

# Cradle Mountain Retreat

8th - 10th July, 2011 - (7<sub>pm</sub> Fri - 5.30<sub>pm</sub> 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 💻 [www.yogalinks.net/padma/retreats.html](http://www.yogalinks.net/padma/retreats.html) for more information.

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

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

**Retreat Includes:** Lunches, National Park entrance fee; Amazing program of relaxation and meditation + free time  
Wilderness Rainforest walks; Complimentary Journal folder plus Relaxation CD.

**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 Relax

Less Stress = 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,

