

# Program Facilitators

We have a team of highly qualified caring facilitators who draw on a rich background of personal experience - staff may vary between programs.

**Siegfried Gutbrod** MCounsHS DipPsychophoneticsCouns BBA  
*Therapeutic Director*

Siegfried initially gained a degree in business administration and worked in corporate executive positions in the IT sector. He commenced therapeutic work over 15 years ago and holds a Masters degree in Counselling and Human Services and is also a meditation instructor. His particular interests are in empowering people to take charge of their own healing journey, the healing potential of laughter and providing emotional and spiritual support for end-of-life situations.

**Paul Bedson** BA BAcup BCouns

A counsellor, psychotherapist, meditation instructor and therapist, Paul has been working in mind-body medicine for over 20 years. His particular interest is helping people deal with the range of emotional issues associated with their healing journey. He also works with grief and anxiety issues and relationship problems. Paul has co-authored a book with Dr Ian Gawler: *Meditation: An In-Depth Guide*.

**Maia Bedson** DipHolCouns GradDipCounsHS

Maia is a holistic counsellor, meditation instructor and natural therapist. She has been working in physical, emotional and spiritual healing for over 15 years. Maia assists people in a wide range of areas including diet, lifestyle balance, dealing with and healing emotional issues and helping people to access their own inner wisdom.

**Jenni Evans** DipComEng NLP Trainer Certified Feldenkrais Practitioner

Jenni has more than 30 years experience working with people of all ages, backgrounds, nationalities and cultures to improve their wellbeing, take more control of their lives and help deal with significant life issues. Her work has included engineering, management, teaching, training, improvement coaching and Feldenkrais.

**Dr Ruth Gawler** MBBS MGPPsych FACPsychMed FPA (Cert)

A Medical Practitioner and therapist, Ruth believes strongly in the benefits of integrating orthodox and complementary medicine and counselling for a fully encompassed approach to health. She enjoys assisting people to take responsibility and direct their own healing and has a special interest in the therapeutic application of meditation.

**Dr Craig Hassed** MBBS FRACGP

Craig is a General Practitioner and senior lecturer at the Monash University Dept of General Practice. His teaching, research and clinical interests involve mindfulness-based stress management, mind-body medicine, meditation, holistic healthcare, complementary therapies and medical ethics. Craig's books include *New Frontiers In Medicine, Know Thyself, The Essence of Health*.

**Robyn Jones** BA DipEd DipHolHealing

A former teacher and nurse, Robyn's work in mind-body medicine and energy healing for over 20 years has informed her work as a counsellor, meditation instructor and facilitator of lifestyle programs. Trained in grief, loss and solution-based therapy, her passion is to inspire others on their journey to their own truth, healing and wellbeing.

# About The Gawler Foundation

Founded by Dr Ian Gawler, a cancer survivor himself and a pioneer in the development and application of meditation and other mind-body medicine techniques, The Gawler Foundation offers hope and inspiration to all people.

For over 25 years, The Gawler Foundation has been conducting integrated lifestyle programs in cancer management, disease prevention, self-healing techniques and total wellbeing for body, emotions, mind and spirit. The Gawler Foundation is a not-for-profit, non-denominational organisation dedicated to improvement of the health of our community.

## Our Philosophy

At The Gawler Foundation we believe that:

- Balance is the key to good health
- Regaining balance leads to healing
- Sustaining balance brings peace of mind and wellbeing

## For bookings and more information

The costs and dates for each program are included on the Information and Registration Form. There is often a waiting list for our programs so please read the cancellation policy. Bookings are confirmed upon receipt of a completed Registration Form and deposit. Please contact our Client Services Consultant to make sure a program is the right one for you and also to check availability. Our staff will assist with your questions and special requirements.

## What others say

'The retreat provided beautiful scenery, delicious vegetarian meals and an environment of people aspiring to their personal development. For me, it was a place of physical and mental rejuvenation.'

*Alison Ng*

'The retreat equipped me with skills that have completely changed my life and my perspective of it. The inner peace and strength that I became aware of that week has given me a happiness and a confidence in myself that I thought had gone for good.'

*Lara Vorlicek*

'My life has changed for the best since my visit. I've turned my life around as a result. I've read a lot of books and spoken to a lot of people over a lot of years in relation to personal development, but until I visited the Living Centre. I never really got it.'

*Sean Hayward*



## The Gawler Foundation

An integrated approach to health  
healing and wellbeing

Yarra Valley Living Centre  
55 Rayner Court  
Yarra Junction VIC 3797

Hawthorn Centre  
565 Burwood Road  
Hawthorn VIC 3122

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The Gawler Foundation Inc is a not-for-profit organisation  
ABN 79 160 595 251 | Registration Number A0000389M



## The Gawler Foundation

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# Residential Programs Promoting Health and Wellbeing

Living in Balance

Weekend Meditation Retreats

Pathways to Intimacy

Moving to Your Rhythm Womens Retreat

Set Your Compass

Health Practitioners Retreats



Leaders in Mind-Body Medicine  
and Lifestyle-Based Programs

## Living in Balance

### 5 day retreat

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.

