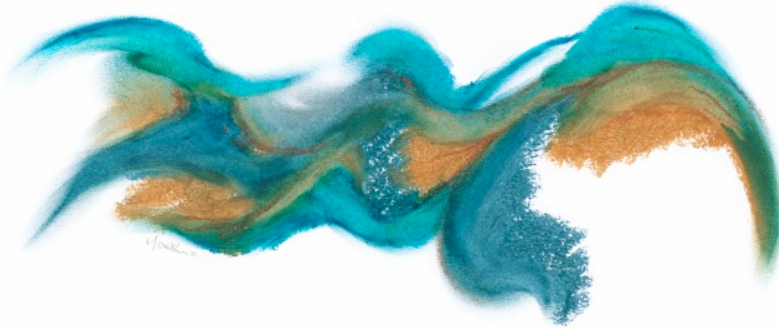


# MIND-BODY-HEART™ RETREAT

Dr Pee Tek Chan

In Health  
and in Dis-ease  
living life is a moving experience  
of difficulties and growth ....



The ebb and flow  
of apparent failures and successes  
are the very ingredients and nutrients for growing Free ....  
from limitations and imitations of habitual thinking and behavioural patterns.  
Let Life move you to the cutting edge  
of change and trans-formation .....

A Retreat in experiential meditation, stress-management and self-nurturing.  
A series of gentle, dynamic movements called 'The Form - Reality Practice'™  
(Parts 1 to 4) will also be taught as a way of transforming and transcending  
individual limitations.' The Form' originated through the realisation  
of teacher Bernie Prior ([www.bernieprior.org](http://www.bernieprior.org)).

Dr Chan is a medical practitioner, acupuncturist, Chinese Herbalist, Counsellor  
and author of '*Sacred Surfer Eternal Wave: a Path to Truth, Love and Freedom*'.  
He has been interviewed on ABC Radio on lifestyle management and meditation.

**Tues 28 Sept 6pm, to Sun 3 Oct 5pm 2010**

**Sangsurya Retreat Centre  
95 Old Bangalow Road, Byron Bay**

**Workshop, Food, Accommodation \$1,350**

**EARLY BIRD \$1,250 BEFORE 17 AUG. ALL PAYMENTS DUE 14 SEPT**

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BOOKINGS/PAYMENT: Brisbane Medical Practice

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