

## LOCATION

COASTAL FOREST LODGE  
off Forest Road, BELLBRAE 3228

The entrance is off Forest Road, 2km  
from the Great Ocean Road / B100  
(Cnr Forest and Gundrys Road, Anglesea)

## CARPOOL

Your instructor will organise a car pool  
if required.

If not attending classes for Geelong &  
Bellarine Peninsula contact:

Kabir M: 0428 673 077

For Melbourne contact:

Maya M: 0408 812 949

Arrival time Saturday 9:00am

If arriving later please advise

Maya M: 0408 812 949

## RETREAT ACCOMMODATION

Retreat consists of shared accommo-  
dation with separate toilet and shower  
facilities. BYO sleeping bag, pillow and  
towel.

## PLEASE BRING

Comfortable walking shoes, a hat and  
wet weather gear, toiletries, a mat for  
outdoor yoga, a copy of Bhagavad  
Gita, and pen & paper for taking notes.

## RETREAT ATTIRE

Dresses, skirts (knee length or longer),  
long legged comfortable trousers/pants  
and tops that **cover the shoulders** for  
male and female. We dress modestly  
out of respect for the sacred atmos-  
phere of the Yoga Retreat.

## SAMATA YOGA AUSTRALIA YOGA RETREAT 19 - 20 OCT 2019

COASTAL FOREST LODGE, ANGLESEA  
2 DAYS / 1 Night, Vegetarian Meals x 4,  
Meditation Sessions, Japa Walks,  
Yoga & Pranayama, Workshops, Discourse, and  
Chanting Sessions

Cost \$351

50% deposit due on Friday Sept 20th 2019

Balance due on Friday Oct 4th 2019

**Direct Debit Payment to: SAMATA YOGA**

BSB: 633 000 Account No: 163 716 350

PROMPT PAYMENT IS APPRECIATED

## REGISTRATION FORM

Download registration form at  
[www.samatayoga.com.au](http://www.samatayoga.com.au)

**Return registration form to:**

SAMATA YOGA AUSTRALIA

PO BOX 1576 ST KILDA SOUTH VIC 3182

## SAMATA YOGA AUSTRALIA RETREAT TERMS AND CONDITIONS

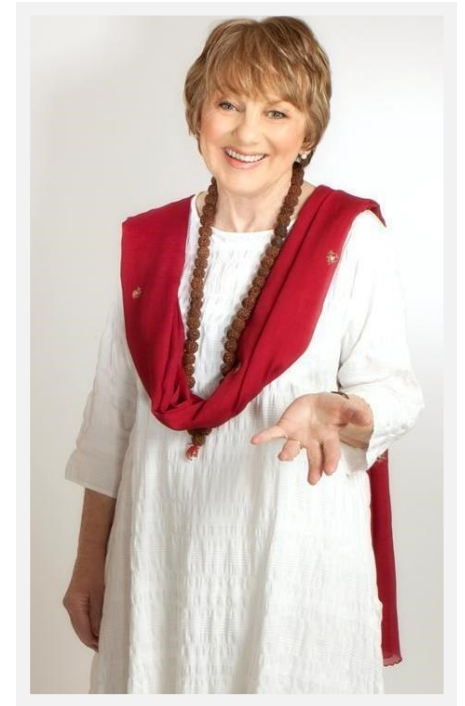
Cancellations: No refunds will be given for  
cancellations made with less than 14 days notice.

No credit will be given.

Disclaimer: Samata Yoga Australia its agent and  
employees do not accept liability for loss of  
property of damage or personal injury arising from  
our 2 Day Retreat 19 & 20 OCT 2019

**FOR EVENTS, CLASSES, CD'S AND BOOKS**

**VISIT: SAMATAYOGA.COM.AU**



## SAMATA SAMASHTI DHARMA INNER MINDFULNESS YOGA RETREAT

**OCT 19-20 Anglesea VIC**

COASTAL FOREST LODGE  
2 DAYS / 1 Night, Vegetarian Meals x 4  
Meditation, Yoga,  
Pranayama, Workshops,  
Discourse, Japa Walk, Chanting

## RETREAT SCHEDULE

Saturday, 19 Oct

9.00 – 9.30am	Room Allocation
9.30 – 10.00am	Orientation
10:00 - 10:30am	Hatha Yoga
10:30 - 11:00am	Japa Walk
11:00 - 11:30am	<i>Diksha Discussion</i>
11:30 - 12:00pm	Chant
12:00 - 1:00pm	Lunch
1:00 - 1:30pm	Seva
1:30 - 2.45pm	Mindfulness and Karma Workshop
2:45 - 3:30pm	Chanting
3:30 - 3:45pm	Pratyahara
3.45 - 4.15pm	Afternoon Tea
4:15 - 5:30pm	Yoga Nidra - Meditation
5:30 - 6:00pm	Chant
6:00 - 7:00pm	Dinner
7:00 - 7:30pm	Free Time - Seva
7:30 - 9:00pm	Celebrations for Diwali
9:00 - 9:30pm	Evening Chant
9:30pm	Close
10:00pm	Lights Out

## RETREAT SCHEDULE

Sunday, 20 Oct

6:00 - 6:30am	Puja Worship - Meditation
6.30 - 7.30am	Hatha Yoga
7:30 - 8:00am	Japa Walk
8:00 - 8:30am	Free Time - Seva
8:30 - 9:30am	Breakfast
9:00 - 10:00am	Free Time - Seva
10:00 - 11:00am	Discourse - Wisdom of the Guru
11:00 - 11:30am	Chant
11:30 - 12:00pm	Free Time - Seva
12:00 - 1:00pm	Lunch
1:00 - 1:30pm	Free Time - Seva
1:30 - 2:30pm	Open Forum
2:30 - 3:00pm	Retreat Closure

### NB:

### THE RETREAT SCHEDULE

is subject to change without notice.

### MOUNA

The code of silence will be observed during this retreat.

## WEATHER PERMITTING

All programs will be held outdoors.

Facilities available for children from 12 years on with prior permission.

### CHANTING

Clears the mind and revitalises the spirit.

### SATSANG

Meeting of devotees to hear discourses, chant or sit in the presence of the Guru.

### GURUSEVA

(Selfless service) is a powerful spiritual practice in which actions are performed with love and no desire for reward. It teaches us how to perform our tasks so that all work becomes a means of connection with the inner Self.

### GROUP DISCUSSIONS

Regarding esoteric and daily life and an experience talk.

### MERCHANDISE

Literature, books and CDs will be available for purchase.

### PLEASE NOTE

No drugs, alcohol or smoking allowed.