



**WOMEN'S FEDERATION
FOR WORLD PEACE AUSTRALIA**

Mindful Meditation Retreat

Your Peace of Mind: an opportunity to
rest, relax, rejuvenate, and start afresh

2022 Theme: Heal the World

Saturday June 4th | 9:00 - 5pm

Camp Belgrave
42-46 Bartley Road, Belgrave Heights



Some Exhibits & Stalls

Anne Fan

Soul Mind Body Melbourne

Candace Robertson

Natural Beauty products

Caroline Irons

Bowen Therapy raising consciousness

Entertainment

Vinod Prasanna



Vinod is an award-winning bansuri (flute) player. He has performed and toured throughout India, France, Japan, Germany, and Australia.

Meditation Techniques

Meditation

- Understanding the mechanisms of stress and managing it daily is essential to maintain good wellbeing, physical and mental health, and build healthy relationships.

Tao Calligraphy Tai Chi Movement & Meditation

- A gentle form of exercise that engages your entire being.
- Practicing regularly fosters calmness in the spirit, peace in the heart, clarity in the mind and lowers anxiety.

Meares' Stillness Meditation

- Meares' Stillness Meditation provides the body and mind with stillness, silence, space to give clarity of mind.
- Founded on a medical model, it provides the body and mind with inner calm, providing release from anxiety, fear, and stress.

Laughing Yoga

- Laughing Yoga reduces and manages stress to enhance wellbeing at an emotional, physical, and mental level.
- It is fun and combines playful exercises to stimulate laughter with yoga breathing, resulting in health and happiness.

Body and Soul Yoga Practice

- An embodied yoga session incorporating grounding meditation.
- Participants will be guided in movement and encouraged to move intuitively to connect to their bodies inner knowing.

Wellbeing and Mindset

- A one stop shop for health; fitness, well-being, mindset, lifestyle and most importantly – changes that leads to results.

Benefits

Mindfulness trains your attention and awareness to achieve mental clarity and emotional calm.

Meditation aims to reduce stress, anxiety, depression, and pain, increase peace, perception, self-concept, and well-being. Presently, meditation is under research to define its possible psychological, neurological, and cardiovascular health effects.

As you return home, you may start to notice that some things are better. Maybe you do not get mad as quickly. Maybe you find your normal stress level has dropped.

Program

9:00 – 10:00am	Registration and Breakfast
10:00 - 10:20am	Acknowledge of Country Introducing WFWP Anne Bellavance
10:20- 10:40am	Group Meditation (20 min.) Anne Fan
10:40 – 11:00am	Explaining Stress (20 min.) Suzanna Hoffman discussion
11:00–11:20am	Laughing Yoga (20 min.) Tilisa Thomas
11:20–11:50am	Morning Tea (30 min.)
11:50 -12:30am	Body and Soul Yoga (40 min.) Mirella Faulkner
12:30 -12:50am	Sound Healing - bansuri flute Vinod Prasanna (20 min.)
12:50 -1:40pm	Photo Mindful LUNCH (50min)
1:40 – 2:20pm	Wellbeing and Mindset (40 min.) Rohan Parrant
2:20 – 3:00pm	Tao Calligraphy Tai Chi Movement & Meditation (40 min.) with Anne Fan
3:00 – 3:30pm	Meares' Stillness Meditation (30 min.) Pauline McKinnon
3:30 - 4:00pm	Mindful TEA BREAK (30 min.)
4:00 – 4:15pm	Managing Stress (15 min.) Ven. Bhikkhuni Bodhicitta
4:15 – 4:45pm	Walking Meditation (30 min.) Ven. Bhikkhuni Bodhicitta
4:45 – 5:00pm	Conclusion

Venerable Bodhicitta: Stress Management



Venerable Bhikkhuni Bodhicitta is a Sri Lankan Theravada Buddhist nun based in Melbourne with over 25 years' experience in meditation.

Venerable will be sharing about stress management and leading a walking meditation session.

Anne Fan: Meditation & Tai Chi Movement



Anne is a Master Teacher certified by the Tao Academy, a Tao Hand Practitioner, Tao Calligraphy Master Practitioner, Tao Calligraphy teacher, and Direct Soul Communicator.

Anne will be leading a meditation and Tai Chi movement workshop.

Mirella Faulkner: Body & Soul Yoga



Mirella is a yoga teacher, breathwork and feminine embodiment facilitator. She has been a yoga teacher for five years and holds qualifications for teaching vinyasa, yin yoga, pranayama (breathwork)

Mirella will be leading an embodied yoga session incorporating grounding meditation, breath and asana, and non-linear movement.

Tilsa Thomas: Laughing Yoga



Tilsa healed herself through laughter and is now passionate about sharing her knowledge to others who wish to do the same. She is a Laughter Yoga Leader, a Pellowah and Reiki Practitioner and Kinesiologist.

Tilsa will be leading a Laughing Yoga session.

Pauline McKinnon: Stillness Meditation



Pauline is a Counsellor, psychotherapist, Clinical Member of AAFT, and Meditation Association of Australia Founding Patron. The author of *In Stillness Conquer Fear*, Pauline established the Stillness Meditation Therapy Consultancy.

Pauline will be leading a Meares' Stillness Meditation session.

Rohan Parrant: Wellbeing and Mindset



Using a holistic approach for personal transformation, Rohan incorporates exercise programming, nutrition, life coaching, hypnosis, neuro-linguistic programming, time-line therapy, mindfulness meditation, breathwork, and trauma informed practice.

Rohan will be leading a wellbeing workshop.