



SPARKLY YOGA

Summer Yoga Retreat at Maitripa – *dropping into bliss*

8th – 10th Feb 2019



What's happening?

Opening the heart and clearing the mind!

Retreat from the world together for a weekend... to explore the delights of Yoga in nature.

You will meet new friends who are most likely on a similar wavelength as you, on a pathway to healing and expansion! The retreat is open to all levels, ages and bodies. Whilst we dive deep into the practice, no prerequisites are required.

We work with our major elements of Yoga – asana, pranayama and meditation to stir things up and allow things to come to the surface. We are working towards the process of letting go of our ‘stuff’ that we do not need!

Our practice will range from fairly dynamic to restorative. We will observe the practice of *antar mouna* – inner and outer silence until lunch time in the morning. We'll be rising early for our morning meditation and pranayama. Food is fully catered, vegetarian meals, if you have any special dietary requirements now is the time to let me know! We'll be practicing our Karma Yoga as well and taking turns to wash up dishes and keep the place clean. The full program will be revealed upon arrival!

We aim to meet there at 4pm on Friday. If you cannot leave until after work that's also fine, you may just miss the first session, Say your final words to your loved ones before you arrive, let us aim to be off our devices for the duration of the retreat; let us try to completely detach from our everyday world for two days and nights. Any special circumstances let me know and we can always arrange something if need be. We will be concluding our retreat around 4pm on Sunday.

Everything is provided for on this retreat, the price includes all the classes/workshops, meals and accommodation. Accommodation is twin share, if you are coming alone we can team you up with a suitable room mate!

This retreat is being co-facilitated by 2 teachers – Michele (Mickey) and assisted by his partner Cadia. Feel free to check out Mickey's website: www.sparklyoga.com

Sample Itinerary:

6:30 - 8:00am : early morning pranayama and meditation.
8:00am :breakfast
10:00 - 12:00pm : asana focus, vinyasa, main physical work.
12:00pm : lunch
1:00 - 4:00pm : nature exploration, walks, massage etc
4:00 - 5:00pm : satsang, teachings, discussions etc
5:30pm : early dinner
7:30pm : Yin and sound healing

Where :

Located in the heart of the beautiful Upper Yarra Valley, the *Maitripa Contemplative Centre* is an hour and a quarter easy drive from the Melbourne CBD (allow a little longer incase of traffic). Surrounded by hundreds of acres of State and National forest, Maitripa's fifty-three acres of forest and well established gardens are an ideal venue in which to experience a Yoga retreat. Maitripa boasts a rich diversity of native Australian wildlife, the grounds being home to numerous wombats, wallabies, a wide variety of colourful parrots, including the beautiful green and red King Parrot. The grounds also host a number of rare and elusive Lyrebirds, famous for their extraordinary ability to mimic almost any sound; animal, bird or mechanical! You might even catch a glimpse of the occasional deer that live in the dense forest surrounding the retreat centre.

Address:

Maitripa Contemplative Centre
528 Myers Creek Rd
Healesville 3777, Victoria
Tel: 03 5962 6167 MEL REF 270 C1

Getting there:

To get there from Melbourne take the Maroondah Hwy all the way to Healesville, then after crossing the Healesville Town turn left into St

Leonard Rd also known as Myers Creek Rd. Drive for about 7 km and the Maitripa Centre is just after the Brentwood B&B on the right hand side of the road.

Car Pooling:

To be more environmentally conscious and to have some company along the way I am suggesting we car pool to get there. So I would like you to please let me know asap what suburb you would be leaving from and whether you're able to offer your vehicle. Then I'll see if I can match a few of us up, aiming for 2-3 people per car. If you're already coming with friends and have already organized your pooling let me know!

Bookings and payment:

\$150 deposit payment by cash or EFT at time of booking. Balance to be paid in cash on arrival at the retreat.

Full price: **\$430** Concession or early bird: **\$380**



What to bring:

- **Yoga Mat!** If you don't have one maybe now's the time to acquire one! I recommend checking out: <http://www.empind.com.au/> or <http://www.iyogaprops.com.au/>
- **Straw or plastic Mat!** Not compulsory, but weather permitting we'll be practicing outdoors at times and would be nice to have between your Yoga mat and the ground.
- **Blanket/shawl!** Not just for sleeping but for our early morning or evening meditation and pranayama sessions.
- **Toiletries**
- **Towel**
- **Torch**
- **Sun protection & insect repellent** – sunscreen, hats etc. (less likely in winter)
- **Suitable Yoga clothing** and bush walking gear (not compulsory but a nice option), gumboots if raining are handy!

Your teacher:

Mickey



Mickey Space specializes in holding space. Whether on a dance floor as a DJ, co-ordinating events and festivals or on your mat as a Yoga teacher.

World explorer, Mickey has spent much time traveling India and Thailand amongst his many

destinations and has studied Yoga from several inspiring teachers worldwide. In 2007 he graduated with a 900 hour in depth teachers diploma and has been teaching classes professionally and running in-depth retreats since then. Immersed in full time teaching, Mickey teaches the full gamut of Yoga styles from Vinyasa to Yin Yoga and sound healing, with an esteemed schedule teaching at Melbourne's most revered Yoga studios. His style is eclectic due to his diverse experience and background, incorporating all the aspects of Yoga in a class, will challenge students physically, educate them anatomically and inspire them spiritually, always with a sense of lightness, humor and joy.

Mickey endeavours to remind his students that whilst the practice gifts us with delightful physical and mental benefits, essentially it is the pathway back to discovering our deep inner nature of stillness and peace.

He has been taking students to deeper levels since 2010 having run several local and international retreats and having had the privilege of being invited to teach at several yoga and music festivals and events nationwide. Being a professional and passionate DJ for longer than he has taught Yoga, Mickey also loves incorporating music and free flowing movement into his classes, running his very popular Hatha Groove workshop where he uses a DJ to lay down Sacred Beats creating quite a funky session!

Namaste

