

acuenergetics®

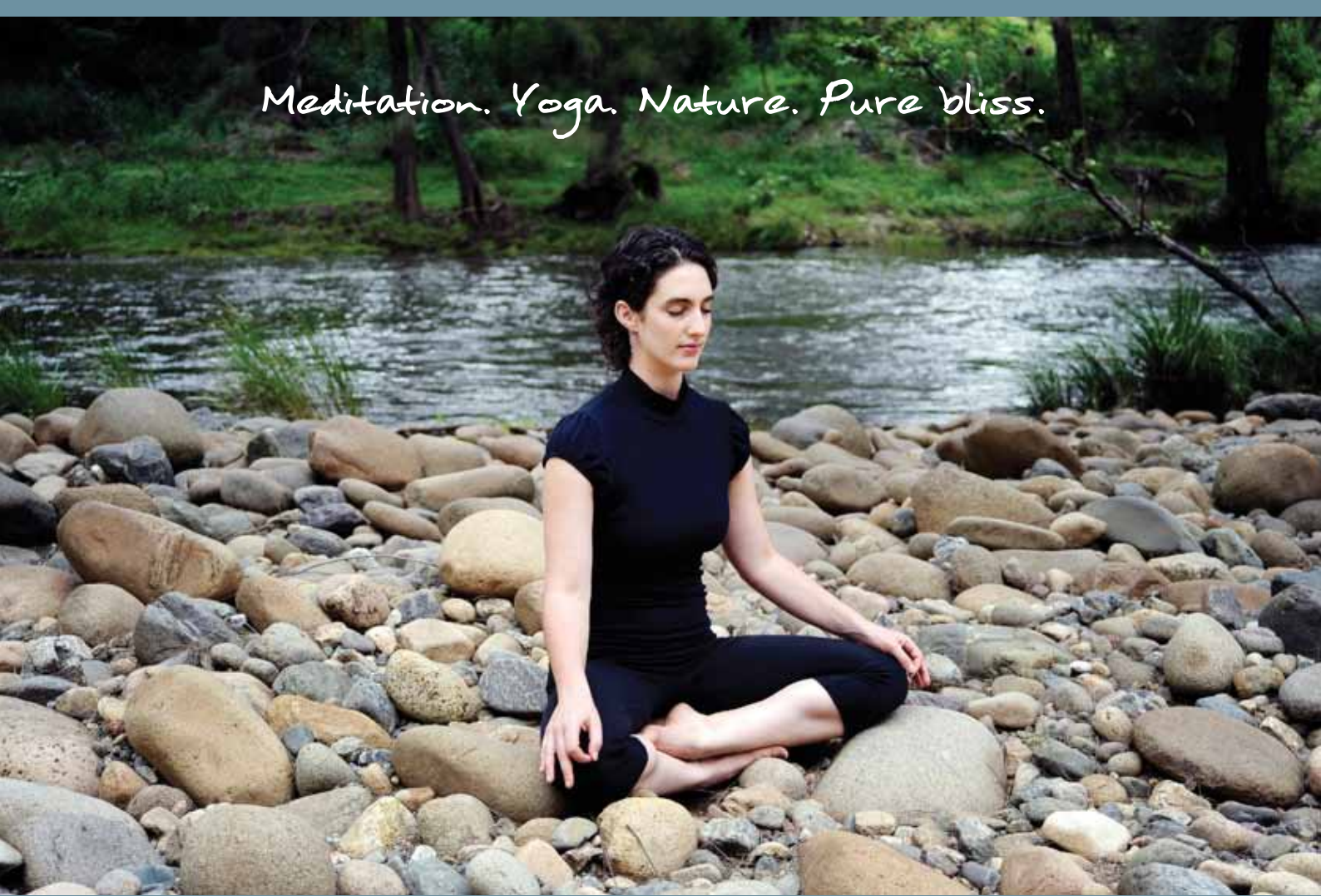
Neshamah

Jaspers, Australia

21 - 27 January, 2012



Meditation. Yoga. Nature. Pure bliss.



Enlightenment Retreat

acuenergetics®
ACCURATE | ENERGY | MEDICINE

bodymindlife
YOGA

Jasper's
VILLAGE RESORT
HEALTHY VALLEY • MID-NORTH COAST • NSW

About the Neshamah Enlightenment Retreat, Jaspers

This is a heart opening experience like no other. The Neshamah enlightenment retreat will be 7 days of pure and natural escape, held at Jasper's Village Retreat on the mid north coast of New South Wales. Jasper's is in a pristine location, nestled between towering mountains and the beautiful Hastings River, which meanders through the 200 acre property.

