

# **Yogaphysio**

## **4 day Meditation with Yoga Retreat 24 – 27 Jan 2025**

### **“Examining the Mind”**

Thanks for sending in your registration for the Yogaphysio 4 day Retreat. We are glad you can join us and look forward to sharing this special time and place with you.

Venue: Springbrook Theosophical Society Retreat Centre.  
<https://theosophicalsociety.org.au/statics/springbrook-queensland>

**“Spirit is both utterly formless and impersonal and at the same time totally capable of taking a Personal form.” *Swami Gurushananda, Swakriya Yoga***

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.

**Tam James** is a physiotherapist, senior yoga teacher and therapist with Yoga Australia ([www.yogaaustralia.org.au](http://www.yogaaustralia.org.au)). 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 20yrs. 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 semi-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. In this retreat we will explore the Tantric dance between glimpses of impersonal Divine Being, but still inhabiting Maa's playground in a personal form, rich with complex human experience. :)

#### **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 Ego-ic 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 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:** <https://theosophicalsociety.org.au/statics/springbrook-queensland>

**Plan to arrive between 2-3 pm on Friday 24<sup>th</sup> Jan; we finish about 11am on Monday 27<sup>th</sup> Jan 2025**

### **Accommodation**

Most of the rooms are single beds in single rooms, with shared bathrooms. Bed linen and towels are included. If you are a couple you will be advised if you have a double bed. Please refer to website for room price and inclusions.

### **Booking**

Email your booking to [retreat@yogaphysio.com.au](mailto:retreat@yogaphysio.com.au). **To be sure we can look after you please advise of any issues that might influence your engagement in the retreat. Ie..Physical or mental health issues, diet and life events.** You will be required to bring the completed registration form to the retreat. Rooms are not confirmed before receipt of \$150 deposit. Registration closes and balance of retreat fee is due 1 week before retreat commencement, which is when we need to settle bills with venue and catering.

### **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.*

### **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 years. Cancellation will incur an \$150 cancellation fee before registration closing; surplus will be refunded up until 1 week before retreat commencement. Cancellation within the final week, will allow a credit of 50% towards another retreat within a year. This policy is because the caterer will have purchased food for you the week before retreat and I honour her work.

# Registration

## 3 day Meditation and Yoga Retreat 2025

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

*Confidential - for the Manager and facilitators only.*

<b>Full Name</b>	<b>Address (incl post code)</b>	
<b>Preferred First Name</b>	<b>DOB</b>	<b>Gender</b>
<b>Phone business hours</b>	<b>Phone after hours</b>	<b>Mobile</b>
<b>Email</b>	Special dietary requirement beyond standard vegetarian meal - will be ample GF & DF and NB: <b>FODMAPS</b> cannot be catered.	
<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>

### Summary of Previous Meditation or Yoga Experience

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

<b>Current Issues</b>		
<b>Physical/Medical</b>	<b>Mental - Emotional</b>	<b>Spiritual</b>
Eg. High BP, Diabetes, Knees..		

## CONFIDENTIAL INFORMATION – FOR FACILITATORS ONLY

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.

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, walking meditation or work periods Yes No

**Please give further information of any conditions mentioned:**

Condition	Current Effect on Daily Life	Treatments Including medications & dose.	Hospital admissions	Current Doctors or Therapists Name & address

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: \_\_\_\_/\_\_\_\_/\_\_\_\_