

Tranquility Day at the Murrah Hall

The Murrah Hall Committee invites you and your friends to a day of relaxation and awareness at the Murrah Hall on Sunday July 25th 9.30 am - 3 pm (finishing at 4 pm)

We all know that sustained stress is a major contributor to illness not only with us, but also our environment.



Our aim, through a variety of simple and easy to do relaxation approaches is to raise the energetic resonance of our relationship with ourselves, each other and the forest we are part of. The

day will consist of a series of 30 minute sessions. Each session will be led by an experienced practitioner in yoga, visualisation or meditation, and is a wonderful opportunity to discover or re-discover the joys of relaxation and the relief of silence in a beautiful bushland setting.

It will be a day you can sample sessionally or enjoy totally, and will finish with a one hour walking Yatra (silent) meditation through the bush surrounding the Hall, leaving you calmer, feeling better, aware and revitalised. In a word, good.

In the spirit of tranquility we encourage you to attend, especially if this is a new experience for you. Chairs, kneelers, cushions and heating will be provided for your comfort as well as hot and cold drinks, (including Chai tea). Additionally please wear loose warm clothing and bring a blanket if you feel moved too.

This day of quiet renewal will be opened by the eloquent environmental identity, Ro Beaumont.

Just bring some lunch to share and a donation. All donations will be given to the Five Forests. Easy.

Enquiries:

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Meditation for the Forest

At the Murrah Hall
Sunday, 25 July 2010

A day of awareness, yoga and relaxation with the intent to bring healing to the local forest, protesters, loggers and those in forest administration.

PROGRAM FOR THE DAY

- 9:30 Registration
- 9:45 Welcome – Rosemary Beaumont
- 10:00 Forest visualization sit lead by Jan Reynolds
- 10:30 Walking meditation led by Mary McLean
- 11:00 Sitting meditation, anchoring in the body led by Premda
- 11:30 Yoga – gentle asana led by Mary
- 12:00 Yoga Nidra (guided relaxation)
- 12:30 Lunch – bring a plate to share. Chai provided
- 1:30 Metta meditation (loving kindness led by Mary)
- 2:00 Restorative yoga
- 2:30 Sitting meditation
- 3:00 – 4:00 Yatra/Walking meditation bush walk led by Jane and Pete.

People interested can participate in all or any selected sessions but must enter at the beginning of a session.

Beginners and first timers welcome. Most meditations will be guided, with 5 minute breaks between each session.

It is not required that meditation be done sitting on the floor. People can sit on chairs, cushions or against the wall.

A donation box will be provided to raise money for the “Five Forests” campaign.