Imagine starting your day in paradise with morning yoga, followed by a delicious and healthy organic breakfast, then the most blissful meditations you can think of, a whole food lunch, more meditation, some free time to do more yoga, swim in the river or just relax, followed by a little more meditation, a divine dinner and then the evening free to do whatever your heart desires.

Sample Program

7-8.30am	Morning yoga
8.30-9.30	Breakfast
9.30-11am	Meditation Session (90 mins)
11-11.30am	Morning break
11.30-12.30pm	Meditation Session (60 mins)
12.30-2pm	Lunch
2-3pm	Meditation Session (60 mins)
3-6pm	FREE TIME
6-7pm	Meditation Session (60 mins)

All sessions are optional and you may join in as much or as little as you feel suits your needs.

This will be an unforgettable week in your life where you can relax, unwind and experience new levels of divine consciousness to open your heart, still your mind and give your body the healing it deserves.

Start the year with this rejuvenating journey within yourself and learn to open the hidden pathways of the body that will help you feel at peace all year long.

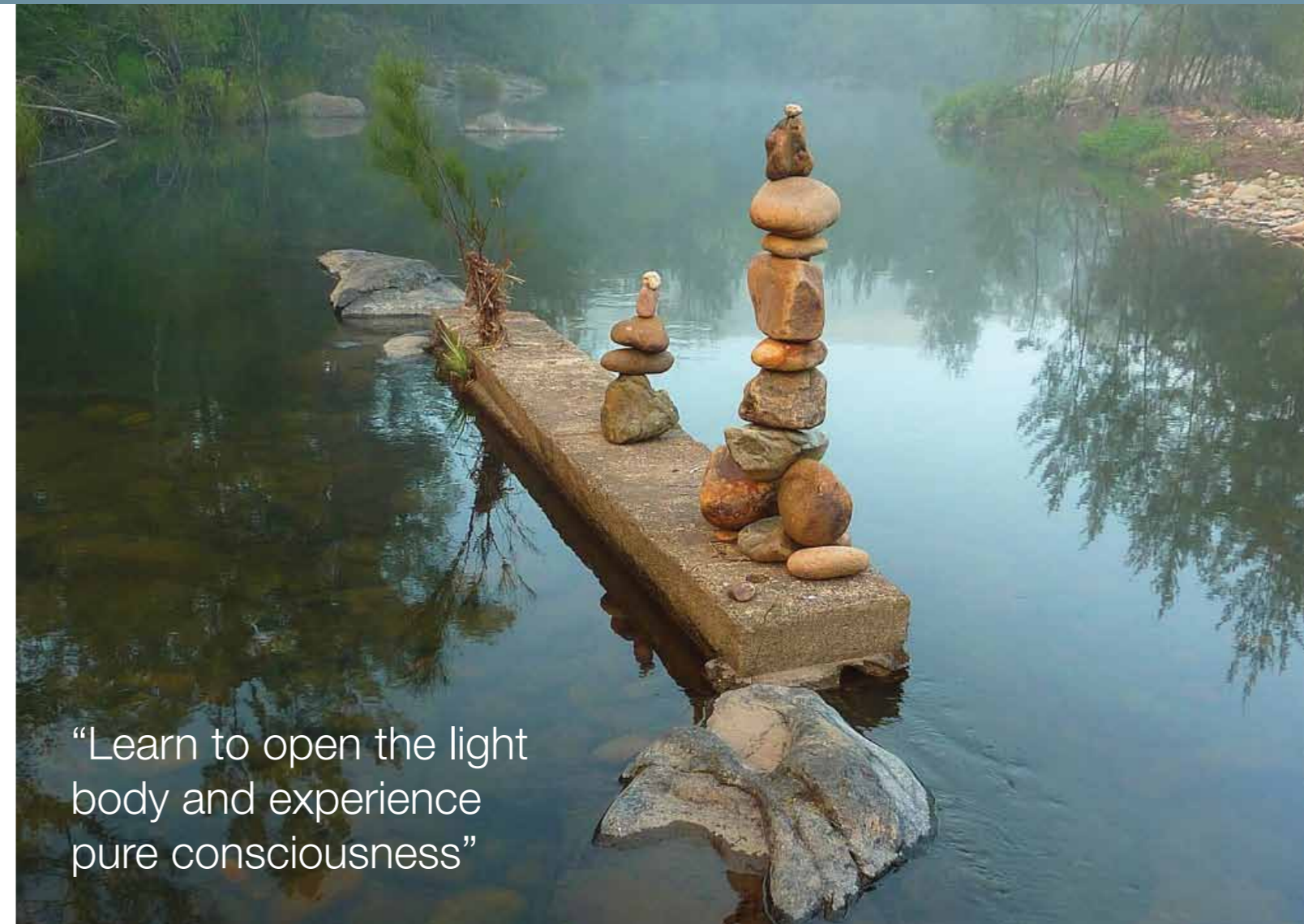
Accommodation & Catering

Jasper's is set in a beautiful, natural environment and the accommodation is basic, clean and simple.



There are two types of rooms to choose from – motel rooms or lodge rooms. Motel rooms have one double bed and one king single bed, air conditioning and an ensuite bathroom. Lodge rooms have two single beds and shared bathroom facilities.

