



art of health

# Art of Health Retreat

## The Eastern Healing Arts

16-18 October 2009  
Spring



*stop...*

*relax...*

*nourish...*

*rejuvenate...*

*discover the  
art of health*

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# Eastern Healing Arts Retreat

## **Aims of the Retreat:**

The Art of Health 3 Day Retreat on the South Coast of NSW is designed to give your mind, body and soul a chance to recharge and regain balance and harmony. A form of retreat is a necessity in our modern world in order to maintain a healthy work/life balance in spite of the pressures of daily life. Everyone needs time to regroup and rethink.

The Eastern Healing Arts Retreat takes a more holistic approach to wellness, including the development of balanced approaches to dietary care, activity, rest and relaxation. It serves to teach participants happier, healthier and more balanced ways of living.

## **The Venue: Bamarang Bush Retreat**

Alongside the Shoalhaven River & within 30 minutes to Jervis Bay, Bamarang Bush Retreat provides relaxed & tranquil surroundings for up to 20 guests.



## **Your weekend retreat includes:**

2 nights shared accommodation | Vegetarian meals | Classes & workshops | 1 treatment

## **Outline of Daily Program:**

Starts: 7:30pm Friday 16th October 2009

Ends: 4:30pm Sunday 18th October 2009

### Friday night:

- Arrive by 7:30pm - light dinner provided
- Introduction to the weekend

### Saturday & Sunday's activities include:

- Early morning Tai Chi Chuan
- Awareness Meditation - Chanting Class
- Oriental Nutritional Medicine (ONM) Workshop - practical cooking demonstration
- Bushwalk and nature observation
- Treatments and consultations
- Tao Yin
- Spiritual discourse on Taoist and Buddhist themes

## **Pricing:**

Early Bird \$525.00 per person paid in full by 30 June 2009

Paid after May 2009 \$600.00 per person

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# About Your Facilitators



## Geoffrey Wilson

For over 30 years, Geoffrey Wilson has been engrossed in the Oriental healing arts as a practitioner, teacher, author, speaker and avid student. Geoffrey practices in accordance with the Taoist life template where it is understood that imbalance in the body whether physical, stress related, emotional or psychic, has a direct relationship to our psycho-emotional patterns and processes.



## Jaime Wilcox

Jaime has immersed herself in Oriental culture for many years and this has provided her with a unique appreciation of the Eastern way of life and its approach to healing. As both a teacher and practitioner of Oriental Medicine, Jaime's approach incorporates ancient therapies adapted to suit our modern world. This provides a safe, natural & essential way of creating and maintaining wellness.



## Kim Harris

A practitioner with over 10 years experience in Oriental Medicine, Kim is fascinated by the relationship between the soma (body) and the psyche (mind). She has subsequently developed a unique approach to restoring holistic integrity through the application of classical remedial massage techniques, including Gua Sha (cupping, spooning & lineaments) and acumoxotherapy (acupuncture & moxibustion).



## Yuan Wang

Born In Taiwan, Yuan was especially influenced by the Tai Chi Ch'uan teachings of the legendary Cheng Man-Ching and the principles of Buddhist/Taoist philosophy upon which these are based. Yuan combines his love of creative expression in the healing arts of Zen Shiatsu, Tai Chi, Qi Gong, visualization and meditation, with the cultivation of compassion and a deepening of understanding.

## Therapies, consultations and healing sessions:

- ❖ **Oriental Body Therapies** - Using a combination of Remedial Massage, acupuncture, cupping, moxa therapy and guasha, tension and stiffness is relaxed and released
- ❖ **Esoteric Acupuncture** - Focuses on the utilization of Traditional Oriental acupuncture theory, along with the Hindu Chakra System, Sacred Geometry, and the Qabbalistic Tree of Life
- ❖ **Oriental Nutritional Medicine** - Incorporates a holistic approach to nutritional practice based on a blend of philosophical, spiritual and traditional healing frameworks that makes it possible to harness the healing properties of foods from an energetic perspective
- ❖ **Acumoxa Therapy** - The combined practice of Acupuncture & Moxibustion uses a minimal number of points to rebalance the systems of the body & mind resulting in a state of rejuvenated bliss
- ❖ **Personal Life Path Counseling** - This is the cornerstone of restoring equilibrium on physical, mental, emotional and spiritual levels by managing the process of transformation to a whole person dynamic equilibrium
- ❖ **Zen Shiatsu** - This hands-on therapy that uses traditional oriental diagnosis and supportive acupressure to balance the energy pathways of your body. Zen Shiatsu is designed to uplift and harmonise your physical, emotional, mental, and spiritual well-being

Treatment bookings need to be made at time of registration. Due to the limited places available, you will need to let us know your first and second preference. Waitlist bookings will be available.

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# Registration Form



## Art of Health Retreat

Please fill in the form and send in with your payment. Maximum 20 guests. **Early bird bookings close 30 June 2009 - save \$75.00.**

Name: \_\_\_\_\_ (please circle M / F)

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email: \_\_\_\_\_

Names of those attending with you: \_\_\_\_\_

### Treatments:

Please place a "1" in the box next to your first preference, and a "2" in the box for your second preference. We will contact you prior to the retreat to confirm your appointment details.

Oriental Body Therapies

Oriental Nutritional Medicine

Esoteric Acupuncture

Acumoxa therapy

Personal Life Path Consultation

Zen Shiatsu

### Payment Details:

A deposit of \$100.00 must be paid to reserve a booking. Final payment due 01/10/09. Early bird bookings must be paid in full by 30/06/09. Payments can be made by cheque, direct deposit or credit card. Deposit is non-refundable in the event of participant cancellation less than 4 weeks prior to the commencing date.

I wish to pay by  cheque  direct deposit (BSB: 062102, Acct No: 10130933 Art of Health) or

Credit Card No: \_\_\_\_\_ Expiry: \_\_\_\_/\_\_\_\_

Card type:  Visa  Mastercard

Amount Enclosed:  \$100 Deposit  \$525 Early Bird Rate  \$600 Full Rate

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

### To Register:

**By Fax:** (02) 9529 0750

**By Email:** [info@artofhealth.com.au](mailto:info@artofhealth.com.au)

**By Post:** PO Box 125, Annandale NSW 2038

**Enquiries:** ph 1800 089 770 or 0416 219 973