



# Mindfulness and Meditation



## 3 Day Retreat

**22nd October - 24th October 2018**

**Riverwood Downs Of Barrington Tops 311 Upper Monkerai Rd, Monkerai NSW 2415**

*An experience of a lifetime, immersed in nature*

Join us on this journey of self-discovery through mindfulness and meditation where you will discover your calmer and more connected self. Through individual and group experience and learning, we will share tools, practices and principles for developing your inner being. Nature, space and like-minded people will support you in honouring this valuable time for yourself.

Nestled amongst acres of secluded bushland and gardens, by a beautiful mountain river, you will be able to focus completely on health, healing and relaxation. Enjoy a break away from the everyday life and join us for 3 days in the foothills of Barrington Tops. This retreat will give you time to rest, restore your energies, and find that all-elusive inner-calm in a peaceful setting at Riverwood Downs.

Throughout this Retreat you will learn Mindfulness and Meditation and be shown practical tools that you can use everyday to create peace and harmony within and without. You will learn about the importance of emotional well-being to maintain inner peace and techniques to easily calm your emotions.

*"This is a time to nurture yourself and restore a sense of balance and overall well-being".*

## DAY 1

- 2.00pm** Check in
- 3.00pm** Welcome session & afternoon tea
- 3.30pm** Workshop: Mindfulness - get to know your mind
- 4.30pm** Free time
- 6.30pm** Dinner
- 7.30pm** Guided meditation for self love and inner peace



## Mindfulness and Meditation

## DAY 2

- 8.00am** Breakfast
- 9.00am** Free time
- 10.00am** Morning tea
- 10.30am** Workshop: Calming a busy mind and emotional wellbeing
- 12.00pm** Lunch
- 1.30pm** Workshop: Practical tools for daily practice
- 3.00pm** Afternoon tea
- 3.30pm** Free time
- 6.30pm** Dinner
- 7.30pm** Guided Meditation - Manifesting your future

## DAY 3

- 8.00am** Breakfast
- 9.00am** Workshop: Silent walk - mindfulness and reflection
- 10.00am** Morning Tea
- 10.30am** Workshop: Integration and application
- 12.00pm** Farewell lunch
- 1.30pm** Check out

