

Parito Coastal Yoga Retreat – 2010 Event Listings

14-17 January 2010

Yoga and Meditation Retreat

Give yourself a three day weekend and begin 2010 by experiencing a life-style that can enhance well-being of your body, mind and spirit.

During this weekend you can experience simple, nurturing yoga and meditation practices which:

- * reconnect oneself with inner wisdom, clarity and well-being;
- * enhance quietness of body, mind and spirit;
- * increase capacity to focus the energy of the mind towards a way of life that supports total well-being.

Enjoy the opportunity to practice mouna (sacred silence) for part of the weekend, experience beautiful, simple and powerful yoga and meditation practices and immerse yourself in the beauty, harmony and majesty of the natural environment of Ruapuke.

When: Starting 6.00pm with dinner, Thursday 14 January, ending after lunch Sunday 17 January

Contribution: \$360 (including shared accommodation and all meals - organic, vegetarian)

22-24 January 2010 **Clear Your Mind Retreat**

This retreat gives space for experiencing ancient yoga and meditation practices that will enhance quietness of body mind and spirit and allow:

- * Deep nurturing of inner life and wellness;
- * Space to connect to inner wisdom.

Part of the weekend will be held in the sacred silence practice of Mouna.

When: Starting 6.00pm with dinner, Friday 22 January, ending after lunch Sunday 24 January

Contribution: \$260 (including shared accommodation and all meals - organic, vegetarian) or \$360 for accommodation in your own room

5-7 March

Living in the Moment Retreat

Experience practices that connect you to the simplicity and richness of each moment. Yoga and meditation practices which help to focus the mind on the here and now and allow connectedness to the experience of inner tranquillity and joy.

When: Starting 6.00pm with dinner, Friday 5 March, ending after lunch Sunday 7 March

Contribution: \$260 (including shared accommodation and all meals - organic, vegetarian) or \$360 for accommodation in your own room

12-14 March

Meditation in Life Retreat

A Retreat to help refocus oneself on that which nourishes, creates peace and a deep sense of contentment.

Renew, restore, or begin afresh a practice meditation in your life to help bring back the balance, harmony and sense of order that is needed in your life.

Yoga Meditation practices to reconnect and strengthen focus of the mind.

When: Starting 6.00pm with dinner, Friday 12 March, ending after lunch Sunday 14 March

Contribution: \$260 (including shared accommodation and all meals - organic, vegetarian) or \$360 for accommodation in your own room

Other retreats scheduled for the year:

26-30 March: Yogic Lifestyle Retreat

16-18 April: Inner Strength and Clarity Retreat

7-9 May: Lighten Up Your Life Retreat

11-13 June: Stop and Breathe Retreat

19 June: Yoga Song Workshop with Satyamo

23-26 June: Living with Awareness Retreat

9-11 July: Yoga and Meditation Retreat

15-18 July: Winter Stress Break Retreat

6-8 August: Winter Stress Break Retreat

19-22 August: Yoga and Sustainable Living Retreat

3-5 September: Yoga and Sustainable Living Retreat

24-26 September: Yoga Wellness Retreat

1-3 October: Yoga Wellness Retreat

19-21 November: Yoga for Deep Rest and Renewal Retreat

10-12 December: Unplug from the World Retreat