



FAQ for Geelong Retreat June 2023

This document is designed to provide a resource of comprehensive information for you and help answer questions you may have.

Please note: this document will be continually updated. I will asterix and highlight updated sections. I will also be adding questions asked by participants not originally covered here and feel may serve to share.

In Love and Service x

Q: Where is the retreat located?

A: 1265 Winchelsea-Deans Marsh Rd, Bambra VIC 3241

The website can be found here: <http://harekrishnavalley.com.au/>

The venue is just the place we rest our heads. The magic is created by us.

Q: What are the dates and times of the retreat?

A: Please arrive between 3pm and 4pm. Please do not arrive after this time as there may not be someone to check you in.

The retreat begins at 4pm February 17th. The retreat concludes February 17th 2pm. Please do not arrange to leave before this time.

Q: What time can I check in?

A: Check in is between 3pm and 4pm on the 17th. Opening ceremony will begin at 4pm sharp in the main temple.

Q: Can I arrive earlier?

A: I advise you to arrive after 3pm on the 17th to allow me time to prepare for your arrival. You will be assigned a room and bed so there is no benefit to sleeping arrangements arriving earlier.

Q: How do I know where I am sleeping?

A: Erica, my assistant, will be on hand to show you to your room.



Q: Where do I park?

A: You'll be directed to parking when you arrive but there's plenty of room for us.

Q: What is the accommodation like?

A: The first time I visited the Hare Krishna Valley I wanted to stay forever. It's deep in the bush of the Otways and surrounded by birdsong and ancient trees. The energy of the land is beautiful and very peaceful.

The venue itself is very humble and minimalist yet comfortable and clean.

There are two buildings with our rooms. The majority of beds are bunk beds. Unless you are less abled and notify me please be prepared that you may be in a bunk. Honestly? It's so much fun. It makes me feel like a child again climbing into a bunk bed to sleep. It kind of brings out the wild silliness in me (yes even more than usual). All beds are clean and comfy. We will only be resting our bodies in the beds, the real restoration and bliss will be in the Temple we create where the workshops will be hosted. If you like to bring a piece of home feel free to bring your own pillow though they are provided. I just like my own pillow.

The retreat is extremely well priced. I have seen retreats for a weekend advertised at almost \$1,000. I could have charged \$1k and reserved a retreat venue to reflect that price but where is the adventure in that? Personally, I prefer substance over flashy knickers.

Q: Who will I be sleeping with?

A: Please specify you are coming with a friend on your intake form so I can pair you together. However, they must also request to stay with you on their form. All endeavours to pair friends will be made however requests may be unable to be fulfilled for various reasons.

For those coming hans solo I will pair you intuitively. Surrender and go in flow. Trust that the highest will be forthcoming. If you're coming solo know that the vast majority of the other women are too. You're in exquisite company.

Q: Intake form, what is that?

A: You will receive this when you reserve your place. Please complete this by February 15th. It helps me get to know you and receive important information about you before you arrive. Please answer all questions honestly and share anything you think needs to be shared.

Q: What is the schedule?

A: There will be a very rough schedule however this won't be released until a few days before the retreat.



Friday:

15:00 - 16:00 Check in
16:00 - 19:00 Opening ceremony
19:00 - 20:00 Dinner
20:30 - 21:30 Restorative Yoga

Saturday:

07:00 - 08:00 Yoga
08:00 - 09:30 Breakfast
09:30 - 12:30 Workshop
12:00 - 14:00 Lunch (12:30pm) & Personal time
15:00 - 18:00 Workshop
18:00 - 19:00 Dinner (19:00) & Personal time
20:00 - 21:00 Ceremony

Sunday:

07:00 - 08:00 Yoga
08:00 - 09:30 Breakfast (pack bags)
09:30 - 12:30 Workshop
12:00 - 14:00 Lunch (12:30pm)
14:00 - Departures

Q: What kind of workshops will we do?

A: We will discuss this on evening one. The workshops are designed to deepen your awareness of your subconscious mind that may be impacting you from living your fullest life.

I make workshops fun and also feel safe :)

We may use; movement, song, dance, breathwork, shamanic drumming, emotional release tools, yoga, meditation, ritual and ceremony to deepen our connection to our highest divine self. Every day you will receive guidance and inspiration to deepen, connect, release, restore.

There will be a daily sharing circle for us to connect as a tribe, to love and support one another.



Most of all we will have a laugh and have fun. Know you will always be guided and supported and held with fierce love.

Q: I'm not a yogi, how difficult is the yoga?

