



## Testimonials

*"Being involved, for a number of years now, the monthly Wellbeing group enriches and nourishes my life. It offers a regular space for attending to my inner self and developing my spirituality in a safe space with a congenial group of like minded explorers. George and Jenny are both skilled and experienced facilitators who guide us as a group and as individuals with their light touch, care and openness." - Seonaigh*

*"The Wellbeing Retreat has provided me with a safe and supportive environment for exploring my inner self. Each month has given me new tools of personal inquiry including theory, meditation, creativity, and movement. I have enjoyed sharing my journey with the other participants and the guidance from George and Jenny." - Cheryl*

*"I can see that, over time, subtle but profound shifts have taken place in me, internally. I am now more clearly aware of my own voice, more alive to the world around me, and my heart is more open to others, even those I disagree with!" - Anna*

*"I joined the group this year. I was a little anxious about joining. I needn't have been. It's one of the best decisions I have ever made. I have experienced significant personal growth with a group of like-minded people in a supportive and trusting environment. Each month is a different topic that gives me new insights into myself and others, as well as practical skills I can use. George and Jenny are knowledgeable, supportive and generous, and very experienced. I really look forward to every month." - Julie*

*"The opportunity to explore and challenge myself in a secure, supportive and loving environment with like-minded people-under the sensitive guidance of George and Jenny-has kept me returning to this retreat group for the last several years." - Geoff*

George and Jenny Packard have worked for many years as educators and meditation teachers, helping people live happier and more fulfilled lives.

They find it deeply satisfying to facilitate a process that promotes peoples' ease, spiritual unfolding and genuineness within a group setting. Their approach, drawing on traditions from both the East and the West, can best be described as a form of practical spirituality.

They have undertaken training in meditation with teachers Ken and Elizabeth Mellor of The Awakening Network for over 30 years. They are Master Practitioners of Urban Mysticism. For the past seventeen years they have attended courses in the USA with Sandra Maitri, teacher of the Diamond Approach and the Enneagram. They are both accredited members of The Australian Teachers of Meditation Association.

Jenny has worked in private practice as a counsellor, psychotherapist and supervisor of people in the helping professions. George has taught meditation and mindfulness/grounding courses for many years including at Victoria University.

# WELLBEING & BEYOND GROUP



## 2024

Awakening  
to the  
truth of  
who we are

## 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 \$1,300 (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 2024 are available on our website.

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*Promoting our unique unfolding*