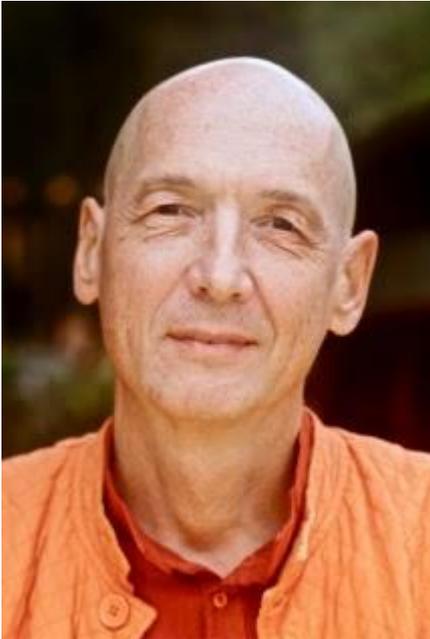


The Power of Awareness Meditation and Yoga Retreat

22 – 25 April 2016



Swami Anandakumar is a highly respected senior meditation teacher at the Bihar School of Yoga with more than 30 years experience.

With his warm, down to earth manner and depth of wisdom, he unlocks the mystery of meditation making it accessible for all.

“You have to know what is going on in your inner world if you want to find the peace and harmony that everyone is looking for. That is the real purpose of meditation”.

The weekend retreat will focus on **awareness** and developing continual **satisfaction** in your meditation practice.

At some point in any meditation practice, you will be faced with an overactive and willful mind. When you want peaceful calmness, your mind can be agitated, flitting from one idea to the next. By learning how to develop a friendly relationship with your mind, you don't have to feel like you are fighting with yourself.

The retreat will explore **awareness**: What it is. How to practice it properly. How to maintain Awareness. And what Awareness can do for you in all aspects of your life.

Awareness is the cornerstone of meditation. During meditation, you are either present or your mind is wandering somewhere. Awareness is being present, in this moment. Awareness is seeing things equally, undivided by opinion and self-appraisal. Awareness is becoming free from the demands of the mind.

Learn to let the mind rest and enjoy a different, deeper kind of relaxation that will leave you wiser and revitalized: ready to embrace the demands of life.

The retreat will be held at [Campfire in the Heart](#) on a quiet rural block south of Alice Springs. There are walking tracks through bush and hills behind the property, and a swimming pool on site.

Delicious, nourishing vegetarian meals will be provided.

The retreat will commence at 6pm on Friday April 22 and conclude after lunch on Monday April 25.

The retreat fee includes teachings, meals, and camping fees. A limited number of single and double rooms are available (additional cost) if you prefer not to camp.

Cost: \$460 | \$420 concession

Bookings essential. Spaces limited.

For a registration form
or more information, contact:

Sharon (Shoonya Chaitanya)

shoonyayoga@gmail.com

Ph: 08 8953 5054