

2018 RETREAT in the Mountains of Australia

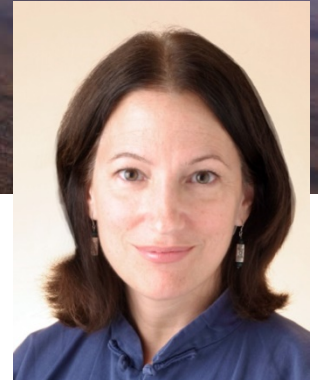


Imagine yourself spending a week in the Snowy Mountains of New South Wales, learning healing skills you can apply personally and professionally for the rest of your life. Extraordinary views greet you each day. You will enjoy the comfort of a spacious private home in a small mountain community. And a professional chef will prepare two organic meals for you each day. It is a relaxing combination of healing, exploration and training, led by Energy ALIVE founder Henri Rand Furguele.

SEPTEMBER 2018

Sept 14	arrive in afternoon
Sept 15	free day
Sept 16	EA Phase 1
Sept 17	EA Phase 1
Sept 18	free morning
	EA Ph 2 afternoon
Sept 19	EA Phase 2
Sept 20	EA Ph 2 morning
	free afternoon/eve.
Sept 21	EA Phase 3
Sept 22	EA Phase 3
	Evening ceremony
Sept 23	depart in morning





a message from Henri...

Welcome to Australia, and to Jindabyne, our retreat home. This retreat will offer you a different kind of experience. We will stay in a part of the world where the power of nature has its own distinctive voice. The mountains will nourish and uplift you, and the pristine waters of Lake Jindabyne will give you calm. When you look at the landscapes on these pages, let yourself open to the water, the rocks and the trees. Can you feel them? See the horizon, and the open space with the mountains in the distance.

This is Australia, but not the Australia of tourists. The closest large city is two hours away. Jindabyne is a small mountain community (population 2650). You've probably never heard of it because most Japanese do not know about it. The name "Jindabyne" is from an Aboriginal word meaning "valley." Five of Australia's highest mountains surround it. And while it has charming cafes and shops where you can find gifts to bring home, Jindabyne is known more for its natural beauty... its clear air. In winter, people come here to hike or ski, and in the spring there are trails for bicycles or walking in the hills.

I chose this place BECAUSE it is different. And because Energy ALIVE is learned best in an environment where we can be in nature, and breathe clear air...apart from the demands of daily life. Sometimes we need quiet to hear ourselves think, or to feel who we are deep inside our own body, our own soul. This is the true purpose of the retreat.

Jindabyne offers an environment that is nourishing and beautiful to experience, yet serene

enough so that our focus remains WITHIN. We will learn how to heal ourselves and to help others. We will share and have time for reflection. Imagine breathing the morning air, walking alongside the lake with a cup of tea in your hand. The mountains will help you ground and find your natural center. Tension will melt away from shoulders and neck. And the expansive horizons will help you find space inside yourself, where you can breathe deeply and with joy.

Even if you have attended Energy ALIVE in the past, this is a wonderful opportunity to deepen your awareness, and expand your skills. (with a tuition discount as well)

So come experience spring in our first Energy ALIVE retreat in Australia. It is a voyage of discovery that you will not forget.

On the next few pages you will learn more about....

- our retreat home (a large private home in easy walking distance of the town of Jindabyne).
- our agenda (with free time scheduled into mix)
- our offerings on the retreat
- our organic meals cooked for us by a private chef
- how to travel to our location
- how to register to attend.

Please let me know if you have questions or concerns. I'm happy to hear from you.



