

5 Day Silence Retreat

Date: 17-22 March 2014
Times: 9am start and finish
Location: Mt Warning Forest Hideaway
460 Byrrill Creek Rd
Uki, NSW (Byron Bay Hinterland)
Price: \$580 (shared accom)
\$780 (single accom)
Phone: 02 66797277
Email: info@foresthideaway.com.au
Website: www.foresthideaway.com.au

Includes:

- Accommodation
 - Meditation daily
 - Yoga daily
 - Personal Sessions
 - Group Sessions
 - Breathwork
 - Lunch daily
 - Quiet tranquil rainforest surrounds
 - Creeks and Waterfalls
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'Silence is a source of great strength'. Lao Tzu

Are you tired, run down, unhappy, wanting more, numb, sick, looking for something?

Silence will give you the opportunity to tune into your inner wisdom, heal past hurts and traumas, stimulate your creativity, and realise your potential.

In this busy, sensory stimulating, technology filled world we live day to day, it is often difficult to tune in to what we need and take the time to heal, nurture and grow ourselves.

The Silence Retreat will take you on a journey of healing, discovery, and expansion on the physical, emotional and spiritual levels.

*'Silence is the sleep that nourishes wisdom'.
Francis Bacon*

