

Frequently asked questions

What will I do on my retreat?

Whilst every retreat is different, we always try to balance physical activities and information sessions with time out for rest and reflection.

Here is an example of a typical day on a Meditation retreat.

Morning

7:15 Wake up bell

7:45 Morning meditation

8:30 Breakfast

9:15 Meditation instruction

11:15 Morning tea

11:45 Physical activity or Mandala art workshop

Afternoon

1:15 Lunch and free time

3:00 Afternoon meditation & instruction

4:00 Afternoon tea

4:30 Meditation instruction continued

5:30 Free time

Evening

6:00 Dinner & free time

7:15 Evening Meditation & instruction

Where will I do my retreat?

All retreats are held at 'Earth Inspired Retreats' 277 Wollong Road, Quorrobolong NSW; approximately 150 km from Sydney, and 60 km from Newcastle; situated in the Hunter Valley area.

How do I get to Earth Inspired Retreats?

If driving use UBD, Gregory's Street Directory for Newcastle, Central Coast and the Hunter, map ref 136 Q4, showing the turn off onto Wollong Road.

For public transport please call us – detailed information is available.

We are unable to assist with or coordinate lifts from staff or the sharing of transport between participants. Though, at the end of the retreat program some participants do choose to make private sharing arrangements.

Do you run any meditation programs outside NSW?

Currently we run all our programs in NSW.

What do I need to bring?

Casual clothes – layers are a good idea to deal with the Hunter Valley's changeable weather.

Any medications you are on.

Please limit scented toiletries for the benefit of other participants who may be sensitive.

Raincoat or umbrella.

Walking shoes.

Easy slip-on shoes or slippers and warm socks.

Can I phone my family or can they visit me?

We discourage visits from family as we find that participants get the most out of their retreats when they can remove themselves from outside distractions and concentrate on the healing/learning process. You are welcome to use your mobile phone or our landline for urgent matters.

Is there computer access?

We advise you to leave your computers at home because you are here to focus on your health and well-being.

How do I book into a retreat?

To book please download the Registration Form, complete all sections, then either scan & email it or post it to us. Alternatively, you can phone us on either 02 4930 4021 or 0414 627 226, asking to speak with Christine. To reserve a place you will need to pay a deposit and the balance is due two weeks before the retreat starts.

What if after I've booked, I can't come or need to change to another retreat?

Cancellations received more than two weeks prior to the retreat commencement will incur a non-refundable fee of \$100 per booking. Cancellations received less than two weeks prior to the retreat commencement will incur a non-refundable fee of \$200 per booking. No refunds are given once the retreat has commenced. If you are unable to attend, you may transfer once to another retreat up to two weeks before the program commencement. If you transfer to another retreat less than two weeks before commencement, a \$100 transfer fee per booking will apply.

Should I bring a support person or carer to my retreat?

Many people find it helpful to have a spouse, carer or friend with them on retreat. This is a very comprehensive meditation retreat program and you are more likely to be successful at implementing your lifestyle changes at home if your carer understands why you are making changes; especially with regard to things like your daily meditation practise. Our retreats also allow carers to gain some support for themselves. They have the opportunity to confront their fears and explore their own challenging issues.

Can I bring my children?

Sorry, Health 'n' Harmony for Life, is unable to accommodate children under the age of 18 on retreats at this time.

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