

## Women's wellbeing weekend in the Blue Mountains, Australia

A group of 13 enthusiastic women attended a women's wellbeing weekend at the Blue Mountains retreat centre near Sydney, Australia from 18-20 Oct 2013. Bookings for the retreat were more than 30 but many chose not to attend due to bushfires burning in other areas of the Blue Mountains.

The richly varied program included meditation, a session on diet by naturopath Kay Ridgway, dance with Sr Trish, an introduction to the power of silence with Sr Sally and hatha yoga stretching. On Saturday afternoon participants had fun doing a creative activity on the theme of self-nurturing, making decorations out of neckties and other materials.



On Sunday morning Sr Gabrielle gave a session on True Communication exploring the many facets of communication which participants brainstormed e.g.; song, dance, telepathy, talking, body language, sms, braille, meditation and silence. Sr Gabrielle discussed how despite the many methods we use to communicate, authentic communication happens when we connect our own head and heart which allows a deeper spiritual connection with each other.

At the same time another small retreat was run on the 'Masters Course' for people who have completed the Foundation Course in Raja Yoga. The two retreat groups met together at meal times and shared a silent dinner on Saturday night.

23 October 2013