



THE ART OF LIVING

SPIRIT OF GOLF

GOKARNA FOREST



"True golf is played not on a course, but in the mind of the player."

Standing on the tee, instead of seeing the lush fairway spread before you, all you see is the trouble ahead. Water to the right; trees on the left; your heartbeat quickens; your legs feel weak; anxiety overwhelms your mind.

You are experiencing performance stress.

Gokarna Forest invites you to an innovative 'Spirit of Golf' retreat that combines the ancient knowledge and wisdom of 'The Art of Living' with an unparalleled golfing adventure.

The complete practical and applied experience and not just a concept.

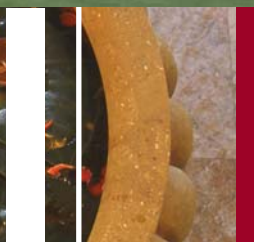
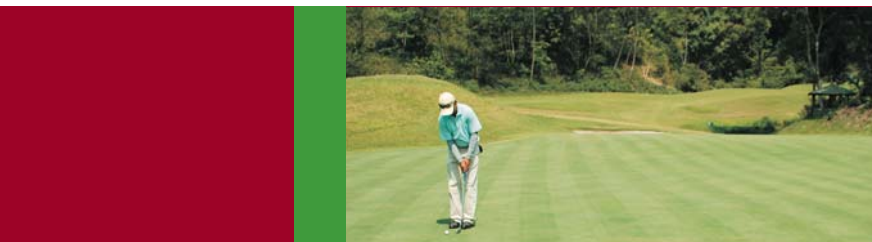
Will we ever master the physical aspects of golf?

Or is it time to realize that, were we to become masters of the mental side of the game, this may not be necessary.

The Golfer's reality on the course is a reflection of the quality of mind he carries within; the precision and skill of his game, a translation of the stillness and focus inside.

The greatest golfers emerge not just because of their technical skills but from the strength of their mind. Many of them consciously or unconsciously use techniques and tools perfected over time by masters, developing the ability to stay 'still' despite the challenges they face in one of the world's most accurate sports.

Undeniably, Golf is a metaphor for 'Life.' Many self questioning thoughts that every golfer struggles with reflect their performance not just as a golfer, but also in the game of life.





Today, 'Art of Living' workshops have touched millions of people in almost 150 countries around the world.

Now, an 'Art of Living' retreat for golfers that draws upon a perfection of wisdom and technique.

Using rhythmic breathing that takes one into deep states of rest and relaxation, combined with yogic exercises and practical knowledge on understanding mind and emotion, the workshops impact the game of the practitioner powerfully.

The workshops reduce stress and anxiety, enhance alertness and awareness, improve health and energy, heighten enthusiasm and creativity and develop the sense of guiding intuition.

The result: an inner calmness and an ability to stay still in the face of the most difficult challenges.

Gokarna Forest's 'Spirit of Golf' retreats are treasured experiences that combines newly learned knowledge and control with eighteen hole rounds of golf at the foothills of the Himalayas. Each evening ends magically with soul-stirring music in an East-West fusion of sounds.

How do you

- keep the mind centered on the present moment?
- stay relaxed as performance pressure builds up on the game around you?
- detach yourself from emotions that come in the way of your game?
- become awake and conscious of who you really are and then direct your game with more conscious intent?

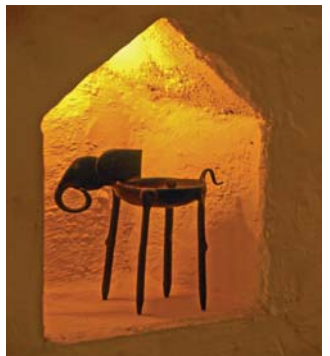


The Setting

Within a natural environment at the foothills of the Himalayas where true seekers have come for thousands of years to discover the strength within themselves.

Fresh mountain air to fill the body with vitality with which to prepare for the upcoming challenges.

Forest grounds with century old trees crowned with a naturally contoured 18 hole masterpiece

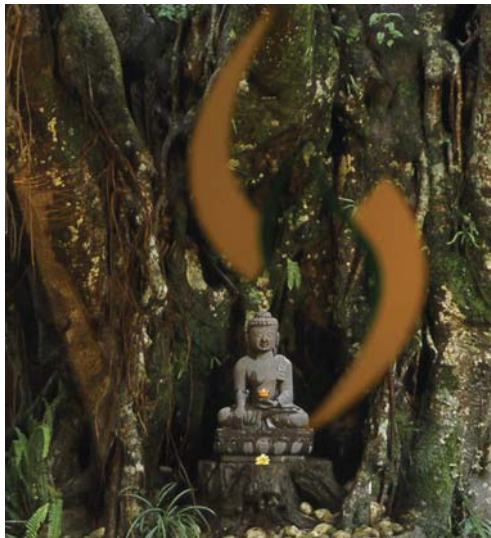



Gokarna Forest The result of over five hundred years of preservation, this haven to birds and animals is now also home to a Le Meridien luxury Resort & Spa with Southasia's finest, and one of the world's most spectacular golf resort courses.

Gokarna Golf Course The magnificent backdrop of the Himalayas inspired David Kidd of Gleneagles Golf Developments to create a masterpiece.

Matching the myth, magic and mystery of the once Forbidden Valley, he allowed nature to guide him towards creating a fascinating golfing adventure.

Undulating Bent Grass greens surrounded by lush unyielding forest, winding streams, wandering hills and valleys. Cynical monkeys watch as shy spotted deer peer from the trees. The lofty Himalayas keep scor.





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