

# Wellsford Forest Retreat

presents

## What Is Consciousness?

A day of inquiry, meditation, art as we explore the science of life.

Using the ancient scriptures of Vedanta, Yoga, Art, Symbolism and Jung.

Sister Nivedita Chaitanya—Chinmaya Mission Australia—Vedanta—inquiry

Kama Sannyasi Shilamurti—Satyanansa Yoga - Meditation

Rosemary E Porter, BSW, MA Art Therapy, Dip Fine Art (painting)

The Unfolding Spiral of Consciousness Symbolism

of the Hindu Naga/Serpent Goddess

Art material supplied



**Sunday 25th July 2010**

**10am—4pm**  
**register 9.30am**

**Cost; Full \$100**  
**Concession \$90**  
**Bookings Close: 19th July**

**Tea & coffee supplied**  
**Bring lunch to share**

**Book online or contact:Shilamurti/Cheryl Floyd**

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**email:wellsford@hotkey.net.au**

**www.wellsfordforestretreat.com**

**Wellsford Forest Retreat Bendigo**  
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