

Te Moata Schedule

17 – 22 November 2017

Spring Yoga Retreat with Ondine Savage

Hatha Yoga Sydney is proud to announce its annual Spring Yoga Retreat. This is a wonderful opportunity to spend 5 blissful days immersed in yoga, meditation, workshops, “ME” time, gorgeous vegetarian fare, optional massage, bush walking and local beach excursions. There will be something for everyone.

Learn how to release tension, stress and anxiety from your body and mind and return home steeped in a sense of peace, calm and relaxation after having travelled deeper into your practice. Take this time to discover more about yourself and share a retreat adventure with other like-minded yogis.

All welcome. No previous yoga experience necessary.

Ondine Savage was born in New Zealand and graduated from the University of Auckland with a Bachelor of Music Performance degree in classical flute. She’s lived and worked around the world in locations such as India, the UK and Spain.

While in Spain, she committed five years to full-time Yoga study under the guidance of Shrî Swami Shankaratilakânanda. Her training was orthodox and traditional in disciplines including Hatha Yoga, Vyayam Yoga, Vedic Dharma, Ayurveda, Meditation & Vedanta. Three years living in Rishikesh, in Northern India, gave Ondine experience in teaching classes while co-directing the establishment of a new Ashram and Monastery.

Ondine’s passion for Yoga and the Art of Living is unwavering and evidenced by the energy she brings in sharing the teachings she so gratefully received. She’s also a highly experienced teacher having taught in many studios as well as facilitating retreats, workshops and conferences in Australia and internationally.

Now based in Sydney, Australia, she welcomes the opportunity to bring her Sangha to her homeland to share the timeless and traditional practice of yoga during this special 5-day Yoga experience.

For more information and to register please

contact: info@hathayogasydney.com.au Website: www.hathayogasydney.com.au

23 – 26 November 2017

Labyrinth Retreat Quest with Jessica Fleming, Misha Crosbie and Cara Roberts

- Goddess Ritual Theatre
- Solo Questing time and Mandala Drawing
- Healing with Annie’s Crystal Singing Bowls
- Walking the Sacred Labyrinth
- Goddess Beauty Evening
- Synchronicity Giveaway Ceremony
- Circle Dancing with Maniisha

- Earth Meditation from the center of the Labyrinth
- Mary Hunt Clairvoyant Dance

To register: Contact Jessica - jessica@soulpathjourneys.com 021 167 9557

Cost: \$420 NZD (\$100 deposit – non-refundable after September 1st 2017)

Internet payment to 12 3021 0326919 50 reference Surname and Labyrinth

1 – 4 December 2017

Authentic Movement Retreat with Connor Kelly assisted by Anne Hurst

Throughout our lives we long to be seen in our wholeness. Daniel Seigel suggests we “...not only want to be seen, we want to feel felt.”

Authentic Movement is a simple yet profound process between a Mover and a Witness. The Mover closes eyes and follows inner impulses. Listening deeply to inner stirrings the mover brings un/preconscious material through the body into consciousness. The Witness sits eyes open and tracks their own experience in relation to the mover and notices their projections, interpretations and judgements. The Witness holds the consciousness or container particularly in the beginning. The Mover is developing their Inner Witness while the Witness develops their inner Mover. This weekend retreat will offer the opportunity to deepen and glimpse into the full evolution of the form. The opening session will explore the role as a mover developing deep listening while moving in the presence of a non-judgmental witness. Dyadic and Triadic structures will follow so that the witness role develops. The final collective circles, the breath circle and the long circle will illustrate how the form evolves fluidly into an organic ritual that holds the totality of our Human Experience. Both our wounds and healing come through relationship. Authentic Movement is a practice that addresses multiple levels of relationship, self, other and collective.

Connor has been practicing authentic movement since 1985 and offering groups and workshops since 1990. She has been blessed with opportunities to study with Janet Adler, Tina Stromsted, Neala Haze and Zoe Avstreich. Connor has facilitated workshops in Europe, New Zealand, Australia, and Taiwan. She trained as a dance/movement Therapist at New York University and has worked with developmental disabled adults, frail elderly, brain injured adults, children and families, children in the schools and adults. Connor co-facilitates a practice called Physical Storytelling that she co-created with her husband Dr Steve Harvey. Connor also is a La Leche League Leader supporting mothers with breastfeeding and teaches yoga. She has resided in USA, Germany, Italy, New Zealand and currently lives in Guam, USA.

COST: \$450 per person (Early Bird - before November 17), \$480 after. \$430 per person for DTAA or CTAA members There is a \$15 surcharge for special dietary requirements (vegan or gluten free)

REGISTRATION: <https://www.authenticmovementaustralasia.com/2017-retreat-authentic-movement-aus>
Any questions please contact Connor at: eckellydance@gmail.com E. Connor Kelly MA, BC-DMT, LPC, DTAA (Prof DMT)

4 – 11 January 2018

The Path of Mindfulness Retreat led by Stephen Archer (Nyanaviro)

In a silent and tranquil environment this retreat will consist of group sessions along with free time for retreatants to move with their own rhythm. Daily sessions include instruction, sitting and walking

meditations and an enquiry period. The retreat is suitable for people who are new to the practice as well as those with experience of mindfulness.

