

Registration

I would like to register for the residential weekend 'Living Ayurveda' from 6th-8th July

Name

Address.....
.....
.....

Postcode

Email

Home phone

Mobile.....

I have enclosed (please tick relevant box):

- a deposit of \$60
 an early bird payment of \$330
(available before the 1st June 07)
 full payment of \$375

I am paying by

- Cheque (payable to Jacinta McEwen)
 Visa/Mastercard
No.....
Expiry date.....

Please send completed form to
PO Box 751, Mullumbimby, NSW, 2482

In this weekend you will ...

- ◆ Discover how to nurture and revitalise yourself and your family with delicious Ayurvedic food and simple daily practices.
- ◆ Gain hands-on experience of Ayurvedic cooking and a deeper understanding of the power of Ayurveda.
- ◆ Learn simple Yoga poses and meditations tailored for your specific body type and constitution.
- ◆ Discover how to work with the vital energy centres (marmas) on the feet, hands and head.
- ◆ Take part in the uplifting devotional singing of Kirtan and the traditional Vedic fire ceremony, Agni Hotra.
- ◆ Relax and enjoy a delightful weekend in beautiful natural surroundings.

For more information or to book your place call Jacinta McEwen on 02 66 843165 or Leanne Moore on 02 66448117 or via e-mail at leannemoore11@bigpond.com

Living Ayurveda

a nurturing & inspiring
residential weekend



6th to 8th July

with

Jacinta McEwen ND

& Leanne Moore

Mullumbimby NSW

Weekend details at a glance

Dates: Friday 6th to Sunday 8th July 07

Time: 6.00pm Fri to 4.30pm Sun

Venue: A private healing sanctuary in Wilsons Creek - 5 minutes from Mullumbimby

Cost: Full payment before 1st June: \$330. Payment after 1st June: \$375

Please Bring: Bedding, toiletries etc, old towels (for massage), Yoga mat (optional), comfortable clothes, notepad and pen.

Please Note: All food and basic shared accommodation is included in the price of the weekend. If you require a private sleeping space please bring your own tent to pitch in the beautiful gardens.

Please talk to Jacinta about any special needs you may have and for directions to the venue.

About 'Living Ayurveda'

Ayurvedic Medicine is traditional Indian medicine. It encourages a life based on harmony with nature's rhythms, with an awareness of balancing body, mind and spirit.

Over this weekend you will have the practical experience of living an Ayurvedic lifestyle – deeply nurturing on all levels.

You will be guided through Yoga and meditation practices and learn simple daily routines individualised to suit your particular needs. You will learn the skills of self-massage and how to cook a variety of Ayurvedic dishes alongside an experienced Ayurvedic cook. We will have a group fire ceremony on Saturday night as well as a variety of gentle group and individual processes throughout the weekend.

Relaxing in the beautiful herb gardens and tranquil atmosphere of this unique venue will further enhance your soothing and healing experience.

Om Shanti



About the facilitators

Jacinta McEwen

has been practicing the healing arts for over twenty years. Initially trained as a Nurse at the Royal Adelaide Hospital, she went on to become a Naturopath, Herbalist, Massage Therapist, Yoga teacher and Ayurvedic Consultant. She is a partner in the thriving organic herbal dispensary, Mullumbimby Herbals, where she offers Naturopathic consultations, Ayurvedic lifestyle support and Ayurvedic massage & treatments such as Shirodara, Nasya & Khati Basti.



For more information about Jacinta see www.mullumherbals.com and www.ayurvedicwomanshealth.com

Leanne Moore has spent her adult life exploring holistic medicine. Her passions are Reflexology and Ayurvedic Medicine which she shares with others in her clinic in Maclean and at the NSW School of Natural Medicine as a lecturer in Reflexology and Ayurvedic Massage. She continues to study Ayurvedic Medicine with Dr Ajit and supports his work in Australia as a co-ordinator of The Australasian Institute of Ayurvedic Studies. Experiencing greater self-awareness and empowering others to do the same has always been a motivating force in her life.