

# **Yogaphysio**

## **3 day Meditation with Yoga Retreat 3-6 May 2019**

### **Remembering the Self**

Thanks for sending in your registration for the Yogaphysio 3 day Retreat. We are glad you can join us and look forward to sharing this special time and place with you.

**Venue:**  
Paradise One,  
139 Newes Rd, Coorabell, NSW

**"What you are you already are. By knowing what you are not you are free of it and remain in your own natural state. It all happens quite spontaneously and effortlessly" Nisardagatta Maharaj.**

The practices of yoga are for the mind - they help to make the mind more sattwic (calm), this sets up a condition where realisation of our natural free state is more likely. Practices of self enquiry and meditation are part of the yoga tradition and help to develop strength and clarity in thinking and emotions. Our 3 day retreats give a nice opportunity to experience this freedom and are suitable for beginners and experienced students alike.

**Tam James** is a physiotherapist, senior yoga teacher with Yoga Australia ([www.yogaaustralia.org.au](http://www.yogaaustralia.org.au)) and yoga therapist with AAYT. She has been practising yoga and meditation since 1994. She acknowledges many inspiring teachers for a sadhana of Yoga, Vedanta and Tantra. She also has training in the western psychological therapy – ACT (Acceptance and Commitment Therapy). By the grace of her teachers she has shared her understanding with her students for almost 16yrs. Her passion for retreat is to support people to go deeper into the practices of these ancient traditions in the precious environment of a silent retreat.

**Yoga** postures (asana) and breathing (pranayama) practices are skilful tools to bring awareness into the body and opportunity to notice how the mind filters this process. For healthy yoga students the day begins at 5.30am with meditation and seated pranayama. Mid-morning there will be a multi-level yoga class – beginners and experienced students will be catered for. In the afternoon there will be a supervised self practice session. Tam will be available to assist students in backbends and inversions. Alternatively students make like to walk around the beautiful property – please use the time purposefully.

The 'talks' offered on retreat are drawn from Yoga, Vedanta and Tantra not espousing a philosophy or religion; but present a system of becoming familiar with the eternal, unchanging part of you. Application of teachings are not just used in meditation, but in daily life and in our relationships with the circumstances we find ourself in. During the silent retreat you have the opportunity to create the internal space that reveals an awareness - through body based awareness we watch the mind and emotions, the unfolding of experience. To better understand yourself this will be encouraged in all activities on the retreat.

#### **Noble silence and Etiquette on the retreat**

The retreat environment is a sacred space, where we come together in tolerance and trust for self study - to examine and study ourselves. From the comfort of home - where you can have what you want, when you want it - you are entering into a semi-monastic lifestyle, where you are invited to adhere to a set program and take what is offered.

Such an environment is beautiful and precious, but also a bit of a 'pressure-cooker' for the egoic mind. Mental resistance may manifest in finding faults with the space and those around you – please be aware of this and remain respectful of the retreat opportunity. There is as much value in what you learn from this process as in the meditation itself. As part of cultivating awareness and understanding mind, the retreat talks will support you in this process..

Taking a refreshing break from chatter can support the cultivation of awareness and participants will be encouraged and supported to keep talking to just what is necessary. Most people find that after a short adjustment period it is remarkably easy and natural to engage in this practice during the retreat. Silent retreats are not always suitable for those in an acute crisis situation or those living with fragile mental health. Feel free to discuss this with the teachers prior to submitting your registration.

It is not expected that caffeine or nicotine habits need to be given up during the retreat but minimising their use is supported – coffee will not be served; plenty of black tea though).

**Venue:** Paradise One, 139 Newes Rd, Coorabell, NSW

Plan to arrive between 4-6pm on Friday 3<sup>rd</sup> May; we finish after lunch (1pm) on Monday 6<sup>th</sup> May, 2019

### **Accommodation (byo linen, unless advised):**

\$390 - twin share (single beds) with shared bathroom (please advise if you wish to share with someone specific or it will be allocated if available).

\$510 single/ \$780 couple– private queen rooms with shared bath

If really want privacy for your retreat you can have a cabin to yourself for \$660 (single occupancy)/ \$950(couple/twin occupancy)

This configuration may suit a couple that want more space or to share with another relative or close friend. (max. occupancy 3 people)

### **Donation for teachings**

The set retreat fee covers accommodation/ camping, facility use, all meals, snacks and drinks and some organisational costs. The retreat fee does not cover the facilitators' time and energy contribution to the retreat. Meditation teachings are priceless and are offered without a set or up-front fee. In a spirit of trust and generosity you are requested to provide 'dana' (generous support) to the facilitators' in appreciation of their offering. You are invited to reflect upon your means and value of the retreat in so doing. *Additionally, if you have financial resources that would help others less fortunate to attend the retreat, please post in your support with a note stating how much you are giving to the fee sponsorship fund.*

### **Booking and Registration Form**

Please email or post in your completed form (below) to Yogaphysio retreat, 115 Haig Rd, Auchenflower Q 4066. Email to [retreat@yogaphysio.com.au](mailto:retreat@yogaphysio.com.au). Please ensure that you read it carefully and complete fully the 3 pages. Rooms are not confirmed before receipt of \$100 deposit. Registration closes 1 week before retreat commencement, which is when we need to settle bills with venue and catering.

