



Augustine Centre



Easter retreat

10—13 April 2009

Nature, Art and Reflection

Taking time to honour transitions



Nature Mandala by Eleni Rivers

Through meditative practices, reflective spaces and art processes, we will bring mindful attention to the natural rhythms of beginnings and endings.

The weekend will include art, poetry, and opportunities for attuning to seasonal changes through exploring the nearby natural environment of the Grampians.

Paul Sanders is a contemplative teacher, senior Zen student and experienced retreat facilitator.

Eleni Rivers is a professional artist and teacher. She holds a MFA degree from JFK University, USA, and has been exhibited and published in many countries.

Cost: \$350, \$290 conc., includes accommodation at Cloudmountain Retreat, all meals and materials

Bookings: The Augustine Centre, (03) 9819 2844, office@augustine.org.au

www.augustine.org.au