

Yoga • Massage • Integrated Healing • Camel riding



## 2 Day Eco Retreat for Women

*Spend an enjoyable weekend that will revitalise your spirit,  
nurture your soul, and rest your body...  
And one of your gentle mentors will be a camel.*

### All Women welcome to attend

The retreat is open to any women as all activities are suitable for anyone from absolute beginner to advanced practitioner. All ages and fitness levels are catered for as the program is designed specific to each participant's needs. Our retreat is limited to 13 women so you are guaranteed personal attention, while participating in the retreat's activities such as yoga, a camel trek and massage and healing sessions that are run by women who are expert in each of these fields.

Connecting Cultures recognizes that all women lead busy lives, juggling relationships, families, jobs and responsibilities and this weekend is designed to offer a break from the normal routine for some 'me' time. We aim to have you leave us rejuvenated and excited about the possibilities in your life through the agency of having been in touch with the serenity of the Wellsford Forest.

### The Location

The Wellsford Forest Retreat is situated in the Wellsford Forest, situated just a 20 minute drive from the centre of Bendigo, in Central Victoria. The Wellsford Forest forms part of the green belt that surrounds Bendigo and in springtime has a marvelous display of showy wildflowers such as the Bendigo wax flower, dwarf grevilleas and bush orchids. The retreat and surrounding forest is abundant with a variety of bird and wild life such as kangaroos, wallabies, echidnas and goannas.

### What You Receive

#### A Two day Eco Adventure Retreat includes:

- 2 morning yoga classes and meditation sessions
- Camel Trek in the Wellsford Forest
- Massage to unwind, relax mind and body
- Integrated healing workshop with international healer
- Quality homestead retreat with shared accommodation
- All delicious fresh country meals while on retreat
- DVD of photos of your weekend.

### Activities

The Women's Eco Retreat is designed to develop a sense of peace and allow you to re-connect with yourself and make bonds with other women, to stabilise your emotions and to have an enjoyable and fun weekend while participating in an interesting combination of yoga, camel riding, massage and healing. All of these activities are offered for your enjoyment, if at any stage you wish to skip an activity that is entirely at your discretion.

### Yoga

Shilamurti/Cheryl has 37 years experience in yoga and has been teaching the Satyananda tradition of yoga for the past 15 years in Bendigo. She conducts beginners, progressive and intermediate classes and Yoga/Meditation Retreats at the Wellsford Forest Retreat since 2001. Cheryl teaches with

Call 0433 961 999  
or email us at [info@connectingcultures.com.au](mailto:info@connectingcultures.com.au)

holistic approach and has spent many years educating and empowering individuals. Her background is Holistic Healing, and Solution Oriented Counselling.

Yoga offers those interested in developing a strong sense of peace within to stabilize ones emotions, strengthen the mind and ones connection with the universe, through the ancient process or yoga using movement, breath, relaxation, meditation, silence and sound. No experience necessary.

#### Massage

Allow your mind and body to relax and unwind by treating yourself to a massage, customised to suit your needs and using the healing powers of the finest quality essential oils. Who can resist spending some time cocooned in warm towels and relaxing to the sound of soothing music.

#### Integrated Healing

A webinar conference using the internet *'bring peace, prosperity, happiness, health and wealth you're your life'*.

Internationally acclaimed healer Dr. M. S. Chauhan, who is based in Jaipur, India and receive guidance on how to restore balance in your body, in order to Dr Chauhan uses amalgamated gem therapy (healing with gems) together with the ancient art of dowsing to diagnose and treat patients for over 3 decades world wide. This simple science involves gems to counteract and cure the effect of the negative planetary influences on the human body.

#### Learn the gentle and graceful art of camel riding!

Glenda Sutton is among the best camel trainer and rider in Australia and enjoys having the opportunity to introduce people to her gentle team of camels. During this journey we experience a type of moving meditation whilst being soothed by the gentle sway of Glenda's sure-footed camels.

Learn about local flora and fauna as we amble along forest tracks on a camel riding adventure for the morning.

#### Accommodation

Wellsford Forest Retreat comfortably caters for up to 13 people in a beautiful mud brick homestead, with shared rooms and shared bathrooms, set in natural secluded bush land. The property uses environmentally sustainable principles in the building of the homestead and estate buildings. Solar power is used on the property, water usage

is minimized and buildings are designed to harmonize with the needs of the local wildlife.

#### Meals

Our meals on the Eco Retreat consist of freshest organic produce, whole foods and seasonal fruits and vegetables.

The meals will enhance your energy and enthusiasm levels during the day's activities. Our chef will prepare beautiful meals that will delight you! While we are on our camel ride we will have a delightful morning tea in a natural setting at a picnic ground in the forest.

Our lunches will be buffet style, with a scrumptious two course dinner with organic local wines also available. Fruit and nuts are also available throughout the day and we guarantee you will never go hungry! You will experience first hand how exciting and delicious vegetarian food can be. Often the meals are a highlight in a retreat and provide the motivation for a healthier eating program once you return to your daily life.

#### Travel

You will need to arrange your own transport to reach Bendigo in Central Victoria. If you wish we can arrange with our preferred travel agent for your transport to and from Bendigo if you are flying from interstate or overseas. Bendigo is just under 2 hours from Melbourne Airport.

**Dates:** Friday 8th October, starts 7pm  
– closes Sunday 3pm, 10th October  
*Booking close 24th September 2010*

Friday 29 October, starts 7pm  
– closes Sunday 3pm, 31st October  
*Bookings close 16th October 2010*

**Location:** Wellsford Forest, Central Victoria  
(10 minutes from Bendigo)

**Cost:** \$550 includes GST  
Bring a Friend rate \$520  
Group booking 3 or more \$510 each

Limited to 13 women - book early to avoid disappointment.  
*\*early birds receive an Integrated Healing consult free.*

*Fully catered weekend retreat, enjoy some of the finest scrumptious fresh country meals. A delicious organic foods cuisine is provided and all special dietary requirements are catered for.*



Mobile: (+61) 0433 961 999  
Email: [info@connectingcultures.com.au](mailto:info@connectingcultures.com.au)  
Address: Connecting Cultures, PO Box 673, Daylesford 3460, Australia  
Blog: [www.journeysconnect.blogspot.com](http://www.journeysconnect.blogspot.com)  
Gift Registry: [www.ccgiftregistry.com](http://www.ccgiftregistry.com)

Visit our website for details on tours, workshops & events  
[www.connectingcultures.com.au](http://www.connectingcultures.com.au)