

AIMS TO INSPIRE,  
INFORM AND ENABLE  
PARTICIPANTS TO  
THRIVE SPIRITUALLY,  
PHYSICALLY AND  
EMOTIONALLY;

AND TO LIVE A PURPOSEFUL  
AND HAPPY LIFE IN SERVICE  
TO HUMANITY.

When was the last time you stopped  
to reflect on your own happiness  
and health?

Would you like to feel a little more  
in control, or more in balance, given  
multiple responsibilities demanding  
your time?

Are you sometimes, anxious or  
angry or sad for no clear reason?

Would you like to have more energy  
and are not quite sure where to  
begin searching for answers?

Would you like to have more  
contentment, joy and laughter  
in your daily life?

## **ABOUT YERRINBOOL BAHA'I CENTRE OF LEARNING (YBCL)**

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YBCL is a not-for-profit and non-governmental educational organisation committed to providing unique programs in spiritual and moral character development for all ages.

The Centre is located in the bush lands of the Southern Highlands, NSW. Its tranquil environment provides a relaxing and enjoyable atmosphere for the guests.

YBCL has a series of comfortable accommodation facilities to suit the diverse needs of the participants. The four attractive meeting rooms are equipped with a wide range of audio-visual equipment, including Smart Boards and a data projector.

The Centre has a well-equipped kitchen and a large dining hall with 120 seating capacity. An experienced resident chef offers nutritious, tasty and diverse culinary cuisine.

The Centre offers several magnificent open spaces for personal and group meditation and beautiful areas for bushwalking and sports.

## **FOR ADDITIONAL INFORMATION PLEASE CONTACT:**

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**Marion Haselhuhn Admin Officer**

**Email:** [admin@ybcl.org](mailto:admin@ybcl.org) **Phone:** (02) 4883 9462

**Enrol online:** [www.ybcl.org.au](http://www.ybcl.org.au)

**YERRINBOOL**  **BAHA'I CENTRE  
OF LEARNING**

# **Wellbeing Retreat**

**YERRINBOOL**

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OF LEARNING**

PLEASE JOIN US IN THE SEARCH FOR WAYS TO OPTIMIZE YOUR SPIRITUAL, MENTAL AND PHYSICAL HEALTH, IN CONVERSATION WITH TWO PRACTITIONERS WHO BETWEEN THEM HAVE 60+ YEARS OF MEDICAL AND PSYCHOLOGICAL PRACTICE IN THE LIGHT OF THE BAHAI WRITINGS.

## RETREAT PROGRAM

### FRIDAY

#### The Importance of Love, Laughter & Music

### SATURDAY

#### The Relationship Between Spiritual, Emotional & Physical Health:

Diet, exercise, meditation, happiness, neuroplasticity.

#### The Spiritual Journey:

The journey of the heart through confusion, pain, anger and fear to patience, courage, effort, trust, love, detachment, contentment and joy.

#### Rest or Recreation:

Time for bushwalking or creative arts, sleep, music or personal meditation.

#### Developing Spiritual Practices:

Prayer, meditation, fasting, daily reflection.

#### Immortality:

Purpose of life, approaching the concept of death, the Baha'i Writing on life after death, near death experiences (NDEs) and related research.

### SUNDAY

#### Healing & Prevention of Illness:

Healing through diet and/or medication, healthy aging. When to seek medical help and how to navigate the traditional vs alternative options? How to be an active participant in the therapeutic relationship.

#### Dreaming & Goal-Setting:

Future positive, visualising success, setting goals backwards, divine assistance, human-support needs, working through failure, rewarding success, staying focused, detachment.

#### New Insights & Reflections

## EVENT INFORMATION:

**Fee:** \$120

**Venue:** 27 Sierra Street,  
Yerrinbool, NSW, 2575

**Register:** TBC

**Program:** TBC

## YOUR FACILITATORS FOR THE WEEKEND ARE:

### DR FIONA MOSHIRIAN



Has worked as a general practitioner for 30+ years initially in far North Queensland and later in Sydney. She has always been interested in health, (both physical and spiritual) and the prevention of illness. She became a Baha'i in 1988 and has been inspired by the Baha'i teachings and concepts of healing through diet, through consultation with competent physicians, the role that happiness plays in health, and the mutually reinforcing nature of physical and spiritual health.

### DR MARJORIE TIDMAN



Is a psychologist who has lived in remote regions of Western Australia first working as a psychologist with individuals, families and schools. Over the past 18 years she has specialized in critical incident response and has assisted more than 200 organizations towards recovery after sudden trauma. She is the author of 'Sifting the Dust: God & the Mad Psychologist' which explores the mystery of suffering.