A: Great news—if you can breathe you're a yogi. All levels are welcome. However, in the lead up to the retreat, you are encouraged to begin a yoga practice once a week to become familiar with your body and to learn the basic poses. Not only will this transform your mind, body and soul but it may also help you to transition easier to the daily yoga practice. The morning flow class is more energising and the evening class is deeply relaxing and with minimal movement. Please note any injuries or medical concerns on the intake form.

Q: How can I prepare myself for the retreat?

A: Come as you are. All is welcome. It is suggested you try to practice yoga once a week. Meditating 2-3 times a week for a minimum of 15 minutes is also recommended so when required it may be easier for you to drop in to deeper states effortlessly. However, as stated, come as you are. Your experience will be entirely dependent on your inner work in the lead up to the retreat and how open you are to the experience during the retreat. I am here to support you through.

Q: Is there phone signal and wifi?

A: There is phone signal however, as with any country, technology issues can occur. There is no wifi.

Sometimes deciding to fully immerse ourselves in an experience without distraction is incredibly liberating. It is encouraged that you limit your interaction with the outside world where possible, especially social media. It can often take us out of the powerful work we will be doing. When we engage with social media we can often be seeking external validation, dopamine hits when we receive positive affirmation or likes, or be in the comparison trap of comparing ourselves to the carefully selected slice of others lives they choose to present. We can also be distracting ourselves from connecting with who we truly are.

Taking time away can be very liberating. Allowing yourself to truly disconnect from the outside world and reconnect to yourself is such a beautiful gift to give.

To help with this you could choose to set a time that you decide to engage with social media. Eg: 1 hour from 9am to 10am at breakfast. Choosing the time when people will be asleep in your country to origin can help you stay in presence as you may not receive an instant reply.



Ultimately, do what feels good for you. Log off or log in, your sovereign choice :)

Q: It says vegetarian food is provided? I love meat. Can I eat meat?

A: All meals provided will be vegetarian with vegan options available on request. This is a great opportunity to try something new! Give the veggie life a chance for 5 days. I promise you won't fade away and you may just surprise yourself how incredible you feel after 5 days :) All meals are prepared fresh and delicious. You can consume all the meat your heart desires before you arrive and when you leave. (No sneaking in beef jerky!)

Q: What is the temperature/weather like?

A: We will be venturing into the bush so it can be cooler than the city. It's so beautiful on the land.. Bring warm, layered, comfortable clothing. Warm socks, jumpers, a blanket to wrap around you during our workshops. I feel the cold deeply so I always bring lots of warm clothes, a beanie and a blanket to wrap myself in.

Q: What do I need to bring? What are must have items?

A: All the usual important things we sometimes forget;

- Toothbrush, supplements you desire, medicines, your journal for writing notes, favourite teddy bear etc. Bring clothes suitable for yoga.
- A journal for writing notes in the daily workshops and to reflect on your learnings is important.
- You must also bring a yoga mat to attend your daily practice.
- A shawl or a warm blanket for the day.
- Bring a reusable water bottle to refill from the tap.

Most importantly, bring an open heart, a sense of humour and a smile. These are great gifts for yourself and others.

Please bring any items you'd like to add to our altar (crystals, jewellery, talismans etc)

Q: What is an altar?

A: It is a place that represents our journey together to set intentions, pray and invoke ritual.

Q: What kind of things do I bring for the altar?

A: Anything you like! Crystals, jewellery, talismans, photos, flowers, rocks, feathers, anything.



Q: What time do we finish the retreat?

A: Please prepare your bags Sunday morning during the breakfast break. Your things will need to be packed ready to go before the morning workshop.

Q: When do I need to pay the remaining amount for the retreat?

A: Full payment is due by May 8th 2020. Please make payment to:
Commonwealth Bank A P Hunt SC: 064-179 Acc: 10364798
For attendees outside Australia please contact me for payment details.

Q: I feel nervous as it's my first retreat

A: Don't be nervous! By booking and paying for the retreat you have already begun your journey. We will be having lots of fun together as well as exploring deep inner work. It'll be wonderful x

Q: What do I wear?

A: Personally I wear yoga pants and leggings. I dress for practicality and comfort not Vogue magazine. It's going to be chilly so dress warm. No special clothes are required! Wear whatever feels comfortable for you. This is far from a fashion parade. It's all about wearing what you feel most comfortable in not worrying about your body shape or what society tells you you can wear. BE FREE! Express yourself in comfort and ease.

Q: I have a question that isn't on this FAQ

A: I'll be sending information in the lead up to the event. Feel free to reach out to me with any questions you may have!

Q: How do I contact you?

A: Email is best: connect@builtfromthefire.com

Cannot wait for our journey together,
With love x