



LONG WEEKEND RETREAT

Thursday 12th September to
Sunday 15th September 2024

*Enjoy a weekend that is even more restful
than a holiday.*

*An opportunity for gaining deep layers of
rest and enhanced meditation experiences.*



All Vedic Meditators are invited to attend this 3-day meditation retreat. The retreat will provide a wonderful opportunity to enjoy a weekend of industrial-strength meditation, leaving you feeling refreshed and revitalized for months to come.

Previous retreat participants report feeling the benefits of a two-week holiday in just three days. Such a weekend retreat is the equivalent of six months morning and evening meditation.

The retreat will be held in Pokolbin in the beautiful Hunter Valley and will take place from Thursday evening 6.30pm until Sunday afternoon 2pm.

For further details, please see below. There are limited places available on this retreat, so please be sure to confirm your place as soon as possible.

RETREAT DETAILS

This long weekend retreat will be a time to allow the **release of deep-rooted stresses and fatigue, accelerating your progress towards higher states of consciousness, bringing experiences of greater energy, clarity and bliss.**

During the weekend you will receive instruction in simple yoga positions and breathing techniques. These are designed especially to maximise the benefits of extra meditation and can be practised by anyone regardless of age or fitness level.

For meditators who are attending a weekend retreat for the first time, this will be an opportunity to **gain deep layers of rest and enhanced experiences in meditation** and to learn **advanced techniques** to be included in your daily practice.

Lapsed meditators will enjoy the chance to begin their practice again and receive checking of their meditation.

Each participant will receive their own individually designed Advanced Program tailored to enhance your meditation experiences and knowledge.

Who should attend?

The Retreat program is primarily about one thing – that is, the expansion of consciousness.

This Retreat is recommended for those who wish to take their practice to the next level; those who wish to reinvigorate their practice; those who wish to rapidly remove stress from the physiology; who wish to fulfill a higher potential of creativity, of ability to enjoy life, of ability to be present; for those who wish to see more deeply and clearly into the laws of nature at work; these are people who will benefit from this Retreat.

Accommodation

The retreat will be held at Thistle Hill Guesthouse in Pokolbin, Hunter Valley. This is a wonderful venue where you can enjoy our retreat program surrounded by peace and tranquility.

Ayurvedic organic catering is provided with the menu designed to complement your meditation program and help you achieve the best possible results on the retreat.

There are a limited number of places on this Weekend Retreat. Places will be allocated on a first come basis. To secure a place, please complete the registration form below and return it with your Retreat payment. Confirmation of your place on the Retreat will be on this basis.

Enquiries

For any enquiries about this Weekend Retreat, please contact:

Limor Babai

(02) 9328 2003

info@doublebaymeditation.com.au

REGISTRATION FORM

Meditation Retreat

Thursday 12th September –
Sunday 15th September 2024

At Thistle Hill Guesthouse,
Pokolbin, Hunter Valley

Retreat Fee:*

Single room with ensuite:
\$2,200

*Couple or twin share room with
ensuite:*
\$1,870 per person

** Please note:*

- 1. Retreat Fee includes accommodation and all meals but does not include travel to/from Pokolbin, Hunter Valley.*
- 2. The following **cancellation policy** applies:*
 - * **If cancellation occurs 2 months or more prior to the Retreat:** a full refund will be provided.*
 - * **If cancellation occurs less than 2 months prior to the Retreat:***
 - if we are able to fill your spot on the Retreat, a refund equal to the amount paid less a \$330 cancellation/administration fee will be provided.*
 - If we are unable to fill your spot on the Retreat, then no refund will be provided.*

Name:

Email:

Telephone:.....

Any serious food allergies?

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Payment can be made by bank transfer to the following account:

Bank Details:

Name: Limor Babai
BSB: 082187
A/C No.: 949132771

Or PayID:
info@doublebaymeditation.com.au

*Please ensure **your name** appears as the reference on bank transfers.*