



REST WITH CARE

3D/2N RETREAT

8th -10th June 2024
Hepburn Springs



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3D/2N In-person retreat at Continental House, Hepburn Springs

with Wai Ying Tham

Rest is a countercultural act in a production-driven society. However, rest is necessary to progress and grow towards what matters.

So, how do you rest with the care of what matters to you? It is even more critical in today's rapidly changing world. We have a choice of falling into it automatically or moving through it consciously. This is where rest comes into the picture.

I invite you to join me for the REST WITH CARE retreat on 8-10th June to reconnect with what truly matters to you, to re-energise your resolve towards what matters, to gain clarity of what is needed or asking of you as you nourish your body and mind and come into your own inner knowing.

In this 3D/2N retreat, we will dive deep into somatic meditative practices that will enhance the innate connection of bodymind for deep listening of your inner wisdom and heart-gut intuition.

Your bodymind will be nourished by the practices, silence and beauty of the environment.

This retreat is open to all - no experience in yoga or otherwise needed.

The retreat will begin at 2 p.m. on June 8th and finish at 12 noon on June 10th.

A little about me - Wai Ying Tham

I am radical about resting even when my entire being is resisting rest. It is during those times that I know I need to rest even more. It is through rest that I found my way back home, even whilst going through health challenges - breast cancer and, more recently, anaemia and perimenopause.

I am passionate about how to feel free in our bodies. Our bodies are the vehicle of action. An easeful and supple body has choices, hence freedom. Somatics of the Hanna tradition has been the movement practice that has provided me with relief from chronic pain and that ease and freedom.

In addition to these practices, I will guide you to connect with what is meaningful to you through listening to your inner knowings. I believe in the wisdom of the body and mind, and it is our responsibility to listen to its messages. My overarching intention for the retreat is to create a space for deep listening.

Yours in practice,

Wai Ying

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What others says about:

Wai Ying

Joining Wai Ying for the very first time gave me the opportunity to both reflect on my practices and to make confident changes with the new information that was provided.

THANKYOU...JKK

Wai Ying is an incredibly supportive leader and educator. The sessions she provided has helped me be more attentive to my body's messages. Thank you Wai Ying for providing such freedom

and ease in your teachings.Trish

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Included in this retreat :

- Over 10 hours of practices for your whole being including, for example, Somatics, Yoga, iRest Yoga Nidra, and restorative and reflective guided sessions facilitated by a highly experienced and deeply practiced teacher (total of over 30 years of practice experience).
- Unstructured time for you to rest, walk, play, write, or whatever you choose, as you thoroughly immerse and steep in your retreat experience
- 2 nights of comfortable accommodation in an ensuite room at the beautiful Continental House with toiletries, linen, and towels provided
- Light breakfast each morning
- Coffee, teas, and snacks throughout the retreat
- Delicious lunch and dinner each day catered by local provider.
- An opportunity to rest

Not included this retreat:

- Travel to/from Hepburn Springs, massages, spa treatments, hammam (steam bath) and lunch on Monday

TYPES OF ROOMS

All the rooms have ensuites (some with baths and/or showers). All toiletries, linen, and towels are provided. The rooms have central hydronic heating as well as individual split system units. There are three different types of rooms based on views, baths, and bed sizes.

Deluxe room (4 available)

Room with a *bath and garden view with a king/queen bed*. This room can be shared by couples or anyone who does not mind sharing a bed. \$1245pp (single) or \$1145pp (shared - book with room mate)

Garden view (4 available)

Ensuite room with a *view of a garden*. Beds are double or separate single beds. \$1145pp (single) or \$1045pp (shared - book with room mate)

Verandah view (5 available)

Ensuite room with *queen or single beds with view of the room inner verandah*. \$1045pp (single) or \$945pp (shared - book with room mate)

PROPOSED SCHEDULE

The schedule might look something like this (but is subject to change, after all life is ever changing).

Saturday June 8th

12 pm Registration and settling in

2:30 pm Welcome and orientation

6:00 pm Dinner

7:30 Evening session

Sunday 9th June

7:30 am Early morning session

8:30 am Breakfast

9:30 am Morning session

12:30 pm Lunch and free time

4 - 5:30 pm Afternoon session

6:00 pm Dinner

7 pm Optional evening session

Monday 10th June

7:30 am Early morning session

8:30 am Breakfast

10 am Morning session

11:30 am closing

REGISTRATION PROCESS

Secure your spot by paying the deposit using the booking link below.

Pay the deposit and an invoice will be forwarded with the remaining amount owing based on room selection. The balance can be paid within a fortnight of invoicing or by 5th June, whichever is earliest. Payment can be done either by credit card (merchant fees applies) or by direct deposit (0% fees).

Cancellation Policy

By registering, you agree to the cancellation policy as stated below. Registration cancellations prior to 15 May will be fully refunded minus the deposit and administration fee of \$50. Registration cancellations after 15 May are non-refundable but transferable (to another person for the same type

of registration).

Please take out any appropriate travel insurance if travelling from interstate or overseas to cover for any unforeseen circumstances.

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