

# Unravelling the Mystery

with Jonathan Chambers  
Wangapeka Retreat Centre  
4-6 August, 2017

Coordinator:  
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027 2783499  
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Course Fee:  
\$175/\$150\*

Includes  
accommodation,  
food and cook

Teaching by  
Dana/Donation

\*Earlybird rate if  
registered at least  
7 days prior

## Yoga and Meditation

are so much more than techniques  
for calming the body and mind  
(though that is a good start!).

Simply put, their ultimate purpose is to  
unravel the very fabric of self-experience...

to reveal the true nature of this profound mystery we call life.

In this weekend workshop we will explore this theme through  
contemplation, meditation, and gentle somatic practices including yoga.

Drawing primarily from the Buddhist teachings of the Mahayana (Great Vehicle),  
we will identify the key threads to pull in order to initiate this unravelling/awakening  
process, and deepen our understanding of how the process unfolds. Suitable for all.

Register online: [www.wangapeka.org/registration-form](http://www.wangapeka.org/registration-form)

More about Jonathan & the retreat...

[www.openbreath.org](http://www.openbreath.org)