### **Cancellation**

Please inform us as soon as possible if you need to cancel, so that a place may be offered to another. The retreat has booked out the last 4 years. Cancellation will incur an \$100 cancellation fee before registration closing; surplus will be refunded up until 48 hours before retreat commencement (50% refund in this time).

# Registration

## 3 day Meditation and Yoga Retreat 2019

Please print clearly and ensure responses in all fields (indicate NA for no response)

<b>Full Name</b>	<b>Address (incl post code)</b>	
<b>Preferred First Name</b>	<b>DOB</b>	<b>Gender</b> Female/ Male
<b>Phone business hours</b>	<b>Phone after hours</b>	<b>Mobile</b>
<b>Email</b>	<b>Would you like to be on yogaphysio's database and be informed of future retreats? Yes / No</b>	
<b>Car Rego – if parking</b>	<b>Occupation/Life Situation</b>	
<b>In case of an emergency during the retreat who would you like us to contact:</b>		
<b>Name</b>	<b>Relationship</b>	<b>Phone</b>

### Accommodation Booking

Please be aware that your place in retreat is not confirmed until non-refundable deposit of \$100 is received. Payment in full is required by 21 April 2019. Payment may be made by electronic transfer or posting chq or money order as below:

**EFT to Bank:** Suncorp 484 799 Ac No 502082411 (Ref retreat YOURLASTNAME&INITIAL)

**Bank receipt or Posted MO/Cheques** should be made out to

**T James** and sent to Yogaphysio Retreat, 115 Haig Rd, Auchenflower, Q 4066

<b>Accommodation – BYO bed linen and towel</b>  Rooms with shared bathroom: Twin Share \$390 each (Please indicate who you will share with, depending on availability we can match you) Private room \$510single/ \$780 couple	<b>Please indicate if you snore or are a sensitive sleeper – and indicate if you would be willing to camp</b>
	<b>Accommodation with linen provided</b> Private cabin – single occupancy \$660 Private cabin – multiple occupancy \$920 (2 people)
Do you require a receipt for your accommodation? YES/NO - (If yes, it will be emailed at the end of retreat)	
Special dietary requirement beyond standard vegetarian meal. (will be ample GF & DF) <b>FODMAPS</b> cannot be catered.	
Do you require a lift?	YES - one way / return - location details
Are you willing to offer a lift?	YES - one way / return - location details

**Participant Information**  
**YogaVidya-Yoga Retreat**

3 days May 2019

*Confidential - for the Manager and facilitators only.*

**Name:** (please print and underline preferred name) \_\_\_\_\_

**Life Situation/occupation:** \_\_\_\_\_

**Gender:** Female / Male    **Age** (at retreat) \_\_\_\_\_    **Home** (town/state) \_\_\_\_\_

**Current Daily Meditation Practise** (if any) \_\_\_\_\_

<b>Previous Meditation or Yoga Experience</b>				
Tradition/s	Teacher/s	Year	Length	Any Comments?
<b>Meditation</b>				
<b>Yoga</b>				

<b>Current Issues - details to be provided on next page</b>		
Physical/Medical	Mental - Emotional	Spiritual
Eg. High BP, Diabetes, Knees..		

Many meditators are on a healing journey. On meditation retreats individuals may experience strong physical and psychological states. Please answer the following questions so you can be supported.

Do you have any current or previous (please circle the one most appropriate response):

- tobacco habit which might lead you to smoke on the retreat... .....**No / Yes**
- alcohol or drug issues ..... **No / Yes: Past / Current**
- diagnosis or treatment of a mental health condition..... **No / Yes: Past / Current**
- medical conditions that could require attention during the retreat.. **No / Yes: Past / Current**

It is important that participants who join the retreat are prepared to take responsibility for their safety, remain in contact with the manger and teachers and take personal responsibility for their well-being in the meditation and yoga practices. There is freedom given to participants to choose which practices they wish to engage in.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**CONFIDENTIAL INFORMATION – FOR FACILITATORS ONLY**

**If you answered “Yes” overleaf please give further information of your conditions:**

<b>Condition</b>	<b>Current Effect on Daily Life</b>	<b>Treatments Including medications &amp; dose.</b>	<b>Hospital admissions</b>	<b>Current Doctors or Therapists Name &amp; address</b>

Do you currently drink alcohol on a regular basis?.....Yes No

If so, have you ever had any problems abruptly stopping alcohol consumption? .....Yes No

Do you currently use any recreational drugs (e.g. marijuana, amphetamine, ecstasy)?..... .. Yes No

If so, are you able to abstain from all recreational drugs during your retreat? .....Yes No

Have you ever made a serious attempt at taking your life? .....Yes No

Do you have any history of emotional instability during intensive meditation retreats? .....Yes No

How do you assess your current ability to work with emotional swings? ..... Fragile/ Manageable/Good

Do you have any condition that might interfere with yoga, sitting and walking meditation? ..... Yes No

Do you have any limitations that would prevent you from participating in the daily work period? Yes No

Details:

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By signing my name below, I confirm that all of the above information is correct to the best of my knowledge. I will inform the teachers/managers of any change in my circumstances.

**Name** (please print): \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_