

Cradle Mountain Retreat

3rd - 5th July, 2009 - (7^{pm} Fri - 5.30^{pm} Sun)

Held at Cradle Mountain Lodge, high in the Tasmanian Alpine wilderness, with cosy cabins, fine food & wine. Right on the edge of the World Heritage listed Cradle Mt - Lake St. Clair National Park. Amazing lakes, rugged mountain peaks and truly ancient forests all around. Relax, rejuvenate and restore your well-being.

+ (3) 9589 2108 or info@chiasma.info for bookings and more information.

All for \$801 (accom, spa & transfers extra)

**Getting Intimate with the Infinite...
Meditate amongst Magnificence**

Retreat Includes: Lunches, National Park entrance fee; Amazing program of relaxation and meditation + free time to enjoy
Wilderness Rainforest walks; Journal folder; Complimentary Relaxation CD plus 1/2 hour private consult.

Accommodation: includes breakfast. (Transfers and Dinners extra); Spa treatments also available.

Superb scenery, cosy cabins, magnificent meals, simple pleasures, amazing walks, stunning meditations.
Learn how to have Less Stress Relax and get Better Sleep.

With **Philip Stevens** BSc (Psych, Physiol) BSc (hons) (Physiol) MWSCY, FWSCY, Consultant Neurophysiologist, Certified Yoga Teacher, Fellow and Life Member of the World Society For Clinical Yoga, INDIA. Acclaimed international speaker, highly regarded teacher, entertaining and informative presenter. Bringing the best of East and West. Currently teaching at Monash Medical School. Meditation, relaxation, managing stress, sleep problems. LifeStyle counselling for busy people.

Program Details

Friday afternoon	Arrival and settling in.
Friday 7-8pm	Welcome address, program intro, receive program pack and arrange consults.
Friday evening	Dinner and settling in, meet the other guests. (Some consult times available)
Saturday Morning	Morning yoga and meditation before breakfast. Breakfast and free time Morning program – Neurophysiology of Stress, Meditation for Health. Saturday morning we explore the nature of stress and how to deal with it, we explore how stress affect the body, brain and mind and learn some techniques to avoid stress and deal with the stress that we have.
Saturday Midday	Lunch and free time to explore, short walk or enjoy the Wilderness Spa.
Saturday Afternoon	(Depending on the weather, we may choose to have a long, wilderness walk.) Afternoon program – Meditation and relaxation for Health and Well-Being.
Sunday Morning	Morning yoga and meditation before breakfast. Breakfast and free time Morning program – Neurophysiology of Sleep, Meditation Better Sleep. Sunday morning we explore sleep and how to get better quality sleep, more effective sleep induction techniques and learn some useful tools to help you maintain good sleep patterns for a healthy immune system and increased energy.
Sunday Midday	Lunch and free time to explore, short walk or enjoy the Wilderness Spa.
Sunday Afternoon	Depending on the weather, we may choose to have a longer, wilderness walk. (Program to be decided based on participant involvement.)
Sunday 5.30	Program ends. You can stay longer or leave at your pleasure