

# Mindfulness in Nature

**An Easter Retreat, Friday, 3rd April, 3pm to Monday 6th April 12 noon  
Far South Wilderness Lodge, 247 Narrows Road, Strathblane (near Dover), Tasmania**

This retreat takes place in a beautiful natural setting away from the hustle and bustle of daily modern life.

Our intention is to provide you with ancient teachings, stillness, meaningful activities, good food and right company, which will assist you unfold to your natural alignment with wisdom and compassion.

May you return home rested and with a renewed inspiration, wisdom and depth in your life that benefits yourself and others.

Come sit in the presence of an authentic lineage Master and receive direct spiritual teachings and meditation instruction from ancient wisdom traditions.

**Sessions include:**

- Mindfulness and Interdependence Teachings by Khandro Thrinlay Chodon
- Council of All Beings led by Shar Molley
- Exploration of Sacred Sound by Maggey Agrey & Cate Foley
- Dances of Universal Peace led by Nicola Bush
- Meditative Walking and Traditional Fire ceremony

**For enquiries and registration go to [www.khachodling.org](http://www.khachodling.org)  
Contact Stuart Lord +61 488 487 526 [tas.khachodling@gmail.com](mailto:tas.khachodling@gmail.com)**

Investment AUD\$650 includes all food and accommodation — some concessions available, under 5's are free.

Transport and sightseeing trips are offered as optional extras.

