase. You will also need wet weather gear, outdoor clothing for evenings, towel, light clothing for during the day, meditation blanket optional, torch, sun block, water bottle, insect repellent, pen and paper, medication, supplements, toiletries, anything else you need for a weekend of fun. Although meals are included we encourage you to bring snacks in case you get hungry between meals.

Health talk topics

There is an endless list of health topics that we could talk about. Here is a list of popular topics, but please list any others that you are especially interested in. If we get enough people interested in a certain topic we will do a talk on it. If we don't have time to do a whole talk on a topic, we will try to give a handout on the ones that we missed that people were interested in. Please check those topics that you would like to hear more about:

- | | |
|---|--|
| <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> A basic healthy diet |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Arthritis |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Allergies |
| <input type="checkbox"/> Irritable bowel disease/syndrome | <input type="checkbox"/> Staying healthy while traveling |
| <input type="checkbox"/> Understanding fats | |
| <input type="checkbox"/> Other _____ | |

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Schedule

All activities are optional but we encourage you to take part in everything you find interesting. Here is a tentative schedule although this may change depending on interest and availability. Weather will not be a factor in the bushwalking. We go rain or shine!

Friday	Arrival – 5pm	Check in.
	5-6pm	Yoga class
	7pm	Dinner time
	7.30-8pm onwards	Evening activity Meditation
Saturday	7-8am	Yoga class
	8.30-9am	Breakfast
	9.30am-11:00	Bushwalking
	11:00-1:00pm	Health talks
	1-1.30pm	Lunch
	1.30-3.30pm	Free time
	3.30-4.30pm	Optional activities
	4.30-5.30pm	Yoga
	6-7pm	Optional extra - cooking class
	7-7.30pm	Dinner
	7.30-8pm onwards	Social time around Camp Fire
Sunday	7-8am	Yoga class
	8.30-9am	Breakfast
	9.30-10am	Talk on Healthy eating
	10-10.30am	Meditation
	10.30-11.15am	Vishpashna – walking silent meditation
	11.15-12pm	Reflection time – creative exercise
	1-1.30pm	Lunch
	1.30-3pm	Activity then Departure