

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)**

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:**

**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)

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OF LEARNING**

# **Wellbeing Retreat**

**YERRINBOOL**

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