



coming to our senses

*Yoga & Meditation
retreat 2012 with
Roslyn Alexander*

January 26 — 29

*Children's program
included*

043 999 5655
info@livingyogatasmania.com
www.livingyogatasmania.com

The Theme:

The theme of this retreat will be balancing the elements: earth, water, fire, air and ether. Yoga texts based on the Tattwas will be part of our inspiration. Through yoga postures, contemplation and creativity we will continue to deepen our awareness of how energy can be contained or flow towards creative expression. No experience in yoga, meditation or the arts is necessary.

The Teachers:

Roslyn Alexander is the Director of Living Yoga, an artist and yoga teacher with 34 years teaching experience, accredited as level 2 teacher with SATYANANDA YOGA®. She teaches groups of all ages, offers private sessions in yoga and meditation and consults in creative parenting. Jera Conan and Guy Turnbull will be supporting the program by offering sessions in Yoga and Meditation while Roslyn leads the children's sessions.



The Place:

Dorje Ling is situated in the Lorinna Valley in Central Northern Tasmania. The land, an area of mixed wet and dry forest above Lake Cethana, supports abundant wildlife and a rich weaving of bio diversity. The Retreat Centre has a number of small huts and open flat land for camping. The unique meditation spaces are the Gompa, a 34 year old hexagonal log building with a shingled roof, and a traditional Mongolian Yurt. The whole property runs on its own solar power system, including the farmhouse which has been converted to a commercial kitchen, with 4 additional private rooms. Please bring bedding, meditation cushion and rug, torch and personal items. To view photos and a map of Dorje Ling go to www.tashicholing.net

The Program:

Please bring personal items, warm clothes for outdoor practices and bathers for swimming. Retreat starts with Registration & Lunch 12pm to 2pm Thursday and concludes on Sunday at 2pm.

The Fee:

Regular: \$400
Concession: \$350
Children: \$150

Currently enrolled Living Yoga students and health card or pensioners are eligible for concession. Enrol by email with a deposit by direct debit to mystate or a cheque made out to Roslyn Alexander by January 20th.

Enrolment Form (Confidential)

Name

Address

Yoga experience

Email

Telephone

Date of Birth

/ /

Age

Leisure Activities

Occupation/ School

Medication & History (Include alternative treatments)

I heard about this course from:

I enclose an \$100 non-refundable deposit. I understand that the course balance is to be paid by January 29th. I understand that teachers offer guidelines, while students take full responsibility for personal limitations.

Bank Details:

Name: Ms Roslyn Alexander
Bank: myState 9824
BSB: 807009
ACC.№ 12179542

Signed:

Contact:

Phone: 043 999 5655
Email: info@livingyogatasmania.com
Web: www.livingyogatasmania.com

Post forms to :

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Bream Creek
Tasmania 7175