

A 3-Day Retreat designed to assist in guiding you to find a point of stillness in your life, mind and spirituality. The retreat commences with an introduction to meditation and how to find a point of stillness in the mind presented by Hatha Yoga Teacher Fiona Scope. Awaken to the sounds of nature and a morning Yoga session with Iyengar Yoga Teacher Vim Lane. Sunday concludes with a 'Simplifying your life and learn to let go' workshop presented by Positive Psychologist and Access Bars Practitioner Kerri Rodley.

You're also invited to attend a Sound Bowl Meditation on Saturday evening for blissful relaxation.

Cost \$700 per person, twin share.
For bookings contact: Fiona Scope 0420 818 210
HELD AT OASIS RETREAT, 5 KOALA PLACE, ONE MILE BEACH
www.wellnesscentreportstephens.com.au



ITINERARY

FRI 2pm Check-in
5.30pm Introductory Circle
6.00pm Indian Curry vegetarian soup
7.00pm Finding Stillness meditation

9.30am Iyengar Yoga with Vim Lane
11.00am Fruit Break
11.30am Finding Stillness with Fiona Scope
1.30pm Curries from the Bhakti Tree Restaurant
2.00pm to 5.00pm free time or
Wellness Centre Treatment allocation time:
(choose from Massage, Reiki, Bars Access or a reading.)
6.00pm Sound Bowl meditation
7.00pm Curries from the Bhakti Tree Restaurant

SUN 9.30am Hatha Vinyasa Yoga with Fiona Scope
11.00am Fruit Break
11.30am Letting go with Kerri Rodley
1.30pm Curries from the Bhakti Tree Restaurant
2.00pm Check-out



RETREAT INCLUSIONS

2 NIGHTS ACCOMMODATION in a tranquil rainforest setting in renowned Port Stephens

Daily Yoga sessions and Workshops

Scrumptious traditional Indian Curries

Each Retreat includes: delicious vegetarian curries for lunch and dinner. The Bhakti Tree Restaurant in Mayfield provides traditional Indian Curries offered to their Deities. Hence the food provided is blessed and referred to as prasadam: translated as Krsna's Mercy.

1 treatment in the Wellness Centre

(choose from a Remedial Massage, Sea Scrub Relax, Access Bars, Reiki or a reading see our web site for a comprehensive list of treatments available)

Cost: \$880 single person

\$700 per person, twin share

\$640 per person, triple share

\$455 non-residential

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The Oasis Retreat, 5 Koala Place, One Mile Beach