

# Sacred Balance

Yoga with Di

## Harvest of the Heart

### An Autumn Retreat for Women

Facilitated by Diane Jones





**Book in for the last 5 places left for the retreat**

# Harvest of the Heart



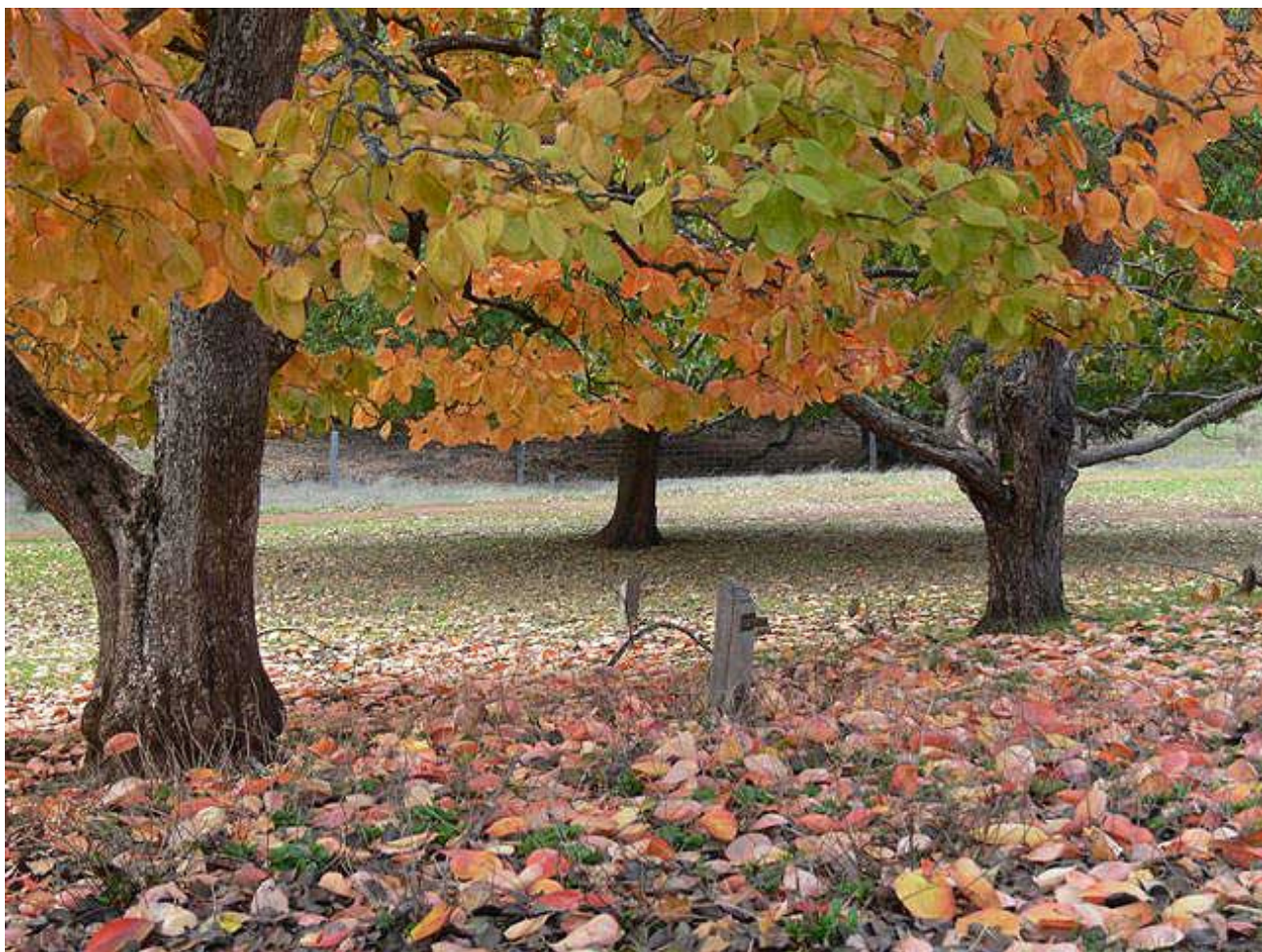
Join me for a very special 4 day Autumn retreat for women,  
and discover the inner harvest of your heart in the

picturesque upper reaches of the blackwood valley in Balingup.

