



## *Details for the Retreat*

### ARRIVAL & DEPARTURE TIMES:

Please arrive by **9.30am on Saturday**.

Report to **Reception** for your room allocation. Unpack and meet in Classroom ready to start by 10am. There will be people to help you!

Departure is at **3.00pm Sunday**.

NB: Reception is open 9am -5pm only.

### ACCOMODATION:

We will be in **shared accommodation** (3-4 in a bedroom). Rooms are comfortably heated when the weather is cold.

Single rooms are available for extra cost. These are limited in number, so get in early!

Please visit [www.yogavic.org.au](http://www.yogavic.org.au) then "Practical Details" then "Accommodation and Fees" for type of rooms and extra surcharges to be paid independently and directly to the Ashram.

Please let Swamini Vinayananda know well in advance if you need a single room or would like to be in the same room with a particular person.

### WHAT YOU NEED TO BRING:

- 1) **BEDDING:** Pillow, single bed sheets, blankets/doona/sleeping bag. Hot water bottle optional.
- 2) **CLOTHING:** Bring clothes suitable for yoga classes and outside activities. Bring some warm clothes as Rocklyn is at a high altitude. Weather is changeable and can become quite cold. Clothing for 2 days.
- 3) **SHOES:** Good walking shoes and some slip-ons for around the ashram buildings. Slippers for inside if it is cold.
- 4) **SUNDRIES:** Toiletries and Towel/ Bath mat. Water bottle, torch, alarm clock, hat, earplugs. Medications. Asthmatics please bring a puffer.

### MOBILE PHONES:

No mobiles in the Ashram. They can be used in the carpark. A pay public phone is available in the Ashram.

### MEALS:

Vegetarian meals. Breakfast, lunch and dinner. Fruit with morning and afternoon tea.

**Most dietary needs can be catered for. Please inform the Ashram or Swamini at least 5 days in advance of these special dietary needs or any medical considerations with respect to food.** If it cannot be accommodated, please bring along your special food requirements.

### HOW TO GET THERE:

**Ashram Address:** 393 Dean Barkstead Rd Rocklyn 3364

**Ashram Phone Number:** 5345 7434 (BH)

**Swamini Vinayananda's Mobile:** 0458 201 128

Please see the website for directions: [www.yogavic.org.au](http://www.yogavic.org.au) "Practical details" then "Location and directions"

Two other simple ways if you are coming from Melbourne are as follows:

- 1) Take the **Calder Hwy M79**, exit at **Woodend**. In main street (C792) thru town centre take signed turn off to **Daylesford** (library on the corner) called the Tyden-Woodend Rd. Drive to Daylesford. As you enter centre of Daylesford you will pass a fountain then come to a roundabout. Go straight across. This road takes you to Ballarat. Next you will go through a forest. Keep travelling til you reach a town called **Newlyn**. If you come to a roundabout, you have just missed the turn off. Turn off for the Ashram is in Newlyn and is signed "**Yoga Ashram**" and the road is opposite an old antique place and just before a white bridge. Follow the signs all the way to the ashram. Be alert! Memorize the way for your return journey.
- 2) Take the **Western Freeway M8 to Ballarat**. Exit at **Midland Hwy A300** at Ballarat turning to head towards **Daylesford** not into Ballarat. Travel to **Creswick** then on to **Newlyn** where a roundabout is, turn left towards Daylesford. The turn off for Ashram is in Newlyn. As you cross a little white bridge, antique shops, you will see the sign pointing to "**Yoga Ashram**" Take that road and follow the "Yoga Ashram" signs all the way to the Ashram. Be alert! Memorize your way for the return journey.
- 3) Use your GPS!!

If you study a good road map before you leave you will be much more confident!

See if you can travel with someone.

If you have GPS, you have no worries!!

On arrival, park in the carpark and report to Reception.

**Allow 2 hours for your journey if you are coming from Melbourne! Yes, an early start around 7am!! Why 7am??? 30 mins for getting lost or a coffee stop!**

#### **CANCELLATIONS AND REFUNDS:**

The Ashram has a strict policy on this so please read this carefully.

- 1) Cancellation given with more than 48 hrs notice;  
Refund will be given less 30% OR fee is transferrable within 6 months use for another course.
- 2) Cancellation given less than 48 hrs notice:  
No refund will be given. However, fee paid (less 30%) can be transferred within 6 months to another course.

NB: No refunds for early departure or late commencement.

I am required notify them of final numbers 5 days in advance and make a prepayment.

**Onus is on you to notify me and the Ashram in time, so a refund is possible.**

#### **PAYMENT FOR THE RETREAT:**

**Cost for the Retreat is \$330.00 to be fully paid by Sunday 17 March 2019.**

Concession available, please ask Swamini Vinayananda.

**Early Bird Special is \$300.00** if registration is made and you **notify** Swamini of Registration by **Sunday 24 February 2019.**

There will be no payments at the Retreat as has previously been the practise!

I have attached a **Registration Form**.

Please register and send payment and Registration form by **MAIL**

Please print out the **Registration Form** and complete all the details

**Payments Options are:**

- **CHEQUE** (made payable to “Chinmaya Mission Australia”)
- **CREDIT CARD** (using the **Registration Form**)

Please **mail** to **Swamini Vinayananda 47 Hargraves St Castlemaine 3450** along with completed **Registration Form and Payment Thanks!**

## **BOOKINGS CLOSE: SUNDAY 17 MARCH 2019!!**

Please confirm bookings with Swamini Vinayananda as snail mail takes about a week to arrive!

0458 201 128

[sw.vinayananda@gmail.com](mailto:sw.vinayananda@gmail.com)

### **PROGRAM:**

We will be following Ashram life as well as having our own silent Retreat with Swamini Vinayananda. Swamini will give guidelines for our practise of silence including our basic practise, as well as deep contemplation of words of wisdom, time in nature, silent forest walks etc.

This will be a wonderful rest from our noisy and stressful lifestyles and an opportunity to enter the silence of Being.

Last night I begged the Wise One to tell me the secret of the world. Gently, gently, he whispered,  
“Be quiet. The secret cannot be spoken. It is wrapped in Silence. Let Silence take you to the core of Life.” RUMI

**Swami Atma** is the Acharya in charge of the Rocklyn Yoga Ashram.

Some normal Ashram practices will be followed like shoes off as we enter any room, so bring your slip-ons or slippers for the class rooms if it is cold.

There will be silence (mounam) following the last evening activity on Saturday until after breakfast on Sunday, so this will fit in well with our practise for the weekend. We wash our own dishes and do a small period of Karma Yoga, service to the Ashram, with our full awareness and devotion. There will be morning meditation and chanting. A gentle yoga class and a deep relaxation class (Yoga Nidra) as well as walks in the stately Wombat Forest etc. It will be early to bed and early to rise! If it is your first experience in an Ashram, I think you will find it most restful.

I look forward to our time together.

If you have any questions don't hesitate to contact me by phone on 0458 201 128 (M) or by E-mail [sw.vinayananda@gmail.com](mailto:sw.vinayananda@gmail.com)

Lots of love  
At His Feet  
**Swamini Vinayananda**



