



## The Art of Living Part 2 Course

**Belgrave Heights, Melbourne, from 24th to 28th March**

The four day residential Part 2 Course guides you on a journey deep into the beauty, silence, joy and healing inherent in Being. The course gives incredibly deep and complete rest, leaving you rejuvenated, profoundly relaxed and joyful in body, mind and spirit. You will enjoy

- Sadhana, including the powerful and unique Hollow and Empty meditations and new advanced pranayama techniques
- Satsangs with uplifting chanting and profound practical wisdom and
- Joyful Silence, which expands consciousness and clarity.



The Part 2 Course is conducted in the form of a residential retreat lasting four days.

**Completion of the Part 1 course is the only prerequisite to the Part 2 course. It is not necessary to have been practising the Part 1 techniques on a regular basis to be eligible.**

The venue is set in superb natural bushland in the Dandenong Ranges, an ideal environment for rest and rejuvenation.

The course will be conducted by Sue Hindle, a senior international teacher, with the down to earth perspective of a busy professional. Don't miss this opportunity to revive your joy, enthusiasm and bliss.

**Course Fee:** \$390 (\$270 concession- Health Care Card) if fully paid by 16th March 2010

**Location:** Mt Morton Lodge, Fairmont Ave, Belgrave Heights, Melbourne

**For more information or to register, contact Chris on  
0410 760 050 or [chrisd@artofliving.org.au](mailto:chrisd@artofliving.org.au)**

# **ART OF LIVING PART 2 COURSE 24th to 28th March 2010**

## **VENUE**

The course venue is Mount Morton Lodge, Fairmont Ave, Belgrave Heights, Melbourne. (Melway Ref:84 D3)

It is situated one hours drive from Melbourne's CBD at the foot of the Dandenong Ranges & set on 8 acres of peace & serenity. Accommodation is in 4 bed heated cabins

all with en-suites and shared with other participants of the same gender. Mattresses & pillows are provided. Wake to the sound of kookaburras & parrots, smell the gum trees and the fresh air which is ideal for pranayama.

## **TRAVEL**

Access by car is easy from either the Burwood Highway or M1 Freeway & Wellington Rd.

For public transport, take the train to Belgrave station and if arranged prior to the course, we can pick you up at a pre-agreed time.

Please call us if you would like to share transport to the venue.

## **TIMING**

Arrival time is 6-8pm on Wednesday 24th March . A light dinner will be served.

Departure time is 4pm on Sunday 28th March.

## **MEALS**

Food will be plentiful, hearty and nutritious lacto-vegetarian food that is tasty and easy to digest. Please inform us at least one week prior to the course if you have any special food requirements.

## **WHAT TO BRING**

Bed sheets, Pillow case, Blankets/Doona/Sleeping Bag,

Towel and Personal toiletries

Warm clothing, coat & footwear for outside wear, Raincoat or umbrella,

Torch

Comfortable tracksuit, slippers or socks for inside wear for yoga & meditation

Cushion and blanket or shawl for meditation

Yoga mat (or you can buy one or use one of ours)

## **WHAT NOT TO BRING**

Paper, pens, books, cigarettes, alcohol – they aren't needed

## **CONTACT**

For any further queries please contact Chris on 0410 760 050

If lost or running late on the first night, call 0410 760 050 or 0415 521 404.

We are looking forward to sharing this wonderful retreat with you!