



## Gay Men's Therapy & Meditation Retreat 15-17 June 2012

Therapy Space will again be holding their annual Gay Men's Therapy and Meditation Retreat at the Govinda Valley Retreat Centre. We shall provide you with a serene and spiritual atmosphere in a beautiful 30-acre property at the edge of the Royal National Park. We hope this retreat will serve many purposes and fulfil many different needs.

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The idea to offer annual retreats has emerged from facilitating short-term psychotherapy groups for gay men over the past 4 years. These groups have drawn a cross section of men from different cultural backgrounds, different age groups, different areas of work, different socio-economic contexts, people with different HIV status, generally, just people with vast, rich life experiences. One of the most recurring comments made during these programs has been about the unique experience of sharing time with a group of gay men in such an open transparent way. One of the hopes of group work is that a commonality, a universality of experience will become apparent and with this senses of isolation and difference, both imagined and real, dissolve.

When this environment of safety is established we can drop, relax, allow aspects of ourselves that we may ordinarily keep hidden, places of some of our greatest struggles, to surface and be seen. We hide our 'selves' for so many different reasons but what is universal here is that when these things surface we change, again in a whole variety of ways. Relief from carrying secrets, greater self acceptance of all aspects of ourselves, we're able to understand something about ourselves better and perhaps make changes in ways that are going to serve our sense of happiness and wellbeing. Feel more a 'part of' rather than 'different from'.

Over these 2 ½ days we will draw on many different traditions that are found in various forms of healing and exploration of the human experience. From meditation to group therapy and discussion groups. We invite you to join us, relax, rejuvenate, feel nourished, enjoy the company of other gay men in a relaxed open contemplative environment.

### Address of Venue

Govinda Valley is situated south of Sydney in Otford (near Helensburgh), 50 minutes by train from Central or approximately 60-70 minutes by car.

The station is less than 5 minutes walk from the venue.

Govinda Valley Retreat Centre,

Lot 1, Lady Carrington Rd, Otford, NSW, 2508

Ph:0433568261 (Curt Mason)

# Therapy Space



The weekend will be facilitated by Peter East and Curt Mason whose profiles can be viewed by going to these links:

[www.therapyspace.com.au/peter\\_profile.html](http://www.therapyspace.com.au/peter_profile.html)

[www.therapyspace.com.au/curt\\_profile.html](http://www.therapyspace.com.au/curt_profile.html)

## The Venue

Govinda Valley is surrounded by spectacular natural beauty and is a short drive from several sparkling beaches and abundant bushwalking. The sleeping accommodation is shared up to 4 persons and rooms have heaters and fans. There are large guest communal bathrooms which have 3 showers/toilets/basins in each. Our aim is to provide everything you need on site, so you won't want to leave.

## Food

Govinda Valley takes very seriously the significance of diet in a person's general well being. Therefore, their menu is geared towards nutritious and wholesome foods that are beneficial for spiritual activities. Their experienced cooks work with the knowledge of ayurvedic nutrition. All meals are prepared with an emphasis on optimising health, maximising nutrient retention and harnessing the subtle energies of the food. Govinda Valley's cuisine is not only physically healthy, but mentally and spiritually as well. You'll taste that for yourself! Naturally, they cater for special dietary needs such as wheat-free, dairy-free sugar-free, tofu-free menus etc. All of the food prepared in the Govinda Valley kitchen is totally free of meat, fish, eggs, garlic, onion and mushrooms, with no exceptions. If anyone has special dietary needs, please inform Therapy Space when booking.



## Guest Requirements and Information

After all meals, guests are required to wash and dry their eating utensils at the sink area provided. We kindly request that guests do not bring eating utensils into the kitchen, or eat in the kitchen (if they find themselves in there at all!).

- We ask that no shoes are worn in the yoga or dining halls.
- Guest rooms are lockable and keys are provided; please note that no responsibility is taken for missing or stolen items. Guests wishing to deposit items in a safe may do so.
- Guests are required to bring Towel(s), Top sheet, blanket/quilt. Bottom sheet/pillow/ pillow-case are provided by Govinda Valley.

# Therapy Space



## Suggested items for guests to bring

- Torch (although most areas are brightly-lit)
- Insect repellent (rooms are also equipped with plug-in repellent)
- Sun-block
- Water bottle (highly recommended)
- Ear plug

**Please note: guests are required to bring their own yoga mats or mediation cushions/stools.**

## Govinda Valley requires **ALL GUESTS** to **STRICTLY** adhere to the following rules:

- NO MEAT, FISH OR EGGS on the property
- NO SMOKING on the property
- NO ALCOHOL on the property.
- NO ILLEGAL DRUGS on the property



## Cost and Booking

\$495 per person. There will be a maximum of 12 persons allowed on the retreat.

This includes:

- All accommodation
- Therapy Groups and Meditation
- Friday - Dinner
- Saturday - Breakfast, Lunch and Dinner
- Sunday – Breakfast, Lunch



If you wish to book onto the 2010 Gay Men's Therapy Retreat please contact:

Curt Mason Ph: **0433 568 261** or [curtmason@therapyspace.com.au](mailto:curtmason@therapyspace.com.au)