



yoga from
the inside



Going Nowhere in Silence – A Weekend Retreat

Friday 6th October 4pm to Sunday 8th October 2pm

In this weekend of silent retreat of yoga and meditation, we will create a sacred space together and open to the opportunity to realise the treasures within. When we withdraw attention from the external distractions of life, wonders can unfold. Drawing deep from our inner world will provide ongoing nourishment when we return to our daily lives.

A beautiful site in the foothills of the Blue Mountains, amongst bush and birds, with delicious vegetarian food and options to write, draw, stretch, walk, meditate, listen...

Co-facilitated by Minnie Biggs and Catherine Sherlock.

Venue

Benedict XVI Retreat Centre Grose Wold.

Pricing

\$475 for a single room.

NB. A lower rate is available if you come with a partner/friend/group and you're happy to share a room. Email info@yogafromtheinside.com.au for more details.

Inclusions

- **2 x night accommodation** (each room with ensuite, air-conditioning and wi-fi access)
- Provision of doona with cover, pillow with protector (full linen, including towels, can be provided by the Centre, with prior notice. An additional \$16.50 pp applies).
- **Full catering** from **DINNER** on Friday through to **LUNCH** on Sunday (includes morning & afternoon teas & supper daily).



Sample Schedule

(NB. subject to change)

Saturday

- 6am Morning Circle
- 6:30am Gentle Hatha Yoga
- 7:45am Breakfast
- 9am Intro to Recollective Awareness – Minnie Biggs
- 10:30am Morning Tea
- 11:00am Intro to Integrative Restoration – Catherine Sherlock
- 12:30pm Lunch
- 1:30pm Rest and Free time
- 3pm Dharma talk
- 4pm Writing and drawing exercise
- 5pm Restorative Yoga
- 6pm Dinner
- 7pm Evening discussion
- 8pm Short meditation
- 8:30pm Bed time story and chanting



Catherine Sherlock

Catherine is a certified iRest teacher and a registered Yoga Australia teacher who is passionate about facilitating people to find inner peace using yoga and meditation techniques.

iRest (Integrative Restoration)

iRest is an evidence-based transformative meditation and self enquiry practice that leads to psychological, physical, and spiritual healing and wellbeing.

Minnie Biggs

Minnie Biggs has been meditating for many years, on several meditation paths. In the last five years she has embraced Recollective Awareness meditation as a most fruitful and enjoyable way to spend a part of each day. The transformative benefits of this technique have prompted her to study further with Jason Siff to become a facilitator so that she can offer the same opportunity to others. Minnie is also a long term yoga practitioner and writer. To discover more about Minnie, view her website: www.minniebiggs.com



Transport Instructions

The Centre is approximately:

- 70 mins from Sydney's CBD
- 50 mins from Parramatta CBD
- 1hr 30 mins from Wollongong CBD
- Public transport is available



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Contact details:

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