Mindfulness is an orientation to life through feeling-awareness of our natural state, moment by moment. It is developed through simple meditation practices which involve stilling the restless mind, relaxing the body and opening into the feeling of being. Mindfulness invites us to deepen self-awareness and liberate our attention to be more fully and joyfully in the present moment.

The process of mindful awareness makes use of the inherent ability of our mind and body to re-balance and sustain wellbeing, and discover positive new responses to the challenges of life.

Stephen Archer is a mindfulness educator and trainer. He is passionate about creating contexts where people can explore mindfulness and discover how it can assist them to access sustainable wellbeing and generate new and transformative perspectives. Stephen has been involved with mindfulness for over 35 years and began practicing mindfulness meditation while he was completing a degree in Eastern religions. He then trained for 13 years as an ordained Buddhist monk in the Thai forest tradition. Stephen facilitates mindful leadership and workplace programmes, and offers residential retreats and professional supervision for other trainers and practitioners. He is Director of Mindfulness Training, a Wellington-based service provider. www.mindfulness-training.co.nz and an associate of Mindfulnessworks www.mindfulnessworks.co.nz

COST: \$515 (covers food and accommodation) plus dana/koha payment for Stephen (please offer your dana payment at end of retreat).

Booking <http://temoata.org/events/a-silent-meditation-retreat-with-stephen-archer-nyanaviro/>

13 - 19 January 2018

DreamMaking Retreat - *An internationally acclaimed 7day retreat facilitated by Beverley Iffla (Shekina Centre of Change) and Lorraine Blackley (Creative Adventures)*

DreamMaking is an opportunity for you to withdraw and turn inward, away from the world of ordinary everyday demands, pressures and responsibilities. On retreat you will have time to dream into your future and the possibilities that are open to you.

Whether you are looking at a specific issue or exploring your life's purpose, DreamMaking Retreat allows you the time and space for personal exploration, clarity and relaxation, personal growth, deepening insights and replenishment.

Beverley and Lorraine have combined their years of dedicated experience to bring you this week long retreat to start your year refreshed and rejuvenated for the years to come.

"Thanks so much for a fantastic retreat. DreamMaking 2017 is by far the best retreat I have ever attended & I've been to quite a few. The intense energy and amazing soul group created a life changing experience."
Diana

"If you are wanting to make a change in any area of your life this is the course for you."
Debbie Paterson Perth WA

Early Bird Price: \$1790 all inclusive by November 30th.

Deposit to secure 1 of only 10 places \$500 non refundable.

Payment plans available. To Register: contact bev@shekina.co.nz or +642108262027

25 – 30 January 2018

A Five Day Wisdom School with Pip Nicholls and Bev Silvester-Clark

A Wisdom School comes out of the ancient lineages of all indigenous and spiritual traditions, including the Christian contemplative path. This foundational Wisdom School has three purposes:

- First is to explore the breadth and depth of the teachings of the Western Wisdom tradition that come to us from insights and resources of contemporary teachers.
- Second is to work with the implication that deeper Wisdom cannot be known by the mind alone; it requires grounding in our entire being – body, mind and heart.
- Third is that living in this way doesn't mean that we become psychologically, morally or spiritually perfect. Such a myth might be called 'spiritual bypassing' so we'll also look at 'opening and including' those very aspects of ourselves, traditionally called sin or the shadow that we may have hoped we could avoid. This enables us to see and respond in a much more expanded, compassionate and humble way to all that life encompasses.

During this time together we work with core practices that sustain the embodiment of Wisdom: chant, meditation/contemplative prayer, *lectio divina*, qigong, some physical and practical work, contemplative dialogue, other practices that support the integration of that which we avoid, silence and rich conversation, time alone and play.

COST: \$350 for accommodation and catering plus **\$150.00** for the facilitation (we are happy to receive less or more as your circumstances permit)

For further enquiries and to register please contact: Bev Silvester-Clark at: bev.s-@outlook.com

2 - 5 February 2018

Te Moata Women's Gathering 2018

“Visioning and Grounding”

With Marnie, Suni, Kibriya and Beccy

Supported by the Te Moata Grandmothers Jessica, Misha, Shay, Wolf, Annie and others.

In numerology, 2018 is an 11/2 year.

In this Gathering we will look at the significance of these numbers. We will explore clear seeing, intuition, dreaming, visioning, revelation and understanding both for ourselves and for the greater good.

2018 calls us to cooperate, collaborate and communicate this deeper understanding as we look for ways to ground, grow and communicate the seeds of new beginnings that we committed to in 2017.

Gathering together on the sacred land of Te Moata we will create the safe container of a women's circle. Spending time in nature, on the labyrinth and in the other sacred circles, we will deepen through periods of silence, dancing, ritual, singing, sacred movement and sharing together.

