

# “FRESH START”

# YOGA RETREAT 2012

WITH ANDREW MOURNEHIS  
“THE YEAR OF THE WATER DRAGON FOR  
PERSONAL POWER AND CREATIVE  
MANIFESTATION”

FRIDAY 20<sup>TH</sup> - SUNDAY 22<sup>ND</sup> JAN 2012



WERE YOU BORN IN THE YEAR OF THE DRAGON OR KNOW  
SOMEONE WHO IS?  
WOULD YOU LIKE TO CREATE A MAGICAL INSPIRING LIFE  
FOR YOURSELF & FOR OTHERS?

## ARE YOU READY FOR A FRESH START AND A YEAR OF GREAT PERSONAL POWER AND CREATIVE MANIFESTATION?

Can you think of a more perfect way to begin your New Year, and in particular the Chinese New Year of the Water Dragon, than a 3-day/ 2-night yoga retreat in the lush valleys of Healesville? Amongst soothing trees, open spaces of green and a wonderful hilltop to climb. Awaken to nature's morning symphony...breathe, stretch, relax, renew...swing in the afternoon breeze whilst listening to the wildlife calling you to your evening relaxation and yoga practice

During morning and afternoon workshops we will create our very own vision and manifestation boards filled with our dreams and aspirations and watch as they miraculously one by one become true and come to life.

Consider a weekend of quiet, stillness, imagination, artistic expression, playfulness, inventiveness, and personal time to Be.



Come indulge yourself on this beautiful, joyful and tranquil weekend away. Start your year afresh with daily Yoga Practice, Meditation, Nature Walks, Creative Writing, Drawing and Fresh Start Workshops.  
...a truly transformative weekend away...

**Venue:** Maitripa Contemplative Centre (Newly Renovated)  
528 Myers Rd, Healesville 3777  
(Melway 270C1)

**Date:** Friday 20<sup>th</sup> Jan – Sunday 22<sup>nd</sup> Jan 2012

**Investment:** \$450 Early Bird Registration paid by Friday 23<sup>rd</sup> Dec 2012

Inclusive of 2 nights accommodation, All Yoga classes from Friday evening to Sunday noon, Meditations, 3 Workshops and Workshop materials,  
ALL meals from Friday Dinner to Sunday Lunch.

(Non Refundable Deposit of \$150 upon Reg/ Balance for Early Bird by Friday 23<sup>rd</sup> Dec)  
\$495 Full Rate after 23<sup>rd</sup> Dec 2012

**Numbers are limited so early expressions of interest are advised**  
**For Registration please**

**Contact:** Andrew Mournhis

**Ph:** 0418121468 (mob) or **E mail:** amournhis@divinegrace.com.au

**www.divinegrace.com.au**

# ABOUT THE RETREAT LOCATION

**Maitripa Contemplative Centre Ph: 59626167**

**Maitripa** is the retreat centre for the Kagyu-E-Vam Buddhist Institute, set amongst the rolling hills in Healesville. Having just been newly renovated with new rooms, it's a great place to relax, unwind and enjoy getting in touch with nature in a peaceful setting.

A place where you can simply Be.

We will be the only group using the centre for the weekend but there are a few residents who will be around, so mindfulness of their home space would be greatly appreciated. Accommodation is quite basic and simple, but you can have the option of having your own room or sharing with another. There are several rooms to choose from so first to arrive will have first choice of rooms.

## **WHAT TO BRING:**

For your personal comfort, you will need to provide your own:-

- ❖ Sleeping linen, pillows, blankets, sleeping bag or doona
  - ❖ Toiletries, personal items and bath towel
- ❖ Small bed-side lamp (a good alternative to the ceiling light)  
*(No candles or naked flames in any of the rooms please)*
  - ❖ Torch for the night
- ❖ Yoga mat, blankets, straps or a towel for asana practice.
- ❖ Paper, pens, pencils, notebooks or a journal if you keep one (extra paper and pens will also be available during the workshop)
- ❖ **3 Magazines (or more) with inspirational pictures of images you wish to create or bring to manifestation in your life for 2012**
  - ❖ Inspirational reading to share with the group if you wish.
  - ❖ Practice and assorted clothing...prepare for all weathers!!!
- ❖ Shoes that are easy to slip on or off for walking between buildings.
  - ❖ Walking or hiking shoes for bush walking.

*(Note: some mosquito defense is recommended, coils, repellent, or a mosquito net for the bed if you have one)*

On payment of deposit, you will receive a map with directions to Maitripa. The phone number is included on the map should you lose your way.

Aim to arrive around 5pm Friday afternoon for a gentle yoga practice, opening circle and beautiful meal for dinner. Full day workshops and yoga practices on Saturday and Half Day Sunday...with time for rest and renewal in between sessions and meals. Closing practices and circle will be between 130pm -200pm on the Sunday to return to city after your delicious lunch on Sunday the 22<sup>nd</sup> Jan 2012

Please let me know if you are vegetarian or have any special dietary needs that need to be catered for.

I'm really looking forward to a wonderfully, nourishing and rejuvenating weekend to embrace the start of this magical year of the dragon...lets embrace it together...and start it fresh

Namaste  
Andrew