

Kundalini Yoga Meditation Creativity RETREAT

This retreat offers a vibrant blend of yoga and art, offering an opportunity to approach creative work meditatively. Yoga, meditation and creativity will help you tap into your inner world, release the past, and move forward with intuition and awareness.

Each session of this retreat will begin with Kundalini Yoga, a potent form of yoga that is accessible to everyone. Through yoga postures, breathing exercises, and movement, the body's natural vitality will be awakened, stress patterns released, and the mind and body prepared for meditation. You will then move from sitting or moving meditation to creating and expressing using a variety of drawing materials, water-based paints, and collage techniques.

Balwant Kaur will guide you through each chakra to help you discover your individual artistic language as you move from yoga and meditation to creative experience.

This retreat is for anyone interested in experiencing yoga and art in a retreat setting. Those new to either or both practices are welcome, as are accomplished yogis and artists - and everyone in between. You will return home with completed artwork, yoga routines, and meditations for home practice.

Where: Glenbarr Camp, Paris Creek Road, Strathalbyn

When: Thursday 5th to Monday 9th April 2012 - Easter weekend
Registration from 4pm Thursday-retreat starts at 6pm; Depart 4pm Sunday

Cost: **\$510** includes 4 nights shared accommodation, all vegetarian meals, yoga, meditation and art sessions plus various art materials
Deposit of \$250 required to secure your place

Earlybird discount **\$450** payable before 28 February 2012

Please contact Balwant on 8431 0419 or info@rarestgem.com.au for the full program brochure and registration information.