



THE ART OF LIVING

SPIRIT OF GOLF

GOKARNA FOREST

27 Sep~1 Oct - 11~15 Oct - 22~26 Nov - 6~10 Dec 2007

“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.

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.

A 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.

Gokarna Forest invites you to an innovative 'Spirit of Golf' retreat that imparts practical knowledge on understanding and controlling mind and emotion. Included are yoga exercises and rhythmic breathing that calms and relaxes.

The game of the practitioner is impacted powerfully, reducing stress and anxiety, enhancing alertness and awareness, improving health and energy, heightening enthusiasm and creativity and developing the sense of guiding intuition.

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

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?

5 day Retreat details

Retreat Rate US\$1,350 per person on twin sharing US\$1,650 per person on single occupancy	Extra Night US\$600 per person on twin sharing US\$850 per person on single occupancy
Early Bird Reservation US\$1,200 per person on twin sharing US\$1,500 per person on single occupancy	Extra Bed. US\$125 per person on twin sharing US\$100 per person on single occupancy

For people who make reservation with full payment at least one month ahead of the program. Please see the terms and conditions at www.thespiritofgolf.org

Includes

- Spirit of Golf workshop sessions
- Art of Living recommended health meals and snacks
- Accommodation at Le Meridien Kathmandu, Gokarna Forest Golf Resort & Spa
- Golf or Activities for non golfers
- Live evening Fusion Music sessions
- All other group activities
- Access to Spa & Health center facilities
- Airport Transfers at destination