The retreat offers respite from the demands of daily life, inviting you to reconnect with all that you are and remember the joy and power that is present when women come together.

This blissful 4 day retreat invites us to deepen our connection to ourselves, each other & our beloved Mother Earth with dynamic and restorative yoga, earth -based yoga and Celtic practices, beautiful walks and a sound bath. Local iconic Mr Foster's. formally known as 'The Packing Shed', famous for home- made bakery goods to a la carte dining will be providing us with delicious, seasonal healthy local produce to nourish our senses, cells and soul. Yoga teacher, Mary Doyle will be guiding the early morning yoga sessions with her soulful gentle yoga practice. Artist and sound practitioner, Lynette mcFarlane from Balingup will be joining us on Saturday and Sunday evening for a delicious relaxing sound bath with yoga nidra.





## The Venue

The origins centre is a registered charitable, not-for-profit centre which was founded in 1983. it is a respite, retreat and community activity centre located just outside the town of Balingup 2.5 - 3 hours south west of Perth.

the building was built using the timbers from the old Bunbury wharf. the rotunda is a beautiful, spacious eight-sided meeting room where we'll be doing yoga and mindfulness activities. The rotunda was originally at Graylands hospital in Perth. the beautiful world peace pagoda here was built with friends from the wa myanmar (Burmese) community under the direction of ven. sayadaw u thila wunta. there are 10 rooms, containing two single beds in each room, but we will allocate one room per person so that everyone has the privacy



There is a fully equipped communal kitchen, dining and lounge area. a shared modern shower block and eco toilets with the most wonderful view.

Located on the Bibbimum track, Origins centre has stunning bushland setting, close to walks, and the very beautiful golden tree walk. Balingup is a beautiful country town, and it can be reached with a gentle walk.



## The Autumn Equinox

The retreat will draw upon the energies of the Autumn Equinox which takes place just two days after we close our retreat. Autumn Equinox or Mabon as it is known in Celtic traditions, is when we celebrate the equilibrium of day and night, the balance of masculine and feminine energies within and without. The theme around of the Autumn Equinox is one of gratitude and sharing as we offer thanks to the Earth, and the life forces that sustain us and celebrate the second harvest of the year. We also begin reflecting on how hopes and intentions set at the start of the year have manifested and get clear on what we need to shed or complete before planting seeds of intention for the remainder of the year. It's a beautiful time of year to gather and feast on the fruits of harvest.



## Sample Schedule

- Early Morning meditation
- Gentle Hatha Yoga (with Mary Doyle)
- Breakfast
- Dharma talk and activity
- Free time
- Lunch
- Nature walk on the Bibbimun track
- Afternoon tea
- Free time
- Dinner
- Dharma talk
- Yin Yoga /Metta gratitude meditation
- Sound Bath



· Retire to Bed

## About The Event



Join us during the Autumn Equinox and learn to live seasonally.

I truly love the transition into autumn, the subtle shift in weather, the change in light, the colours. I welcome it all.

It is a time to reflect on the warm days of summer, and then turning our attention towards preparing for the winter ahead. We can do this for our life, as well. We call it 'living seasonally'. At Mabon, the autumn equinox, we reflect on our goals and dreams, feel gratitude for the accomplishments (our fruit) that we've made (harvested), also a time to give gratitude to the things & the people we have in our lives and then look forward to any changes we still wish to make in our lives. In addition to gratitude, this celebration is a time to get grounded & find balance in your life. Take a moment to slow down and listen inwardly to your body, spirit & heart.

What are you waiting for? Coming join us for the celebration of abundance, balance, release & appreciation!

Total cost is \$490.00

suggested payment

\$100 deposit is required to secure your booking

\$200 payment by Sunday 11th March

\$190 balance by Sunday 3rd March

*Bookings cancelled more than 4 weeks before the retreat receive 50% refund .  
Bookings cancelled less than 4 weeks before the retreat are non refundable . \**  
*You can pass your spot to someone else*

**\*\*\*As the retreat approaches, more details will be emailed out to all attendees. Reach out with any questions at [dinamay@bigpond.com](mailto:dinamay@bigpond.com).**