

Institute of Heart Intelligence

Summer Retreat Community Week

Reconnect, Recharge and Renew Yourself!

Quality Heart Connection, Quality People Connection, Quality Dancing,
Quality Laughter, Quality Fun!

7.30pm Friday 5th - 4.00pm Thursday 11th January

A summer vacation where you come back from your holidays not just rested, but transformed!

Go back to work a different person!

Enjoy 7 wonderful days of meditation and centring!

For many years we have wanted to run a Summer Retreat, but the venues were booked out. But now we have our own beautiful retreat in the hills you are invited to join us for a Heart Centred week.

The Theme: To spend a relaxed week practising practical everyday usable Heart skills so that you can transfer the Passionately Alive Experience into a Passionately Alive Lifestyle.

The Format: The week will run as a series of optional workshops. You can attend the workshops, laze around, socialise or go for a walk in the hills...

This is your chance to:

- Reconnect with your heart in a relaxing environment.
- Continue your heart opening journey.
- Develop your 'Heart Centring' meditation ability and enhance your intuition.
- Learn and Practice heart based relationship skills.
- Experience what 'Heart Centred Living' actually looks like.
- Make friendships with like minded (hearted) people.
- Gain inner strength and deepen your spiritual connection.
- Have some fun, enjoying letting go, living more authentically and laughing more freely!



Who Can Attend: We would love to bring together as many people as possible: Passionately Alive, Womanhood, Manhood, Breathwork Training graduates, their partners and friends.

All Are Welcome! You do not have to have done a workshop to attend.



A Typical Days Program: (this is a preliminary program)

Salute to the Sun Yoga and Meditation
 BREAKY
 Rishi Isometrics, Sharing, Heart Centring in depth
 LUNCH
 5 Stages of Dance, Accessing the Heart for direction in life.
 Free Time
 DINNER - BBQ
 Chanting and supper!

Fees (including Accommodation): In the spirit of building community we have endeavoured to keep the fees to a minimum. Attendees are welcome to stay in a tent if they prefer.

Fees if paid before Monday 18th December: \$350 single / \$600 Couple.

Fees if paid after Monday 18th December: \$450 single / \$800 Couple.

Food: Food costs will be kept to a minimum and shared.

PLEASE JOIN US FOR A GREAT WEEK - Just fill in and return this slip

Registration: Enclosed is my payment of \$(cheques to Institute of Heart Intelligence)

Name Phone (H).....

AddressP'code.....

Email Address (W).....

Paying by (Tick One): Cheque__ Mastercard__ Visa__ Other__

Credit Card No. _____ Expiry Date.....

Name on Card Signed

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