

DIVE INTO SERENITY WITH YOGA AND SACRED SOUNDS

Embrace The Stillness Within YOU!

Kenthurst | Sydney

4 nights - 5 days

17 - 21 NOVEMBER 2024



YOGA
FOR THE SOUL
Retreats

Intention:

Peaceful, Rested, Connected

Welcome to the retreat you've been yearning for!

Picture this: 60 acres of peaceful bushland, a break from the chaos of modern life, and an opportunity to rediscover a sense of **calm, stability, and happiness within yourself.**

This retreat offers a perfect blend of inner reflection and outer exploration, **reigniting the joyful, self-assured, and serene version of yourself,** all while surrounded by a supportive community of like-minded kindred spirits.

Imagine what life will be like going home with simple tools to stay calm, confident and connected.

*See you soon! Love, your host
Chetana Meehan X*



You Can Expect

4 Tranquil nights!

Escape to the tranquility of Swami's Retreat Centre, nestled amongst native bushland just 1 hour from Sydney.

Here, you'll immerse yourself in a rare sanctuary where you can quiet the mind, heal, and deepen your meditation practice, leaving you in a state of profound peace, heartfelt joy, and lasting emotional resilience.

Experience a harmonious blend of inner purification and outer serenity as you:

- Engage in transformative Yoga
- Explore the power of Breathwork
- Connect deeply through Sacred Chanting Meditations
- Relax and reenergise through Yoga Nidra

No retreat is complete without indulging in delicious food, treating yourself to a massage, and sharing laughter-filled moments with fellow retreaters amidst the serenity of the bushland surroundings.

I am thrilled to welcome you to this soothing and transformative journey!



DAY 1

Arrive and Revive

- 3.30pm: Arrive and settle into your accommodation
- 4.30pm Opening ceremony, setting intentions and restorative yoga
- 6pm: Dinner is served
- 7.30pm: Candle light meditation.



DAY 2, 3, 4

Sacred Rituals & Connection

- 6.30am:** Neti ~ Nasal cleansing (day 2 only)
- 7am:** Yoga, Breathwork and Meditation Class
- 8.30am:** Breakfast is served
- 9.30am:** Morning chants (15 minutes)
- 11am:** Mantra Meditation
- 12pm:** Yoga Nidra Lying Meditation
- 12.30pm:** Lunch is served
- 2pm:** Free time for: A massage, bushwalk, swim, spa, read a book in the hammock or simply rest
- 5pm:** Restorative Yoga and Breathwork
- 6pm:** Dinner is served
- 7pm:** Candle Tip Gazing Meditation or Kirtan Chanting



DAY 5

A Calm and Purified You

7am: Yoga, Breathwork and Meditation class

8.30am: Breakfast is served


9.30am: Morning chants (15 minutes)

10am: Room pack up

10.30am: Gratitude, Mantra Meditation and
Closing ceremony

12.30pm: Lunch is served

2pm: I bid you adieu and safe travels home

A woman with short, grey hair is shown in profile, sitting in a meditative pose in a field of tall grass. She has her eyes closed and her hand resting on her chest. She is wearing a white tank top, a necklace, a ring, and a bracelet. The background is a soft-focus field of tall grass under warm, golden light.

In the midst of
movement and chaos,
keep stillness inside of
you.

DEEPAK CHOPRA



Inclusions

- **Four nights accommodation** twin or single occupancy
- **Four early morning yoga and meditation** classes that align your body, mind and soul
- **Three mid-morning mantra meditation** classes that connect you deep within the heart and get you out of your head...
- **Four deeply restorative Yoga Nidra Practices**
- **Four afternoons chanting and gentle yoga.**
- **Four evening meditation**
- **Delicious vegetarian meals** from Sunday dinner to Thursday lunch
- Morning and afternoon of tea and fruit
- and **more...**



Exclusions

- Transportation to and from Swamis Retreat at Kenthurst & Travel insurance.
- Massage if you choose to have one, approx \$108 - \$150.



Investment

4 delightful nights in Kenthurst

Twin Ensuite Room ~ **\$1397 per person**

Single Ensuite Room ~ **\$1597**

Single Glamping Tent ~ **\$1197**

Twin Glamping Tent ~ **\$1047 per person**

**“The quieter you become, the more
you can hear.” - RAM DASS**

KNOW
Joy
KNOW
YOGA



Let's Connect!

I'll answer your questions and we can chat about what your retreat journey can look like.

SCHEDULE YOUR CALL WITH
YOUR HOST, CHETANA

“Your vision will become clear only
when you can look into your own heart.
Who looks outside, dreams; who looks
inside, awakes.” - CARL JUNG

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