

**Returning to Nature**

# ***Spiritual Retreat***

**At Mangrove Mnt/Somersby**

Presented By:

The New Earth Centre

**April Fri 3rd to Mon 6th**

***Integrate urban lifestyle with Enlightenment!***

Join us on a 4-day transformational journey back to the true nature and essence of our spirit. Experience sacred wisdom, healing tools and magic as this retreat involves the opportunity to experience true inner peace and freedom so you can see & feel for yourself what is possible in your life. Having the ability to see reality from another point of view, from another level of consciousness, will help you gain clarity, open your heart and stimulate you to make healthier life choices.

**Your Hosts:**

## **Darren Maxwell, The Mystic Shaman**

Like Mystics of past, Darren's initiation into the mystery schools of Universal wisdom was very demanding yet profoundly life changing. During his Initiation, Great Spirit presented him with a unique vision of Infinite energy that Darren uses to explore the outer reaches of possibility while involving everyone in his Psychic Shaman Oracle.

## **Shantari, Spiritual Awareness Facilitator/ Energy Medicine Therapist**

*Shantari* received self-realization due to a traumatic life experience 18years ago. From that time, due to many out-of-body experiences and guidance by spirit she attained the Soul Code Programs for the new earth awareness.

**Using ancient wisdom, Darren & Shantari address fundamental questions about human existence and the nature of soul & spirit. Their philosophy explains equality in the human experience where self-responsibility, wholeness and mastery are achieved for each and every being.**

**Experience... \* Meditation \* Soul Code Program \* Healing  
\* Shamanic Spirit Communication \* Sacred Fire Ceremony  
\* Pranayama Yoga \* Creative Spiritual Art Workshop \*  
Djembe Drum Circle \* Healthy Diet \* Mantra/Chanting \*  
Fun & Laughter!**

***Spirituality, Community, Nature, Creativity***

*Bookings & Inquiries*

*Ph. 02 43 414200*

*Read More at <http://www.newearthcentre.com>*

*Be quick! Limited spaces available!*

**Cost \$399 Includes Accommodation**

**(bunk share) OR byo tent !**

**3 Breakfasts - 3 Dinners, 3 Lunches,**

**Supper all days**

or get the Early Bird Price

... \$339 if paid Before March 3rd 2009

## **RETREAT SCHEDULE**

### **Spirituality, Community, Creativity**

#### **Friday 3rd April**

Arrive at Camp Chapman after 4pm

6pm supper and getting to know each other.

7.30pm Circle opening meditation and Inspirational Talk on retreat goals, desires and outcomes. The important focus on the integral stages of consciousness. Introduction to the wisdom and understanding of the healing power of sound, voice, mantra and chanting.

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#### **Saturday 4th April**

5.30 am (Outdoors) Rising Sun Meditation and gentle Pranayama Yoga exercises (optional)

7am - 8am Breakfast

9.00am Workshop on Transpersonal Awakening with the Soul Code Program

11am coffee break

11.30 - 1.30 workshop continuation

1.30 lunch

2.30 - 5pm Workshop continuation

5.30pm Dinner

7pm - Evening program, sharing, chanting and inspirational introduction to Sundays shaman message stick workshop.

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**Sunday 5th April**

5.30 am (Outdoors) Rising Sun Meditation and gentle Pranayama Yoga exercises (optional)

7am - 8am Breakfast

9.00am Workshop on opening communication with your spirit guides and connecting with the spirit of our land with the Shaman Message Sticks

11am coffee break

11.30 - 1.30 workshop continuation

1.30 lunch

2.30 - 5pm Workshop continuation

5.30pm Dinner

7pm Sunset - Sacred Shamanic Initiation Fire Ceremony, Djembe drumming workshop, dance , percussion, sound and fun! With Drumbala

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**Monday 6th April**

5.30 am (Outdoors) Rising Sunrise Meditation and gentle Pranayama Yoga exercises (optional)

7am 8am Breakfast

9.00am Channeled visionary art workshop. On completion of the opening and activation of the psyche and soul, we join in creating a keepsake memorabilia as an expression and tribute to our journey.

12.00 Lunch

1.30 2.30 Closing Ceremony

**Please Note all Times subject to change. ALL THIS AND MORE !**