

# boot & soul camp



"I can't wait for the weekend.  
I'm going to do absolutely something."

Friday 4 July - Sunday 6 July 2014

It turns out the antidote to the 80-hour working week is not to spend the weekend doing nothing.

## The Something

Instead it's to pack a bag, drive two hours from the city to Kangaroo Valley, and check into Boot & Soul Camp.



Friday 4 July - Sunday 6 July 2014

## The Investment

Twin share accommodation at Boot and Soul Camp costs \$1095 pp, or early bird \$995 (closes 30 April).

To secure your place, mail us at [merle@cotw.com.au](mailto:merle@cotw.com.au)

For more information call Merle Singer on 0419 636 230 or Mel McLaughlin on 0414 508 247

price includes :  
twin-share accommodation,  
all meals, yoga evenings and mornings, all workshops and materials

## The Retreat



Boot & Soul Camp is a wonderful combination of relaxation, self-reflection, creativity and yoga, created specially for busy women. Based on the irrefutable premise that weeks of deadlines, presentations, pitches, negotiations and office politics need a healthy counter-balance. Or if you also need a break from the demands of motherhood and family life this may be the perfect antidote.

Boot & Soul Camp is the opportunity to engage and revive body, mind and spirit. The weekend is an invigorating and refreshing experience shared with other like-minded women.



"When I first heard of the boot and soul retreat I thought it sounded like a wonderful recharge and I made up my mind to attend. I completely underestimated how replenished and invigorated I would be on every level of my being. With such busy lives this is a must-attend...to be fed lovingly prepared, delicious organic meals, participate in yoga practice, and be led through a series of beautiful and at times confronting reflections and meditations. All in the presence of other wonderful inspiring women. Heaven. With thanks."

Michelle Robinson, Executive, wife and mum to three girls, delighted boot&souler

## The Leaders

Merle Singer and Mel McLaughlin are qualified yoga teachers and run Boot & Soul Camp with wands of serenity. Successful careers away from their exercise mats have engrained in them an understanding of the rejuvenating powers of mindfulness, decompression, the delights of being with like-minded women and the touch of yoga to aid our flexibility.



## The Location

Two hours from Sydney, Kangaroo Valley is described by many as "the most beautiful valley in Australia". Its combination of rich green pastures, sparkling creeks and rivers, and lush rain forest is the perfect setting for Boot & Soul Camp.

## The Plan

Over the weekend, under Merle and Mel's guidance, you'll be able to put back what your day-to-day life has taken away. Exploring archetypes and energy centres, creating your own treasure map, living on yummy vegetarian food and, of course, practising just the right amount of yoga. If you've never done any yoga, nor delved into some personal mythology, this is just the thing for you... and if you're a seasoned yogini and love self-reflective workshops this too is just the event for you...

## The Biogs

**Merle** has 25 years of senior leadership roles in the technology sector across multi-disciplines. Her experience spans corporate marketing, leadership development, culture & reputation, corporate social responsibility and global environmental sustainability. She holds a BA Honours and Masters in Psychology as well as being a graduate of the Australian Institute of Company Directors. Merle is accredited in Myers Briggs Type Inventory, Hogan Assessment Inventories and Barrett's Cultural Transformation Tools and is also a qualified yoga instructor. Her mantra is "Interrupt the Usual" which she does by bringing to her work a unique blend of corporate knowledge and experience combined with a passion about people, culture and potential. One of her passions is the transformation of women to fulfil their rich potential as leaders and change agents in the business world.

**Melanie**, a proud founding director of This is Yoga studio in Clovelly, has been practicing everything yoga since her sojourn in India 14 years ago. While based at the Sivananda ashram in Kerala, Mel not only focused on the postures of yoga but meditation, breath work and every other positive experience yoga has to offer. She then trained with Baron Baptiste (Power Yoga), Twee Merrigan (Vinyasa Flow) and Paul Grilley (Yin Yoga) – her current passion. This training gave her the platform to find her own teaching style: a blend of modern Western/traditional Indian and Daoist approaches. Mel spent four years studying with her metaphysics teacher, Paul Balch, and is now a certified teacher trainer and shares many aspects of her energetic work in her yoga classes. Her background in dance lends itself naturally to the flow and movement of asana. She is committed to yoga as a way to align us physically, mentally, emotionally and spiritually, and as a tool to ground us against the stresses of everyday life. Her classes are peppered with the yogic and modern philosophy that truly changed her own life and she hopes to lead **you** on an exciting journey into your own innate goodness, balance and being-ness.

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curve of the world

## The Timetable

Sleeping in comfortable twin-share rooms, your weekend includes two nights' accommodation, all meals, materials and yoga classes. Massages and transport to and from the venue extra.

To keep the retreat intimate and soulful it will be limited to 16 women.

Boot & Soul Camp begins on Friday evening with a gentle and restorative yoga class to release the city stress.

The revival continues on Saturday morning. Our focus is on a sense of wellbeing. We'll be doing some yoga, gentle meditation and embarking on a relaxed and creative journey

to review the personal myths and archetypes that show up in our lives at different times. Enjoy a snooze or a relax in the spring sun before we totally unwind with a deep relaxation practice.

On Sunday we'll enjoy a final yoga class and then with our new-found awareness of our personal journey we'll create a treasure map to take back into our daily lives.

After lunch, we return slowly to the city, revived, and ready to celebrate the pleasure of winter.

In between you will have free time to relax, unwind and breathe.

"Words can't really capture the essence of this reflective retreat. I came away rejuvenated and ready to face the second half of the year with verve and renewed focus. It was one of the most fabulous 'week-end escapes' I have ever been a part of."

Trish Favretto-Dicer, Executive, Mum and Wife and Boot&Souler

