

Welcome to the Spring 2017 Womyn's Retreat at Baden Powell Scout Camp

BABA NAM KEVALAM

Infinite love is all there is

From the Heart: A Treat and a Retreat

Friday 1st September

Settle in for our 22nd Sisters' Retreat, a celebration of all things womyn on Guringai land. Enjoy our vego potluck dinner from 6pm. See you in the meditation hall at 8pm for our opening ritual.

Some housekeeping: *please be on time*; enjoy the discipline, contemplation and connection offered in our programme and bring your best focus in the loving space we're creating. This weekend can help lead us somewhere deeply calm, so we may dialogue with the deeper parts of ourselves. Buddha wrote that all the peace, wisdom and joy in the universe are already within us – we don't have to gain, develop or attain them. We need only to open our eyes and realise what is already here and who we really are. Love, God, Guru and Self are One.

Saturday 2nd September

- 7.00 – 8.00 Yoga with Aparesha
8.00 – 9.30 Bhajan/devotional song with Mudhita, collective kiirtan (chanting) for 20 minutes sam gacchadvam (chant before meditation) and sadhana (meditation) for 20 minutes, followed by a reading from Purnima and Gayatrii
9.30 – 10.30 Breakfast *Meal times include collective clean up*
10.35 – 1.00 Workshop **Reclaiming Womyn's Radical Spiritual Power** - Jayadiipa(JD)/Georgina
1.00 – 2.00 Lunch
2.00 – 3.00 Free time: bush walk, napping, being...
3.00 – 4.00 Outside eco meditation with Thankum and songs of the earth with Inika
4.00 – 4.15 Group photo
4.15 – 4.45 Afternoon tea: donation to "pay the rent" and Homeless Womyn's Lunch Project
4.50 – 5.50 Meditation hall: The Wisdom of Gangaji with Alex and Cheree
5.50 – 7.00 Bhajans with Jaya Laksmii/Rani, kiirtan, sam gacchadvam, Amma sadhana, closing prayers and a reading with Shivapriya/Karen
7.00 – 8.25 Dinner prepared by Jaya Laksmii
8.30 – 10.00 From the Heart Spring Concert
10.00 – 11.00 Dance followed by (optional) Avarta kiirtan: multi-directional kiirtan

Sunday 3rd September

- Maonabrata (silence) during breakfast
8.00 – 8.45 Tai Chi with Maria-Eleni
8.50 – 11.30 Bhajans with Dayamayii/Deb and **Sadhana Shiviir**, alternating kiirtan & sadhana; Guru Puja (the practice of surrendering our fears and desires to the Higher Self) with readings from Dayamayii and Vineeta/Rachael
11.30 – 12.30 The Power of Pride
12.30 – 2.00 Lunch and pack up
2.00 – 4.00 Closing circle: gifting and farewell ritual.

Very special thank you's to: our wonderful kiirtan musicians, readers, singers, Aparesha for yoga, Mahima for singing us awake, Maria-Eleni for Tai Chi, Karen K for chai, Jaya Laksmii for Sat dinner, Rashmii, Inika, Dayamayii, Aparesha & Gayatrii for invaluable support and to the Divine within each of us for this sacred time.

Namaskar, Jayadiipa, coordinator.

*** If you need medical attention please see Aparesha or Kavyasri ***

A range of stalls are at the back of the dining hall for your enjoyment.

***A drop of water in the ocean is no doubt small but it resides within the depths of the mighty ocean.
We are like islands in the sea, separate on the surface but connected in the deep. Shrii Shrii Anandamurti***