

BUILDING RESILIENCE YOGA & MEDITATION RETREAT

With Swami Karma Karuna

OVERVIEW

Are you wanting to improve your ability to withstand life's challenges? Do you wish you had a greater capacity to cope and adapt to adversity? Are you wanting to intentionally respond to life rather than react? Luckily, our inner resilience is a natural part of who we are and is a trait that we can strengthen, cultivate and build upon.

Resilience is our ability to come back to our centre, to rebound from adversity and to respond to a challenge in a creative way. Resilience is vital; without it, we wouldn't survive the accumulated hardships, transitions, and stressful situations that are present in even the most privileged people's lives. The change we are all facing on some level due to the Covid-19 pandemic can be difficult to navigate with grace. At our Yoga & Meditation Retreat you will learn how to strengthen your body, mind, energy and nervous system during this time of uncertainty and learn tools to take away into your daily life. Our ability to adapt, adjust, accommodate and find a new way forward requires us to step into our inner source of resilience.

The weekend includes theory, yoga, breathing and meditation as well as self-reflection exercises to help cultivate this quality. Yoga builds resilience in the body and mind by introducing small amounts of stress in a controlled scenario. This can then be mirrored off of the yoga mat, in our everyday lives. For example, the next time you're experiencing frustration toward a family member or current situation, you might find it easier to come back to the breath and respond rather than react. We will identify why resilience is important, how the practices of yoga & meditation can help to create the relaxation response and why it's important in this day and age.

All bodies and levels of experience are welcome.

INCLUDES:

- Techniques to train the body and mind to respond rather than react
- Ways to calm the nervous system through yogic practices like Yoga Nidra and pranayama
- Practices to create new neural pathways that favour equanimity and resilience
- Support to raise your vital energy so your batteries are charged enough to face whatever arises in life
- Mindfulness Techniques to develop positive attitudes in the face of challenge
- Hatha Yoga and Breathing sequences to calm and simultaneously strengthen the nervous system
- Deep Relaxation with Yoga Nidra and Restorative practices
- Connect and share with a community of like-minded people
- Massage and Reflexology treatments available for additional cost. See schedule for free time. For bookings visit loveandcore.com
- All meals included and vegetarian.

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ABOUT THE TEACHER

Swami Karma Karuna, founding member and director of Anahata Yoga Retreat, NZ, is an engaging, intuitive yoga teacher, writer and international speaker with close to 30 years of training and experience.

She specialises in therapeutic applications of yoga, Yoga Nidra Relaxation and Teacher's Training, Yoga for Women, Yoga Psychology as well as esoteric practices working with the chakras and prana.

Swami Karma Karuna is passionate about sharing an authentic and down to earth approach, weaving together the ancient practices with a touch of psychology and brain science aimed at motivating people to live their yoga here and now.



MASSAGE AND REFLEXOLOGY

There will be opportunities for massage and foot reflexology with our experienced and skilled therapists.

See the schedule below for breaks where you can make your bookings.

For bookings and info visit www.loveandcore.com or contact:

Reflexology Therapist

Sandra Schmid
021 071 1441

Massage Therapist

Eileen Egerton
027 225 9179

PRIVATE SESSIONS

Private Yoga Consultations

Receive a personal yoga program, ask questions and get guidance on your health, spiritual life etc

Pre book with Swami Karma Karuna

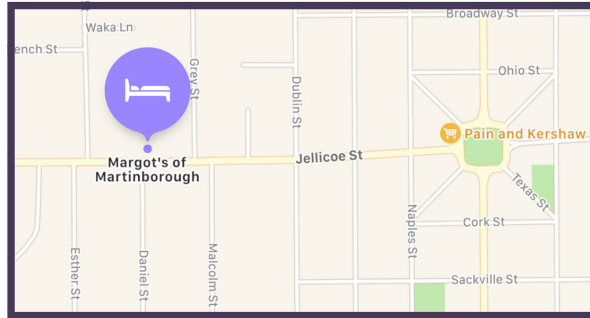
omsatyam@anahata-retreat.org.nz

Pricing: 30 Mins - \$50 60 Mins - \$95 90 Mins \$120

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ACCOMMODATION

Your accommodation is Margot's of Martinborough which is conveniently located at 80 Jellicoe Street less than 10 minutes walk from the studio and from the centre of town. Accommodation capacity 10 people.



SCHEDULE

The schedule is subject to change. Guests will be notified. Please arrive on time or early for all sessions.

FRIDAY

From **3.45pm**

Check in at Love & Core studio or accommodation if using.

Please arrive by **4.30pm** at the latest to be ready for your first practice.

