



Power of good

Cass Megraw

I am the love child of the city and the night. Generally when I imagine my long weekend, I envisage decadent meals, late nights, wine and sleeping in. I think of punishing my credit card (and my health) in the most hedonistic of ways.

So when I was invited to escape the city rush and join 80 yoga enthusiasts to walk a three-day path to enlightenment, it seemed as though the universe was trying to tell me something – and I decided to listen.

Power Living is an extremely popular yoga studio with more than 1000 students gracing the floor every week. Founder and yogi Duncan Peak has travelled around the world, inspiring people with his passion and passing on his knowledge.

People used to take holidays to head out and drink and party, but these days holidays can be for just the opposite. People now use them as an opportunity to clear their mind and calm their soul.

And Govinda Valley Spiritual Retreat Centre is the perfect setting. With the beach and peaceful clifftops a walk away, it was difficult to feel disturbed by the distractions of the outside world.

Our days consisted of meditation, yoga and an all-vegetarian menu.

But the weekend’s main effect came from the community of friends that was formed – in between sweaty bouts of body contortion and somewhat rewarding bursts of pain, there were community sessions where we could get together and share time with everyone else. At first people were hesitant, but after the first night we all relaxed. There were laughs and tears, but not once did I ever feel an ounce of judgment or negative scrutiny from those around me.

When the time came for me to leave, I thought that I had escaped the weekend virtually unchanged, if a little lighter.

Only once I had returned to “society” did I truly feel the full effect – I was overwhelmed with joy. Light-hearted and open-minded, I felt an overwhelming sense of love for and interest in all with whom I came in contact.

I laughed harder and more often and I was dumbfounded by the obvious change the weekend had had on my soul and self-confidence. I will even say that it was one of the most rewarding trips of my life. I know! It’s crazy! But I swear to Buddha it’s true.



DETAILS:

Where: Hosted by Power Living at Govinda Valley Spiritual Retreat Centre

When: Next retreat April 3-6

What: Weekend cost \$599, including all meals, classes, accommodation etc.

Contact: Go to www.powerliving.com.au or call 9904 4874