All meals are included in the cost of the retreat and are made with delicious, organic whole food. You will be nourished from the inside out with these meals, which are made daily on the property. All dietary requirements can be catered for.



“Learn to open the light body and experience pure consciousness”

Neshamah literally means the breath of God - the true higher consciousness.

In this 7 day holiday into meditation, we will progress from meditations of stillness and happiness through to ancient practices in opening the light body.

You will develop practical skills to still the mind, open the heart and light body and experience the divine state of oneness. These meditations help to relax the tension in the mind, which connects directly to the physical body through the energetic system. This means it is possible to help ease aches and pains and promote good health and wellbeing through opening up these powerful energetic centres. The meditations also promote emotional stability and create a deep sense of happiness.

There is also the option of participating in the unique candle meditation one evening, whereby

candles are used to open up the energy centres that progress upwards from the crown. This is a beautiful opportunity.

Although meditation is not uncommon, these unique and very tangible light body meditations are the only ones of their kind currently being taught anywhere in the world. Don't miss out on this amazing experience to improve your physical, emotional and spiritual well being.

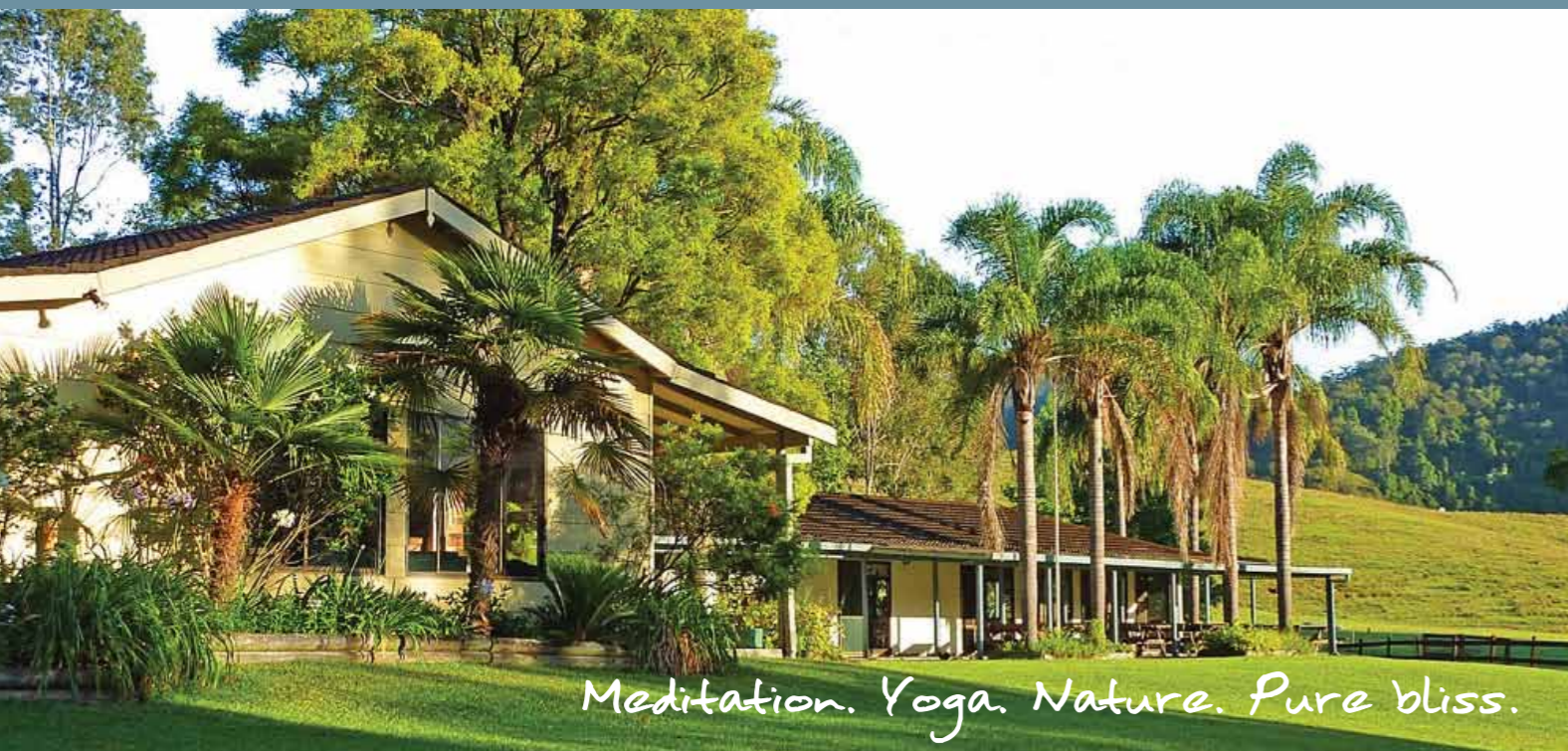
The Neshamah enlightenment retreat is open to all levels of meditators, including beginners.