- 4.45-6.15** Hatha/Restorative Yoga
- 6.15-7.15** Dinner
- 7.15-8.30** Theory session and Yoga Nidra

SATURDAY

- 7.30-9am** Hatha and Meditation
- 9-10** Breakfast
- 10.15-11.30** Theory Session
- 11.30-11.45** Break
- 11.45-12.30** Yoga Nidra
- 1.30-2.30pm** Break
- 2.30- 3** Walking Meditation
- 3-4** Theory Session
- 4-5.30** Restorative Yoga Practice
- 5.30-6.30** Break
- 6.30-7.30** Dinner

SUNDAY

- 7.30-9am** Hatha and Meditation
- 9-10** Breakfast
- 10-11.30** Swan and Theory (90 minutes)
- 11.30-12.30** Break
- 12.30-1.30pm** Lunch
- 1.30-3** Theory Session and Yoga Nidra
- 3pm** End of retreat unless you have a private session or treatment.

HEALTH QUESTIONNAIRE

We have provided our health questionnaire here. It is essential that we receive this as soon as possible and 2 days prior to the retreat at latest.

Please complete the health form below which can be edited on google docs or printed and a scanned or photographed copy returned.

Name: _____
DOB: _____
Address: _____
Phone: _____
Email: _____

Is it ok to add you to our database? You will occasionally receive updates, special offers, timetable changes.

Yes No

Do you currently have any physical pains, eg: hips, lower back, shoulders?

Do you have any recent or current injuries?

Have you had surgery recently?

Have you got any artificial joints? When were they replaced?

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Are you currently experiencing, or do you have a history of any of the following conditions:

Spinal condition including osteoporosis

Heart conditions

High or low blood pressure

Any orthopaedic condition (bones, ligaments, muscles, tendons)

Epilepsy

Asthma

Arthritis

Cancer

Stroke

Please provide details:

Are you currently pregnant? Yes No

How many weeks?

Have you experienced in previous or current pregnancy any of the following:

Fainting

Preeclampsia

Pubic symphysis dysfunction

SIJ dysfunction

Please provide details:

Have you done Pilates/Yoga before?

What style/s have you practiced previously, eg: Reformer, mat, group, private, Iyengar, Yin?

Why have you decided to commence Pilates/Yoga?

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What aspects of your health would you like to concentrate on?

Core stability

Flexibility

Posture

Toning

Strength

Stress management

Do you have any specific goals? If so please be aware these may be more easily attainable on a private session basis.

What is your occupation?

Does it involve any repetitive movements or prolonged postures such as lifting, Commuting?

What other sports and hobbies are you involved with?

Our teachers occasionally make physical adjustments to assist you to find better alignment, muscle recruitment or range of movement. Is it ok to make hands on adjustments?

Yes No

Do you have any special dietary requirements or allergies?

Do you have or a history of anxiety and/or depression?

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Pilates/Yoga Participation Informed Consent

It is impossible to predict the body's exact response to exercise. Every effort will be made to minimise risks by evaluation of preliminary information relating to your health and fitness, and by observations during exercising. However, you must take into consideration your own limits and ability.

You declare that you are of sufficiently sound health to partake in the programs provided and are aware that there is an inherent risk of injury, medical danger and in rare cases death when exercising, of which you assume full responsibility if such an event were to occur.

You assume full responsibility for your own health and safety and understand that the program serves only as a guideline. You will modify or rest as needed and cease the program altogether if experiencing abnormal shortness of breath, chest pain, unusual fatigue, dizziness, fainting or sudden severe pain or any other negative side effects.

You understand that programs are not suitable for certain conditions so modifications or contraindications may apply and in some cases only one on one sessions are appropriate.

You indemnify, release and hold harmless all instructors of and programs provided by Love & Core and Anahata Yoga Retreat from any suits, cases, procedures, costs, expenses, damages and liabilities to the fullest extent allowed by law related to injury, illness and death.

Signed _____

Print name _____

Date _____

Print name _____

Instructor signature _____

Date _____

ALL INFORMATION IS STRICTLY CONFIDENTIAL

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PAYMENT DETAILS

Booking confirmed upon payment of 50% deposit to account details below.

Full Accommodation Package **\$750**
Early Bird (paid prior to December 31st) **\$695**

Non Accommodation Package **\$475**
Early Bird (paid prior to December 31st) **\$425**

Final instalment to be paid two weeks prior to retreat start date.

A \$200 fee will be retained for cancellations within 10 days of start date.

ACCOUNT
LOVE & CORE
01-0505-0898151-00

REFERENCE: YOUR NAME
PARTICULARS: RETREAT DATE

**Thank you for your interest in
our retreats. Please don't
hesitate to contact us with any
questions.**

retreats@loveandcore.com

CONTACT

hello@loveandcore.com
Robyn 0272274003

39 Vintners Lane
Martinborough

