

## Natural Balance Retreats

Maintaining a natural balance is the essence of health and happiness. It allows us to embrace life with a greater sense of purpose, vitality, clarity and creativity. Unfortunately, our fast paced lifestyles can result in a loss of the fine balance between work and rest, stress and relaxation. Our busyness can slowly erode our ability to be quietly present in the moment or to listen to our own emotional or physical needs. Often we are only pulled back to 'self' when pain or illness strike.

We may be aware of the need to pause but are unable to locate the 'pause button', unsure of the techniques or strategies needed to re-introduce balance back into our lives.

**Natural Balance Retreats** aim to gently facilitate a shift towards greater balance through simple life changing strategies. We aim to equip participants with the skills to 'tune in' to their personal physical and emotional needs and the means to re-establish balance through gentle exercise, relaxation and meditation skills. Through a greater self-awareness and the knowledge of how to effect change with a few simple techniques, participants will slowly re-establish balance and reduce pain, improve health and move towards true wellness.



## Natural Balance Retreats

The Sydney home of Natural Balance Retreats is Northern Beaches Meditation Centre.

Situated at Warriewood in Sydney, the Northern Beaches Meditation Centre has been established as a unique specialist meditation centre. The centre is spacious, calm and comfortably equipped. The centre's foundation courses are meditation, mindfulness and awareness based. Also offered are wellbeing workshops, retreats and courses for the corporate sector, schools, other institutions and community groups as well as individual tuition.

Northern Beaches Meditation Centre is located at Unit 5, 1 Vuko Place, Warriewood 2102, Sydney.

Rural workshops are regularly conducted at North Farm in Bellingen, a purpose built retreat. Accommodation is available either on-site or can be organised nearby at a variety of accommodation options.



### Contact

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## Workshops Available

### Holistic Balance for Women

This one day workshop will explore the means to achieving long-term emotional and physical balance for women, improving wellness and contentment.



This workshop will guide you through the ways we can nourish the mind, body and senses, allowing you to be better tuned to your personal physical and emotional needs. You will be gently guided through the simple, but very effective life changing strategies that will allow you to meet these needs and in doing so attain a greater sense of balance and wellness.

A combination of meditation, relaxation, Pilates, Qi Gong and Tai Chi specifically tailored to the special and specific needs of women, will assist you in finding some natural balance in your busy life. You will leave equipped with the skills to 'tune in' and the means to re-establish much needed balance. Even the most 'time-poor' will learn the practice and benefits of a meaningful pause.

### Back in Balance



This 2 day workshop is tailored to the sufferer of persistent or recurring back pain.

Back pain is a complex combination of several factors. The original underlying pathology is only one aspect of persistent pain. In fact, back pain can develop without any obvious causal factors and yet the debilitation is real. This workshop will explore the factors underlying persistent or recurring back pain.

Primarily we will explore the imbalances in the body that can lead to ongoing pain. These imbalances can be muscular, neural, skeletal, respiratory and even digestive.

Participants will gain an understanding of their personal imbalances and how these may be contributing to ongoing back symptoms.

Participants will be guided through gentle techniques to self-analyse causal factors and will leave this workshop equipped with a plan for their personal back care and the skills to effect the gentle re-balancing needed to self-manage their back pain.

A combination of education, gentle Pilates, Tai Chi, relaxation and meditation skills will be used to bring about long term improvements, allowing participants to achieve greater enjoyment in life.

### Customize a workshop

Natural Balance Retreats can be tailored to suit the needs of any group or workplace. Our retreats are fully mobile and all necessary equipment will be provided. We are able to assist in assessing the needs of your group or team and devising the most appropriate workshop or we can be totally guided by you.

Whether you require a session of complete relaxation at the end of a long conference or an invigorating session of exercise in the workplace, or a balancing workshop for your school group or any possible combination, we are able to assist.

Any combination of Pilates, yoga, Tai Chi, Qi Gong, relaxation, meditation, or wellness and health education is available. Accompanying workbooks and gorgeous gifts will allow each participant to continue in their pursuit of wellness.

We can provide ½ day, full day or up to 5 day workshops.

We are fully trained, accredited and insured.

### Jo Keers

Jo is a musculo-skeletal Physiotherapist and Clinical Pilates instructor with more than 25 years of experience. She is also an accredited Tai Chi instructor for health conditions.



Jo has combined lecturing at Sydney University in the school of physiotherapy with running practices in both Sydney and rural NSW.

Recently Jo has produced an educational and exercise-based DVD specifically for back pain sufferers, "Say Good Bye to Back Pain", which has sold hundreds of copies both within Australia and internationally.

### Penny McGahey



Penny McGahey is the founder of Northern Beaches Meditation Centre in Sydney.

She is a qualified Meditation Facilitator with almost 10 years' experience in meditation and has a Certificate IV in Training and Assessment. As a working, qualified Remedial Massage Therapist she is also an accredited member of the Australian Traditional Medicine Society ATMS.

Penny's 'down to earth' approach and her commitment to involve participants, make her a popular and engaging teacher.