

Traditional Healthcare



EASTER WELLNESS RETREAT
 6-9th April 2012 Lennox Head, NSW
 Traditional Healthcare Fundraiser

renew and connect

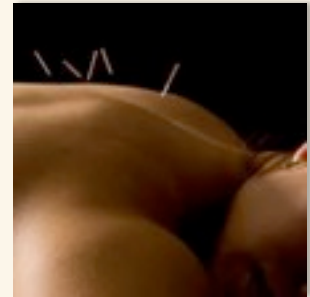


Daily classes and workshops for all the family:
 Dynamic Hatha Yoga
 Yoga Nidra and Meditation
 Pranayama
 Sound Healing
 Capoeira
 Tai Qi and Qi Gong
 Surfing lessons,
 Salsa dance lessons

Adults \$420
Kids 5-14 \$210
Kids 2-4 \$100



Consultations



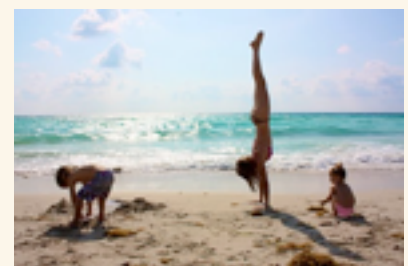
Personalised consultations available:

Acupuncture	\$40
Live Blood analysis	\$30
Kinesiology	\$40
Massage	\$50
Tarot readings	\$40
Numerology readings	\$40

Private yoga and meditation sessions also available



SURF'S UP!
 daily surf lessons and beach yoga



EASTER WELLNESS RETREAT 2012 LENNOX HEAD, NSW renew and connect

Easter is a time of renewal. Come join the Traditional Healthcare team for four days to re-connect with the true meaning of self-renewal and replenishment.

The retreat is a fundraiser for Traditional Healthcare, a not-for-profit organisation based in Melbourne which promotes accessible health modalities to communities in need.

All proceeds from the retreat will go towards the completion of its first sustainable health clinic in Datom, Jharkhand, India. Over three years has been devoted by Traditional Healthcare in establishing the clinic which will provide accessible healthcare to those in desperate need.

Price includes all group activities as well as:

- * Delicious and nutritious vegetarian meals
- * Dormitory - style accommodation

Traditional Healthcare has created an opportunity for you to rediscover the true meaning of Easter!

Numbers are strictly limited and the event will book out fast! For further information & to register:

th.org.au/media-centre/events/easter-retreat



Traditional Healthcare has been treating in the village of Datom for four years. Our acupuncturists have been seeing up to 100 patients a day. Our clinic is in its final construction. To see photos and receive updates on our clinic's progress go to our website or join our Facebook page.



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RETREAT BOOKINGS:

th.org.au/media-centre/events/easter-retreat

**‘Sustainable Community from
the Ground Up’**

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Daily Schedule

Friday 6 April

- * Camp open from 12-midday
- * Your day is free to orientate yourself, have a walk or head straight to the beach
- * Beautiful Welcome Ceremony after dinner, chance to meet other retreaters and come together
- * Evening meditation before early night to sleep

Saturday 7 and Sunday 8 April

- * Early morning meditation followed by yoga for all levels
- * Group activities after breakfast and lunch, including surfing lessons, Tai Qi, Qi Gong, Capoeiro, Martial Arts, Yoga Nidra, Yoga Workshops
- * Treatments, consultations and readings available on booking including: Tarot, Acupuncture, Live Blood Analysis, Kinesiology, Massage, Numerology, Private Yoga and Meditation
- * Evening entertainment, dance classes and ambient live music
- * Evening meditation before early nights to sleep

Monday 9 April

- * Early morning meditation followed by yoga for all levels
- * Leisurely breakfast
- * One last surf lesson and yoga workshop
- * Lunch before a 2 pm departure time from the camp



Lots to do everyday, or enjoy the opportunity to simply take a break and go for a walk on the beach... spending special time with friends and family.