

Registration Form: Holotropic Breathwork Springbrook QLD

Theosophical Education and Retreat Centre, 2184 Springbrook Rd, Springbrook, QLD.

Friday 3rd of February until Monday the 6th of February 2012.

Title: _____ First Name: _____ Surname: _____

Address: _____

Suburb/Town: _____ Post Code: _____

Phone: Home: _____ Work: _____ Mob: _____

Email: _____

Registration options:

Fax: Fax completed form to (07) 3349 0765

Call: (07) 3349 0706 or 0419 708 932 **Email:** donna@misso.com.au

Mail: Attach completed form and payment to:

Purnata Kiora Pty Ltd, PO Box 7041, Holland Park East, Brisbane, QLD 4121

Payment:

I have enclosed a cheque/money order made payable to Purnata Kiora Pty Ltd

I authorise Purnata Kiora Pty Ltd to deduct \$ _____ from my credit card.

Type of credit card (please tick one) Visa Mastercard

Credit Card Number:

Expiry Date: _____ / _____ Cardholders Name: _____

Signature: _____

Workshop Cost: \$595

Deposit: \$150.00

Numbers are limited so early booking is recommended.

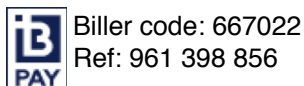
Funds Transfer:

Bank details:

Name of bank: Macquarie Bank

Account name: Purnata Kiora Pty Ltd

BSB number: 182-512 **Account number:** 961 3988 56



Please see cancellation policy below.

Payment plans can be arranged - please contact our office for more details.

Bank Reference number: Please quote your Surname and HB 2012

Catering

The Theosophical Society has a strict vegetarian food policy.

Please Note: Contraindications for Holotropic Breathwork™ are pregnancy, heart disease and other cardiovascular problems, epilepsy, glaucoma, or a history of severe emotional disorder or hospitalisation. Call for more information. (07) 3349 0706 or Mob: 0419 708 932

Further details and a Medical information form will be sent to you on receipt of this booking form.

CANCELLATION POLICY

\$100 of your payment is a non-refundable fee, should you decide for personal reasons not to attend the workshop. Registrations are transferable to another person on notification to Purnata Kiora Pty Ltd.

All deposits are fully refundable upon cancellation of the workshop by Purnata Kiora Pty Ltd.

We will be staying at the **Theosophical Education and Retreat Centre**, in the heart of the World Heritage listed Springbrook Plateau. This beautiful natural environment is part of the volcanic ridge that includes Mount Warning and is considered to be of a naturally high vibration as well as being a beautiful natural environment.

The centre also allows access via a 10-15 minute walk to a spectacular 100m high waterfall that plunges into the Numinbah Valley. **Website:** <http://www.austheos.org.au/tsia-centre-springbrook.html>

The accommodation consists of four brick accommodation blocks with six individual rooms. Each room is equipped with a wash basin, a comfortable single bed, warm doonas and an electric blanket. Please however bring your own sheets and pillow case. Each block also has two showers and two toilets. The accommodation blocks are situated amongst nature whilst still allowing easy access to the kitchen and other facilities available.

Delicious fresh vegetarian food will be prepared for us daily.

Climate

Climate and weather on the mountain can be quite variable - Springbrook has its own microclimate. As a guideline expect temperatures to be about 5 degrees cooler than on the Gold Coast/ Brisbane. Be prepared for beautiful clear warm sunny days - as well as some cold, rain and wind.

What to bring:

<p>For Breathwork:</p> <ul style="list-style-type: none"> * 1 set of single sheets (1 fitted) * Blanket * A towel * Journal, art pad and art material * Pillow * Loose and comfortable clothes 	<p>For Sleeping</p> <ul style="list-style-type: none"> * 1 set of single sheets * Blanket or Doona * Pillow <p>Please bring warm clothes as the weather can be unpredictable on the mountain.</p>
<p>Schedule:</p> <p>Friday 3rd February 6.00pm Registration 7.00pm Workshop starts</p>	<p>Saturday 4th February 8.00am Breakfast 9.00am First Breathwork 1.00pm Lunch 2.00pm Second Breathwork 6.00pm Dinner 7.30pm Sharing</p>
<p>Sunday 5th February 8.00am Breakfast 9.00am Third Breathwork 1.00pm Lunch 2.00pm Fourth Breathwork 6.00pm Dinner 7.30pm Sharing</p>	<p>Monday 6th February 8.00am Breakfast 9.00am Workshop and Integration Workshop finishes approximately 1.00pm</p>

*Please note:

Dinner on Friday is not provided. Please feel free to bring some dinner with you, if you prefer, and enjoy the lovely atmosphere of Springbrook.

We have included some other accommodation options below for those of you that may want to stay a little longer in the beautiful Springbrook National park or maybe you would like to have an extra day or so before the workshop. The accommodation that we have selected is close to the venue but there are many other options available around the area which includes the Gold Coast.

Hardy House Bed and Breakfast

http://www.hardyhouse.com.au/index.php?option=com_content&view=article&id=4&Itemid=2

Paddymelons Bed and Breakfast

<http://www.paddymelons.com/B&B.htm>

Rosellas at Canyon lookout

<http://www.springbrookrosellas.com.au/index.html>

Youth Hostel Murwillumbah - (30kms from the venue)

<http://www.yha.com.au/hostels/nsw/byron-bay-surrounds/murwillumbah>

Tourist information for Springbrook National park

http://www.derm.qld.gov.au/parks/springbrook/about.html#getting_there_and_getting_around

Coolangatta Airport

<http://www.goldcoastairport.com.au/>

Coolangatta Airport is approximately 48 Kms from Springbrook.

Brisbane Airport

<http://www.bne.com.au/>

Train transfer Brisbane airport to Nerang

http://www.airtrain.com.au/products_goldcoast.php

Nerang is approximately 42kms from the venue.

HOW TO GET TO SPRINGBROOK (see attached map)

Northbound - take Exit 80 off Hwy 1 at Mudgeeraba, drive 28 kilometres along Springbrook Road enjoying the lush sub-tropical rainforest.

Southbound - From the Pacific Motorway, Springbrook is 29km from Mudgeeraba or 42 km from Nerang. Exit the Pacific Motorway at Mudgeeraba (exit 79 from the north, exit 80 from the south) and follow the Gold Coast – Springbrook Road.

Map

<http://www.austheos.org.au/springbrook-map-0.png>