

# meditation AND YOGA

MEDITATION AND YOGA RETREATS  
with Skillful MIND



FROM  
**\$397**  
ALL INCLUSIVE

#### VENUES

Under one hour drive from Adelaide's CBD

#### DATES

Rolling throughout the year

#### CONTACT

1300 556 671

#### WEB

**SKILLFULMIND.COM.AU**

## Skillful MIND

1300 556 671  
Adelaide, South Australia  
[www.skillfulmind.com.au](http://www.skillfulmind.com.au)  
[facebook/skillfulmind](https://facebook.com/skillfulmind)



Take control of your life?  
Find inner happiness & peace?  
Improve your relationships?  
Achieve calm & wellness?  
Restore & de-stress?

**START GROWING!**

# CALM YOUR MIND TRANSFORM YOUR LIFE

## Experience the Benefits!

Skillful MIND offers yoga, meditation and mixed modality retreats for the beginner to the advanced; across all ages and all walks of life.

From weekend to week-long retreats participants experience the proven benefits of meditation and yoga techniques -- taking away a practical skillset they can apply long term in their everyday lives.

## Our Guides are fully qualified and highly experienced!

For more than 15 years, Peter Radcliffe, principal of Skillful MIND, has been helping people break through personal limitations, leading them into a deeper sense of wellness through the science of meditation & yoga.

## Our Retreats

- Meditation Retreat - Beginners
- Meditation Retreat - Advanced
- Meditation Techniques Retreat
- "Yoga for Everyone" Retreat
- "All about YOU" Retreat
- Bali Retreat

*\*We provide vegetarian & gluten-free meals  
\*All teachings are religion-free*

## Why a Meditation Retreat or Yoga Retreat?

There are many reasons why people partake in our meditation retreat or yoga retreat. Each individual has their own highly-specific needs, shaping the benefits they will experience. Here are just some you can expect to receive on one of our retreats:

- Rejuvenation, revitalisation & de-stressing
- Learn the secrets of a peaceful mind
- Discover techniques that are 1000's of years old
- Regain control of thoughts, emotions & state-of-mind
- Discover your authentic self
- Regain freedom over difficulties
- Change from the inside out
- Increase your inner peace
- Motivate yourself
- Grow your creativity & love
- Find greater happiness
- Still your mind & breathe again
- Heal physically & spiritually
- Acquire lifelong skills to help you grow
- Learn to embrace life's challenges
- Meet others who have the same drive for peace as you
- Tune-in to nature & your body's intelligence
- Learn practical techniques & skills to use daily



## Stunning, Natural Retreat Locations!

All our retreats are held in areas of stunning natural beauty, providing amazing tranquility, intensifying your experience & enhancing positive benefits.

## Our retreats are just one-hour from Adelaide's CBD!

No matter the retreat you choose, you will find yourself in a truly inspiring location, such as:

- Historic grounds of Adare Castle in Victor Harbor
- Heritage-listed bush setting - Strathalbyn
- Historic beach / Ocean setting - Port Elliot
- Beachside lush tropical gardens - Villa Boreh, Bali's North Coast

## Retreat Dates

Skillful MIND meditation & yoga retreats run all year round. Check out our website at [skillfulmind.com.au](http://skillfulmind.com.au) or find us on Facebook for upcoming dates and to register.

**Call 1300 556 671 now to book your weekend retreat!**

01 MEDITATION

02 YOGA

03 WHERE&WHEN