

## Retreat Exploration

The year's programme will be held over ten full days. Each day builds on the previous ones to support each person's awakening. Areas of exploration include:

- Being present and deepening awareness
- Developing sustainable spiritual practices
- Staying fresh, open and clear
- Managing the inner critic
- Promoting Light, Love and Laughter in our lives
- Understanding the influences of our origins and our beliefs on our awakening
- Cultivating loving acceptance of our experiences and ourselves
- Cultivating Oneness and acting autonomously
- Using the Enneagram to understand ourselves
- Exploring identities and archetypes

We will explore these areas through:

- Meditations
- Breathing and physical exercises
- A process of "Inquiry"
- Use of creative media

## Transformation is Possible

The aim of this group is to help each participant experience their essential nature in an ongoing way. Participants will explore and address obstacles to their awakening whilst engaging in spiritual practices that help them connect to true nature. This allows people to be more available to their inherent qualities such as equanimity, inner strength, spaciousness, joy, love and compassion.

Participants can expect to develop their capacity to stay present with themselves and deepen their understanding of human consciousness. The group is designed to promote and support each person's unique unfolding.

Who is this for?

This course is for people wanting to live a free and authentic life. Having an ability to self reflect and some experience of the personal growth process is necessary.

## Retreat Information

The group will meet once a month—February to November—on a Saturday from 9.30 am to 4:30 pm.

The fee for the ten days is \$1,200 (this includes any Tuesday night meditation classes that participants may wish to attend). You are welcome to discuss payment by installment.

Contact us by phone or email to discuss your interest. More information and the meeting dates for 2020 are available on our website.

George: [gpackard626@gmail.com](mailto:gpackard626@gmail.com)

Jenny: [jpackardraroa@gmail.com](mailto:jpackardraroa@gmail.com)

Phone: (04) 934 8629

Website: [www.wellbeings.co.nz](http://www.wellbeings.co.nz)



*Promoting our unique unfolding*