We will explore meditation, nutrition and effective emotional management amongst other tools, while you get to know yourself better and draw upon the deeper and wiser parts of your being.

*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 your mind positively and creatively
- Bringing the fun and joy back into your life
- Finding more meaning and purpose through practical spirituality

## Pathways to Intimacy

### 3 day retreat

For couples and individuals to develop skills creating and inviting more intimacy in your life to enhance all your relationships: spouse/partner, children, friends and family. You will learn communication skills for self-disclosure and to speak openly and honestly, skills that will enhance your ability to give and receive love.

*Practical and experiential exercises for:*

- Taking ownership of your feelings and needs
- Being assertive without aggression
- Listening deeply to the other
- Exploring the nature of commitment
- Setting clear personal boundaries
- Compassion, intimacy, gratitude and forgiveness
- Dealing with differences, conflict and anger
- Healing past relationship wounds

## Health Practitioners Retreats

### Residential retreats designed for Health Practitioners only

For details please refer to our website or contact our Client Services Consultants.

## Weekend Meditation Retreats

### Weekend retreat

An excellent interlude in a busy life. A special treat to de-stress, relax and recharge your batteries. Learn and practise meditation and relaxation techniques to incorporate into your daily lifestyle. Designed to help you journey inward, connect with your inner wisdom and know your true self. These retreats are reasonably intensive with teaching and discussion, progressing from simple techniques through to more complex methods. Time out to be inspired and refreshed.

### Why Meditate?

Meditation has emerged as one of the most powerful self-help tools for sustaining and regaining good health and for experiencing our natural, true state: inner contentment, joy and clarity.

The practice of meditation enables your body to regain its natural state of balance, reactivate the immune system and maximise the body's own healing potential. This practice has the power to restore and sustain good physical health and wellbeing.

By experiencing this meditative state directly, we start to realise who we really are, allowing us to live accordingly. Meditation can transform ordinary, everyday existence and survival into a life which is truly meaningful and wonderful.

*Meditation can help with:*

- Peace and clarity of mind
- Strengthening your immune system
- Managing stress, anxiety, pain and fear
- Physical, emotional and spiritual wellbeing
- Self-awareness, self-knowledge and self-esteem
- Healing your body and mind

## Moving to Your Rhythm Womens Retreat

### Weekend retreat

Designed by women for women, this exciting retreat will nurture and invigorate you through meditation, relaxation, movement, massage and a range of creative activities. Take a break from your busy life to recharge, reconnect and refocus your energies providing an opportunity to take time out from the daily pressures and develop a balanced routine in your life.

Format for the weekend includes:

- Physical relaxation
- Breathing techniques
- Meditation (instruction provided)
- Movement and stretching
- Creative dance (no previous skill required)
- Reflection through a range of creative activities
- Simple group massage techniques
- Healthy wholefood, plant-based meals

## Set Your Compass

### Weekend retreat with Siegfried Gutbrod

This weekend program will seek to explore questions such as - am I living up to the purpose of my life; whose expectations am I fulfilling - mine or others; how can I be in charge of my own life; what direction do I want to go in?

Identify your passions and what you feel enthused about! Name important elements that you want to bring into your life, formulate a set of clear goals for the year ahead and identify what needs to be in place to achieve your goals. The retreat will include short talks, meditations on the theme, artistic activities and group work.



## Venue: Yarra Valley Living Centre

Set on 15 hectares of native bushland, about an hour's drive from Melbourne, the centre is surrounded by natural beauty and provides a wonderful environment for peace, tranquillity, relaxation and healing.

### Sessions

Most sessions involve learning through direct participation and experience. Discussion is encouraged and there is plenty of time for questions and answers. You will meet and share with a group of wonderful and exceptional people.

### Medical and therapeutic support

While doctors do lead several of the program sessions, the Yarra Valley Living Centre is not a medical facility. The Gawler Foundation remains independent of any product, therapy, company, publication or person.

### The food

Our meals are wholefood, plant-based and dairy-free, fresh and abundant with healing qualities. The food is organic (wherever possible). Fresh organic juices are a feature of our programs.

### Additional Services Available

**Counselling:** Private consultation appointments are available with our counselling staff.

**Body Therapies** - Massage, Shiatsu and Reflexology: With qualified, experienced body therapists. Very relaxing, re-energising and good for body, mind and spirit.

**Resource Centre:** A comprehensive selection of books, CDs and resources which support the principles of our programs are available at Yarra Valley Living Centre and the Hawthorn Centre or order online [www.gawler.org](http://www.gawler.org)