

Energise Your Life! Day-retreat for women

Rhythmology is proud to offer our Energise Your Life! women's retreat, a day of drumming, meditation, yoga and a soundbath. This event is very close to our hearts as this is an opportunity to team up with Australia's leading women's Meditation and Yoga professionals, Carmen Warrington and Heather Blashki.

You will experience deep connection, inner peace, tranquility and joy as you release stress and tension. The retreat is limited to 12 people and the costs include afternoon tea and all sessions (instruments provided for drum circle).

The facilitators:

Peta Minter has travelled and trained extensively studying drumming and the art of drum facilitation. She



has lived and trained in Africa where she trained every day from djembe master drummers and last year travelled to America to study drum circle facilitation from

the founder and master of drum circle facilitation Arthur Hull. Peta also runs her own business Rhythmology which designs engaging and motivational drumming workshops and performances for business organisations, councils, schools and community groups. Peta specialises in connecting people by creating unique experiences and celebrating community.

Carmen Warrington is a funeral celebrant, performing artist, and a graduate of the National Institute of Dramatic Arts (NIDA). She is well known to audiences



around Australia and overseas as the beautiful voice on guided meditation CDs. In the last 12 months, the ABC has released 8 of her meditation CDs, which she created with her partner, David Jones. Titles include "Rest well, sleep well", "Worry-free", "Healing", and a children's meditation CD "The

Magical Forest". She is also the best-selling author of two inspirational books. With 25 years' experience in meditation, Carmen uses her insights and creativity to help others experience stillness and inner peace. Along with her guided meditation commentaries she also offers Soundbaths, using Tibetan, Japanese and crystal singing bowls along with her voice.

Heather Blashki is a Yoga teacher and Yoga Therapist who has been teaching since 1989.

She conducts regular classes for children and adults and consults as a Yoga Therapist in Gembrook. Originally trained in the Gita tradition, Heather has extended her credentials in recent years, training with Donna Farhi and in The Graduate Certificate in Yoga Therapy. She conducts regular workshops in teaching Yoga to children and has developed a niche in Yoga Therapy for children.



Retreat venue Namaste is located in the gentle hills of Gembrook, set in a tranquil garden; this purpose designed cozy retreat studio has a welcoming light and warmth perfectly suited for Rhythmology's Energise Your Life! retreat. Participants will be able to purchase meditation CDs and books on the day.

Where: Namaste, 23 Maisey Road, Gembrook
(50 minutes from Melbourne)

When: Saturday 14 May 10.00am to 4.30pm

Fee: \$65 per person
(participants must be over 13 years of age)

Bookings: email peta@rhythmology.com.au mobile 0413 597 279

Great for Mother's Day Gift.

Retreat participants will:

- reconnect to your sense of fun and joy
- tap into your natural creativity
- free your spirit
- release blocked energy
- feel inner peace and tranquility

Who is it for:

- Mothers
- Daughters
- Sisters
- Girlfriends
- Partners

What to bring: your lunch and snacks, bottle of water, suitable clothing for meditation

