

A Unique 1 Day Retreat

# Finding Your Stillness Within

SEQ Winter Retreat 2012

- ✓ Are you caught up in the busy-ness of 21<sup>st</sup> century life?
- ✓ Are you feeling disconnected with your Self or others?
  - ✓ Are you stifled in your Self expression?
- ✓ Is it time that you stopped... took a breath and reconnected with your inner Self?

If you answered yes to any or all of these questions, you are invited to attend the upcoming event  
'Finding Your Stillness Within'

With *Emma Creed*

**BRISBANE**  
Sunday 19 August  
Brisbane

Retreat times: 9:00am to 5:00pm  
further details will be provided upon secured booking

*In this Unique One Day Retreat you will discover how to:  
**Instantly access your heart centre and create stillness** in body and mind  
Practice **simple and effective breathing / relaxation techniques** that assist you in becoming still  
and know that you can **choose** to go there at any time. (aaaaahhhhhh!)*  
***Let go** of your masks / pain / anything else that does not serve you  
**Get present:** Right here! Right now! And now! And now!  
**Reconnect** with your **authentic Self** (you know what I mean!)  
**Express your Self** (the real you!) in and through sound and song AND have **fun** along the way  
Begin to **feel - JOYous!***

*You will also receive:  
A scrumptious morning & afternoon tea and a lovely, healthy lunch, plus  
Bonus surprise gifts*

**Investment:**

**\$197**

early bird special \$177 (paid in full 3 weeks prior to event)

**Booking:**

**Bookings are essential** as places are limited to ensure the quality of your experience  
To book your place contact Emma directly on **0438 619 518**

**Finding Your Stillness Within** is a unique 1 Day creative healing arts retreat that creates the space for you to take some time for your Self, lighten up, quieten your mind, return to your body and experience inner stillness. From this place of stillness we will play with expressing ourselves with voice, instruments and gentle body movements, journeying together - breathing, toning, playing & singing our song. You will be given practical and easy-to-apply strategies that will enable you to **find your stillness within** long after the retreat has passed. You will also meet like hearted people who will support you in your journey unto your Self and give you the freedom to sing and play to your heart's content. Fun and joy for all!

Emma Creed (T/A Sound Affects ABN: 95 663 720 192)  
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**Sound Affects**  
*Communities Creating Harmony*