

Confidential Medical Information

Please note here if you have any medical or other condition that may affect your yoga practice (eg high blood pressure, heart disease, disc or other back problems, etc) or if you are pregnant. You could also write anything else you would like us to know about you such as special dietary requirements.

Program

- 9.00am Registration
- 9.30am Traditional smoking welcome & meditation on elements
- 10.15am Asana through the chakras and earth connection
- 11.15am Morning tea
- 11.45am Chakra Shuddhi (purification)
- 12.15 pm Relaxation—Chanting the Chakras Healing
- 12.45pm Lunch and Mouna-reflective silence
- 2.00.pm Meditation through the Charkas and cosmic connection
- 3.00pm Crystal bowels healing through the chakras
- 4.00pm Haven (Vedic fire ceremony)
- 4.45pm Afternoon tea
- 5.00pm Close

Yoga Day for Milly-Jay

Experience the chakras in relation to the earth and the cosmic

WELLSFORD FOREST RETREAT

a tranquil comfortable mudbrick homestead in 40 acres of
natural bush in the Wellsford Forest near Bendigo

Sunday 6th November

Register 9am

Start 9.30am—Close 5pm

Booking Close 2nd November

Cost \$95

\$85 Concession

Morning/Afternoon Tea supplied

Bring Lunch to Share

**bring yoga mat, blanket, cushion, gem stone, diary
& walking shoes**

For more information phone

Cheryl /Shilamurti on 54484121

Email: wellsford@hotmail.net.au

www.wellsfordforestretreat.com

Shilamurti/ Cheryl Floyd is a Karma Sannyasi initiated in the Satyananda Tradition, and an accredited teacher with the Satyananda Yoga Academy. With 38 years experience in yoga she has been teaching Satyananda Yoga for past 17 years in Bendigo where she holds weekly classes at her Anahata Studio in White Hills along with Yoga Retreats at the Wellsford Forest Retreat for the past 10 years. Shilamurti teaches with holistic approach and has spent many years educating and empowering individuals to realize ones true Divine Nature. Her background is Holistic Healing, and Solution Oriented Counselling.

Raseshwari (Elaine Martin) is a Karma Sannyasi initiated into the Satyananda tradition. She is a qualified nurse and an accredited and affiliated Satyananda Yoga teacher, # 6121, she has been practicing Yoga for more than 40 years and teaching in Castlemaine and Harcourt Nth since 1990. Fundamental to Raseshwari teaching is that yoga practices not only lead to wellbeing and peace but also to the realization of own Divine Nature and the joy in understanding our connection to the Environment and Supreme Consciousness.

**yoga movement, breath, relaxation, meditation,
sound, silence, fire ceremony and bushwalking**



Milly-Jay Aplin was diagnosed with Acute Lymphoblast Leukemia on September 8th 2010 at the age of 3 years old. Chemotherapy was commenced immediately and will continue for approximately two and a half years to save her life. This is one of a series of retreats being offered as Seve (service) to support Milly-Jay her mother and siblings in this time of extreme hardship an expense. Milly-Jays story web. www.millyjay.com

Yoga day for Milly-Jay

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Registration Form

Name:.....

Address.....

Postcode.....

email.....Phone.....

Full Members & Associate Members of SYTA are eligible for a \$20 subsidy place membership no. here.....

Payment enclosed: GST included in cost

Concession..... \$85

Full Price..... \$95

Payment in full required by 2nd November

Pay Direct Debit
allisa aplin t/f milly-jay aplin
Heritage Building society
Acc no. 11768274
BSB 638 -010

Send cheque to
allisa aplin t/f milly-jay aplin
c/- Wellsford Forest Retreat
565 Napier St White Hills 3550

A receipt, information and map will be sent to you
For more information phone

Cheryl/Shilamurti on 03 54484121
Email. wellsford@hotmail.net.au
www.wellsfordforestretreat.com