Other Activities

In addition to the daily AcuEnergetics® meditations you will have the opportunity to take part in daily yoga (taught by bodymindlife) and explore the beautiful natural

surroundings of Jasper's retreat with bush walking, bird watching, river swimming, gardening, evening camp fire and drumming circles.

You will develop practical skills to still the mind, open the heart and light body and experience the divine state of oneness.



Meditation. Yoga. Nature. Pure bliss.

About the facilitator, Kevin Farrow



The Neshamah Enlightenment Retreat will be led by Kevin Farrow. Kevin has practised and studied meditation for over 35 years.

He has taught for 12 years, bringing a new practical experience of meditation to thousands of people.

His published writings, meditation CD's and teachings have brought

him worldwide recognition as a very unique and practical meditation teacher. He currently teaches in Australia, India and Europe. Kevin is also the founder of the AcuEnergetics® healing modality.

About AcuEnergetics®

Developed by Kevin Farrow, AcuEnergetics® is an energy healing modality with a unique and accurate approach to treatment of illness in the body. Based on over 35 years of experiential research into the human energetic system, AcuEnergetics® combines Farrow's research and understandings with knowledge from ancient Chinese, Middle Eastern, Indian and Judaic texts. The result is a modern treatment modality, backed by thousands of years of wisdom.

Using a detailed understanding of the body's energetic physiology and anatomy and applying techniques exclusive to this modality, AcuEnergetics® has successfully treated thousands of people for a wide range of conditions, including both physical and emotional complaints.

Meditation is always an integral part of the AcuEnergetics® modality, as it has the power to transform the body and mind.



www.acuenergetics.com

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Costs

Price includes 7 full day Neshamah workshop, all meditations, yoga, 7 nights (twin share) accommodation (arrive Friday eve 20th Jan – depart Friday eve 27th Jan) and all meals during the workshop.

Lodge Room: early bird price \$1595 - Pay in full by 13 November 2011. Full price \$1895.

Motel Room: early bird price \$1795 - Pay in full by 13 November 2011. Full price \$2095.

Final bookings and payment must be made by Tuesday 10th January, 2012.

Want your own room? Add \$140. Want to stay an extra night? Just ask. Space will be limited so book early to avoid missing out.

Getting there

You should arrive on the Friday night 20th January, 2012 for registration and welcome, ready to begin the Neshamah enlightenment retreat the next morning. Jasper's is about a 5½ hour drive north from Sydney. For friends going together we recommend car pooling.



There is also the option of flying to Port Macquarie (flight costs vary) and then arranging a transfer to Jasper's from the airport (\$35 per person). If there are enough people interested, we can arrange for the 'love bus' to pick you up from AcuEnergetics® in Balmain and take you directly to Jasper's at a cost of \$50 per person each way.

Bookings

Call AcuEnergetics® on (02) 9818 1522 or email info@acuenergetics.com