

The Gawler Foundation

Living in Balance



Program overview

Living in Balance is a five day residential program at The Gawler Foundation's Living Centre in the beautiful Yarra Valley. During this program we will explore meditation, nutrition, effective emotional management amongst other tools, while you get to know yourself better and draw upon the deeper and wiser parts of your being.

Where and when

Yarra Valley Living Centre, 55 Rayner Court, Yarra Junction. (Melways ref 288 J 12)
Monday 27 September to Friday 1 October 2010.

Format

Living In Balance is a life-affirming program for you to reconnect with the essence of life: your inner wisdom and strength. It is designed to help you take time out for reflection and to recognise the patterns in your life. Through letting go of old habits that no longer serve you, and integrating new and healthier strategies, you will experience a positive transformation in your daily life.

As a participant you will learn and experience:

- Regaining balance in body, emotions, mind and spirit
- Emotional health in dealing with anger, anxiety and grief
- Communication skills for transformation, openness and intimacy
- Techniques for relaxation, stress management and a healthy lifestyle
- Using the mind positively and creatively
- Bringing the fun and joy back into your life
- Finding more meaning and purpose through practical spirituality

Facilitators

The five day weekend retreat will be facilitated by Paul and Maia Bedson, both counsellors who have been helping people to develop trust, safety and intimacy for more than 20 years.

Bookings

Phone The Gawler Foundation on (03) 5967 1730 for bookings and further information.