



## ROCKLYN YOGA ASHRAM

The **Rocklyn Yoga Ashram**, nestled on the edge of the majestic Wombat State forest, is a place of deep peace and spiritual serenity. The profound silence which pervades the Ashram is very healing in our busy and noisy lives. On the weekend Retreat with Swamini, we shall join in with some of their programs including the Mrityunjaya Homa, the deep relaxation of Yoga Nidra, early morning gentle yoga and the evening kirtan and satsang in which Swamini Vinayananda will speak. Healthy and tasty vegetarian meals will be served. Accommodation is first class.



## SWAMINI VINAYANANDA



**Swamini Vinayananda** is the Acharya (teacher) of Chinmaya Mission Bendigo where she teaches in many towns in country Victoria sharing the knowledge of Vedanta in her warm, practical and

inspiring classes. She lives in Castlemaine and has been teaching since 1998. She completed her training in India from 1996-1998 and was first posted to the Templestowe Ashram in Melbourne. Swamini Vinayananda has dedicated her life to the pursuit of the spiritual life and teaching the Vision of Oneness, Advaita Vedanta.

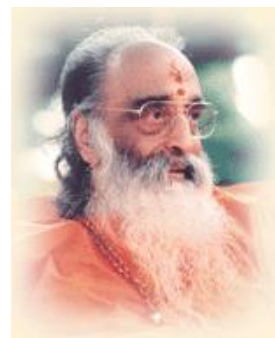
## NEW WEBSITE

Please check out Swamini's new website.

[www.vinayananda.com](http://www.vinayananda.com)

It has all Swamini's regular classes and upcoming Retreat Days and Weekends, talks etc.

## ABOUT US



Chinmaya Mission was founded by **Swami Chinmayananda** in 1951 to bring the universal philosophy & spirituality of Vedanta to all people to provide purpose & maximum fulfilment & happiness in their lives.

[www.chinmayamission.com](http://www.chinmayamission.com)

CHINMAYA MISSION AUSTRALIA



# INNER SILENCE

## SILENT RETREAT WEEKEND

**Saturday 23 &  
Sunday 24 March 2019**

with

**Swamini Vinayananda**

**Rocklyn Yoga Ashram**  
393 Dean Barkstead Rd Rocklyn  
90 minutes from Melbourne

REGISTRATIONS CLOSE:

**Sunday 17 March**

Early Bird Special: 24 February