

## Relax, Recharge & Rejuvenate—Winter Yoga & Spa Retreat Weekend

**Fri August 9, 6pm to Sunday August 11, 2.30pm—Continental House, Hepburn Springs**

Nourish and treat yourself this winter - body mind and spirit - with a weekend to immerse in the many facets of Integral Yoga. Join us to deeply rejuvenate as we experience fun and doable yoga practices, and be inspired to transform your daily life! Over the weekend you will experience:

- Daily Hatha Yoga classes and meditation sessions including sound healing with live harp music
- Restorative Yoga class with harp sound healing - in our Friday evening class we will explore a rest-ful, releasing practice, where, by careful use of props, we can support the body and enable a deep letting go and finishing with a deep relaxation with the celestial sounds of the harp played live
- Stretch and Strengthen: explore how to support, stretch and strengthen common areas of challenge - hips, shoulders, neck, lower back, hamstrings and any other requested areas
- Asana: Balancing Form and Function: a play shop where we will look in detail at how and why we practice each asana, then feel into letting go of the "right" way to practice asana and connect with inner wisdom so we can personalise our asana practice and target areas of individual relevance to maximise benefits and feel the deep joy of Hatha Yoga - being steady and comfortable in the body
- Yoga, Service and Social Activism: Discussion and personal contemplation of Karma Yoga, including exploring how we can maintain our peace while acting to make a difference in the world
- Living Yoga: translating the ancient traditions of Yoga into doable practices that can support all aspects of our everyday life, including exploring our personal purpose and motivations and identifying and addressing challenges around our Yoga practice
- Yogic eating with delicious nourishing food (organic vegan meals and snacks from dinner on Friday, through to lunch on Sunday) and a short silent period at the start of some meals so we can fully focus on our scrumptious food
- Optional spa treatments: massage, Turkish steam room treatment\*
- Optional Saturday evening visit to nearby Rocklyn Ashram\*\*
- The opportunity to dive deep within through the optional practice of silence
- Free time to connect with nature and like-minded people, unwind and have fun!

The program will be led by our IYCM team, with Chitra, Mitra, Jivana, Asha and Anandi running classes and Hridayan preparing our meals. The program is suited to everybody from those new to Yoga to seasoned practitioners, and all practices will be tailored to suit individual needs.





\* During our free time on Saturday afternoon, you have the option of booking a massage or a Turkish steam room treatment if you wish (additional cost of \$50 for a steam treatment and \$95 for a one hour relaxation, shiatsu or deep tissue massage), or you can connect and chat with like-minded folks, chill out, read, go for a bush walk...

\*\* Leaving Continental House at 4.45pm on Saturday (carpooling available), there will be an optional visit to nearby Rocklyn Ashram where we can join in a tradition fire ceremony with mantra chanting for world peace and healing, enjoy dinner at the Ashram then stay on for an evening program of kirtan (chanting), returning by approx 9.30pm. Those not wishing to attend this program can enjoy a cosy evening by the fire at Continental House (delicious soup and local organic bread will be available for dinner, or you may prefer to enjoy one of the local restaurants). <https://www.yogavic.org.au/day-visits/havan-dinner-and-chanting>

**Venue—Continental House, 9 Lone Pine Avenue, Hepburn Springs** Continental House is an iconic guest house nestled in peaceful Hepburn Springs, approximately 1.5 hours drive from Melbourne. Set on an acre of gorgeous gardens, the newly renovated, Continental House offers a wonderful combination of a fabulous 1920's building with modern amenities and the beauty of nature. You can choose from twin-share (single beds or queen) or private rooms, each with en-suite bathroom.

**Cost, More Info and Booking** Please note, Continental House only has 12 bedrooms, so book ASAP to ensure your place.

**Early bird (booked and paid in full by June 30):**

Private room (per person, including accommodation, all meals and classes): \$495 Twin share room (per person, including accommodation, all meals and classes): \$375 Non-residential: \$255 (per person, including all meals and classes, NOT including accommodation)

**Booked or paid in full after June 30:**

Private room (per person, including accommodation, all meals and classes): \$515 Twin share room (per person, including accommodation, all meals and classes): \$395 Non-residential: \$275 (per person, including all meals and classes, NOT including accommodation)

**For information, please contact Mitra on 0400 594 095 or [info@integralyogamelbourne.org](mailto:info@integralyogamelbourne.org)** If finances are a challenge, please drop Mitra a line or give him a call—extended payment options are always available and a reduction in fees through work exchange is usually possible.

**To book, please visit: <https://www.trybooking.com/BCZPK>**

**About the Integral Yoga Centre of Melbourne Inc (IYCM)** Integral Yoga Centre of Melbourne Inc (IYCM) is a non-profit incorporated association dedicated to serving the community through living and sharing the classical teachings of Integral Yoga. These teachings facilitate an easeful body, a peaceful mind, a useful life, and, ultimately, the realisation of our true Self. Anyone, from any background, any age, any capacity, can come and practise in community with others, find peace within themselves, and bring that peace into the world around them. Our activities include providing yoga classes across a number of locations, evening activities, retreats, day programs, workshops and teacher training.

**Retreat Schedule (subject to change)** All aspects are optional—please create the weekend you need!

**Friday**

4.30pm onwards: Registration

6—7.15: Restorative Yoga with Harp Sound Healing

7:15—8: Dinner

8—9: Welcome and Living Yoga

**Saturday**

AM 7—8.45: Hatha Yoga with extended meditation

9—10: Breakfast and Karma Yoga (breakfast clean up)

10—12: Asana: Balancing Form and Function / Stretch and Strengthen

PM 12—12.15: Break

12.15—12.45: Harp Sound Healing Meditation

12.45—1.45: Lunch (15 minute silent period for mindful eating)

1.45—4.30: Free time - optional Hammam (Turkish steam room) or massage (additional charge, booking required) or other activity/free time

4.45: Leave for Rocklyn Ashram program (optional)

9.30: Optional silence commences until breakfast next day

**Sunday**

AM 7—8.45: Hatha Yoga with extended meditation

9—9.45: Breakfast and Karma Yoga (breakfast clean up)

9.45—11.45: Living Yoga continued, Yoga, Service and Social Activism

11.45 – 12.00: Break

PM 12—12.30: Meditation (option for walking meditation if preferred)

12.30—2.30: Lunch and Closing Circle

