

## **PROGRAMME FOR AUSTRALIAN RETREAT CENTRES APRIL – JUNE 2003**

This list is a summary of the retreats running during April, May and June. For more information please email the retreat centres directly or visit our website [www.brahmakumaris.com.au](http://www.brahmakumaris.com.au)

***Brahma Kumaris Centre for Spiritual Learning, Frankston, Melbourne***

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4-6 April

### **MY CREATIVE SELF**

Learn the art of living creatively to experience the connection between spirituality and creativity in all areas of life.

11-13 April

Retreat for BK students from Fitzroy and McKinnon Centres, for spiritual study and sustenance.

18-21 April

Karma Yoga for Victoria BKs including a picnic.

25-27 April

Madhuban in Oz – a retreat for BKs.

4 May

### **INNER PEACE INNER POWER PART TWO**

A continuation of the Raja Yoga Course, Inner Peace Inner Power is for those who have completed the beginners course.

10 May

### **LANGUAGE OF THE HEART**

A program to learn to look within, talk with the self in a way that brings deep understanding of others and nature.

11 May

### **OPEN DAY**

A day for everyone to see what happens at the Retreat Centre with talks, sample meditations and virtuescopes.

15-18 May

### **LIVING VALUES EDUCATION PROGRAM**

Training for school teachers and educators in the Living Values Education Program. There will be streams for both newcomers and previously trained teachers who are already using the material in their schools.

23-25 May

### **HARNESSING THE CELTIC SPIRIT**

Experiential program for people of Celtic origin to explore and harness the power to face challenges of life with renewed faith and courage.

30 May-1 June

### **CALM AND CREATIVE**

A program for women to make your life calm and creative using Raja Yoga meditation and innovative group work.

7 June

### **INNER PEACE INNER POWER PART ONE**

Part I of the Raja Yoga meditation course.

8 June

### **ASSERTIVENESS AND SPIRITUAL LOVE**

Tap into your inner powers of peace, self worth and understanding to better practise assertiveness in your relationships.

13-15 June

BK students of the Geelong Centre – a weekend for deepening study and yoga.

20-22 June

### **RETREAT FOR MEN**

Find out how meditation promotes self-discovery, enriches feelings of well-being to enhance all aspects of life in a spiritual way.

27-29 June

### **MASKS AND THE MIRROR**

How many masks....how many images do we exist behind? The aim of this retreat is to look beyond the mask into the mirror of our hearts is to see the true self in all its power and uniqueness.

4-6 April

**MEN'S RETREAT**

Find out how meditation promotes self discovery, discuss men's matters and spend time in solitude.

11-13 April

**FROM FEAR TO LOVE**

This retreat will explore various types of fear, the behaviour manifest due to fear and the meaning and state of love.

26 April

**FOOD FOR THE SOUL – FOOD FOR THE BODY**

Take-away food for thought! Join us for a spiritual dialogue and a culinary experience.

17 May

**MEDITATION, MEDICINE AND MIRACLES**

An oncologist and a cancer survivor speak on meditation and the sensitive issues that face us in dying.

17-21 May

**DISCOVER THE SPIRIT WITHIN**

A 5 day retreat to take you deep within yourself to experience you own true nature.

23-25 May

**MEDITATION: KARMA, REINCARNATION AND THE CYCLE OF TIME**

Part 2 of the Introduction to Raja Yoga Course

30 May-1 June

**NUTRITION FOR THE MIND, BODY AND SOUL**

Learn how to use meditation to sustain and maintain a healthy mind and body.

6-8 June

**MEDITATION FOR THE FAMILY**

Meditation for parents and peace activities for the children.

20-22 June

A retreat for Tamil speaking people.

26-29 June

**RAJA YOGA MEDITATION AND PHILOSOPHY**

Part 1 and 2 of the Introduction to Raja Yoga Course.

4-6 April

**MEDITATION – A PATHWAY TO GOD**

As we delve into our eternal nature and pure potential we recognise our divinity and the right to experience a close, loving and empowering relationship with God.

**RAJA YOGA MEDITATION AND PHILOSOPHY PART 2**

For those who have completed Raja Yoga Meditation and Philosophy Part 1. Topics will include the Tree of Life, the World Cycle and Principles that enhance a Spiritual Lifestyle.

11-13 April

BK Mothers' retreat. A chance for BK mothers to come together to create and to benefit from a powerful Shiv Shakti gathering.

17-21 April

Australian BKs retreat.

25-27 April

**RAJA YOGA MEDITATION AND PHILOSOPHY PART 1**

A retreat for those who are new to meditation or who practice other types of meditation and would like to add depth to what they already have.

2-4 May

**RAJA YOGA MEDITATION AND PHILOSOPHY PART 2** (see 4-6 April)

**UN YEAR OF DIALOGUE AMONG CIVILIZATIONS FORUM 2003: CREATING UNIVERSALITY AND CARE FOR HUMANITY** A dialogue to create a foundation for mutual understanding which can bring about peace and stability.

9-11 May

**THE FIFTH FACE – WOMAN AND GOD**

For women who have attended Four Faces of Woman, to explore your personal relationship with God.

**THE SEARCH FOR THE PEARL**

A weekend for discovering and recovering your creative self and being the artist of your own life.

16-18 May

**STRESS FREE LIVING**

Learn that with the right perception you can easily turn stress into a new resource of personal learning and power.

23-25 May

Weekend for spiritual sustenance of the Retreat Centre residents. No retreat scheduled.

30 May-1 June

**RAJA YOGA MEDITATION AND PHILOSOPHY PART 1** (see 25-27 April)

**THE GOLFER'S WAY TO INNER PEACE**

Experience how the practice of Raja Yoga meditation can increase your self-awareness and the power of concentration. Receive practical methods to enhance your potential in life and on the golf course.

6-8 June

**RAJA YOGA MEDITATION AND PHILOSOPHY PART 2** (see 4-6 April)

13-15 June

**SELF MANAGING LEADERSHIP (SML)**

A leadership development program in critical leadership principles and practices necessary for steering through turbulent times.

**DIVING DEEP**

A retreat for new BKs to dive deeper into gyan and yoga and to follow a spiritual routine from the early morning hours till evening. Time for study, meditation, conversations, walks and fun.

20-22 June

**PATIENCE TO NURSE – A RETREAT FOR NURSES AND CARERS**

Time to feel your own pulse, take time out for the self and learn the art of Raja Yoga meditation.

**FROM FEAR TO LOVE**

This retreat will explore various types of fear, the behaviour manifest due to fear and the meaning and state of love.

27-29 June

**POSITIVE THINKING AND MEDITATION**

We are what we think! A weekend to provide an introduction to the workings of the mind.

**RAJA YOGA MEDITATION AND PHILOSOPHY PART 1**

(see 25-27 April)