COST: \$395 - \$100 deposit by Friday 15th December. Balance of payment due 12th Jan, 3 weeks before retreat begins

Scholarships - We are happy to offer some Scholarships. Please contact Kibriya by the beginning of December if you would like to apply at vtsampson@gmail.com

Also, for any general inquiries about the retreat, please contact Beccy at beccydove@gmail.com

10 - 25 February 2018

Yogacara presents a 200 Hour (16 Day Intensive Immersion) Yoga Teacher Training

This 16 day intensive immersion Yoga Teacher Training certifies graduates as 200 hour Hatha and Vinyasa Yoga teachers.

Inquiries to Yogacara; www.yogateachertrainingyogacara.com

9 - 18 March 2018

AWAKENING THE HEART OF AWARENESS with Sharda Rogell and Jeremy Logan

This retreat is an opportunity to practice a way of being that embraces the path of wisdom and compassion based on the foundational teachings of the Buddha. It is an opportunity to enter the depths of silence, inwardly and outwardly, that allows for a spontaneous, skillful and open-hearted relationship with the moment-to-moment changing flow of life's experience. By paying attention in this way, we come to understand how to free ourselves from deeply held patterns and awaken to our essential goodness. We will explore together the question of where the true heart lies, through the encouragement of lovingkindness – including ourselves, others and all living beings in the world, without distinction.

During this retreat, we will draw on the meditative practices of sitting, walking, work meditations and heart practices, along with dharma talks, individual and group discussions to steady and sustain us and to enliven our hearts. Held in noble silence, there will be opportunities to practice together as well as open times to find your individual rhythm in the retreat.

This retreat is suitable for new and experienced students alike.

Sharda Rogell has been practicing and teaching meditation for over 35 years and teaches in the U.S, Canada, Iceland and New Zealand. She is on the Teacher Council at Spirit Rock Insight Meditation Centre in northern California near her home. Sharda has been influenced by many different Buddhist traditions, as well as by her root teacher, H. W. L. Poonja during her many trips to India. She has also been a student of A. H. Almaas in the Ridhwan School for the past 14 years.

Jeremy Logan has studied and practiced insight meditation for the past twenty-eight years, and has been teaching retreats throughout New Zealand since 1993. He lives in the Wairarapa and works as a counselor, supervisor and manager of a family violence prevention service.

TE MOATA COST: \$720 PLUS DANA FOR TEACHERS. Special diet surcharge applies.

To register please book through our website www.temoata.org

20 - 22 April 2018

Ecotherapy - An Invitation and Introduction to using Nature in the Therapeutic Process

More information to follow.

Kerryn Coombs-Valeontis (B.Ed. M. App. Sci. Social Ecology, Dip. Transpersonal Art Therapy, Certificate Organic Agriculture)) Kerryn is an Art Therapist and Horticultural Therapist, working in mental health, in Sydney, Australia. She is also a teacher, poet and artist, who grew up in Aotearoa, NZ. She was commissioned to develop this course, for the Horticultural Society of NSW in 2012. She has taught it to over 50 participants. It has developed from her years of working in the community and mental health sectors, and as an Art and Horticultural Therapist.

26 - 29 April 2018

A Women's Silent Retreat 2018

Offer yourself the gift of silence.

On the sacred land of Te Moata we will create a nurturing and supportive container where we as women can spend time with ourselves. We will slow down and connect with the trees, waters and land of Te Moata. Optional activities will include meditation, chanting and walking the labyrinth.

This is a special opportunity for you to rest deeply, to re-member who you are and to emerge refreshed and nurtured.

COST: \$370 {includes \$100 registration}

Any enquiries please contact: Marnie at marnie.n@xtra.co.nz 06 3230401 or 0274657678

Please register directly through this retreat listing on the website www.temoata.org

12 - 25 May 2018

Permaculture Design Course with Trish Allen and Daniel Tohill

13 day intensive residential course. This Course fulfils the standard requirements of the international permaculture curriculum. All participants who complete the course will receive a Permaculture Design Certificate.

More information to follow.

About the tutors:

Trish Allen: Trish and her late husband Joe Polasicher founded the iconic, award-winning Rainbow Valley Farm in 1988 on permaculture principles and ethics. The farm inspired thousands of people over 25 years in sustainable living and demonstrated the principles of permaculture in action. Trish has now moved on and established a village-scale model of permaculture and shares her knowledge by teaching permaculture-related courses and workshops.

Daniel Tohill: Daniel has worked for over 20 years as a landscape designer and environmental consultant with a propensity toward ecological designs that have won him awards for his innovative and artful work. His work has taken him all over the country and occasionally abroad in the last 20 years doing over 1000 small and large landscape designs in rural and urban areas plus a diverse range of specialist projects.

7 - 13 July 2018

A Winter Meditation Retreat with Nyanaviro (Stephen Archer)

More information to follow.

13–16 September 2018

Reflective Meditation: Mindful, Creative, Secular with Linda Modaro, Nelly Kaufer and Ramsey Margolis

More information to follow.

11 – 15 October 2018

A Wisdom School with Cynthia Bourgeault

All enquiries can be directed to bev.s-c@outlook.com