PRICE INCLUDES:

- **Six days of Energy ALIVE classes taught by founder Henri Rand Furgieuele** (Phases 1, 2 & 3) taught in small classes – 12 attendees MAXIMUM
- **Private shuttle bus to collect you from Canberra Airport and drive you to our retreat homes** (and return you to Canberra Airport at the end of the retreat)
- **Professional Japanese interpretation** by Matsumoto Yu-san
- **Participant support by Matsumoto Yu-san** for help with retreat information
- **Louise Murray, EA practitioner based in Australia,** will be our local host & guide, and assist Henri
- **Daily sessions on the Swiss Bionics OMNIUM 1 – a PEMF mat (to accelerate healing and well-being)**
- **Lodging at our retreat home; class and meal locations**
- **Welcome meal - Friday evening September 14**
- **Two organic meals (breakfast and lunch) each day cooked by a professional chef from the local community,** beginning Saturday September 15.
- **Farewell ceremonial dinner – Saturday, September 22**
- **Energy ALIVE student handouts for each phase**
- **Energy ALIVE Certificates of Completion** for those students who successfully complete the workshops.

\$2,600 US\$ per person*

** \$2000 for those who have attended Phases 1, 2 and 3 previously (US\$)*

TO REGISTER

or for more information, contact:

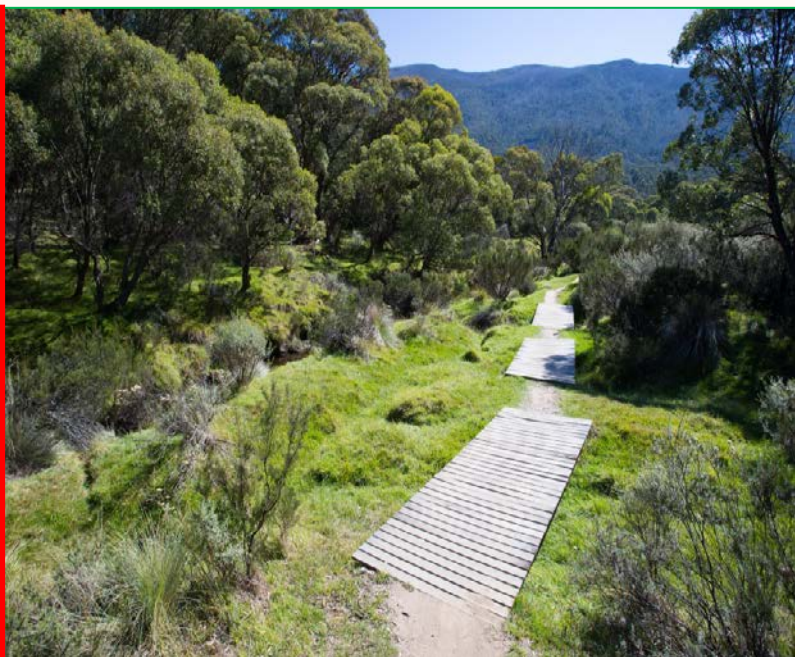
Henri Rand Furgieuele

henri@energy-alive.com

+1 808-221-1431 (in the US)

Matsumoto Yu-san

090-1204-6241 (日本)松元)



What pricing does not include:

- **Roundtrip airfare from Japan to Canberra, Australia.** Each participant must book and pay for this individually. In some cases, participants may need to fly into Sydney and then change planes to fly to Canberra. A shuttle bus will meet them in Canberra.
- **Any personal expenses** (omiyage, sightseeing expenses, medical expenses, personal toiletries, etc.)
- **Snack items, café or restaurant purchases, or food for dinners** which participants prepare for themselves.



OUR RETREAT HOME



This is where we will stay.....and where we will meet for classes and meals.

Our retreat home is on a quiet street with views of the mountains and lake. The town of Jindabyne is a short walk away, as well as walking trails around the lake and surrounding hills.

It is a spacious house with both an upstairs AND a downstairs apartment. We have the entire house just for our retreat. Each floor has its own kitchen, lounge, bathroom(s) and bedrooms.



upstairs lounge where we will hold class

1

*upstairs
apartment*



2

*downstairs
apartment*

Choose your room....

Accommodation is included in the cost of the retreat, but not all our bedrooms are alike. Some bedrooms are private (with one queen size bed), while others contain multiple single or double beds. Lodging is reserved on a first come, first served basis. Participants who register and pay in full by December 1 get first choice in bedroom. NOTE: No smoking, please, in the house.

1

upstairs apartment

There is one large hall bathroom in the upstairs apartment shared by all.

QUEEN & SINGLE – This room has a queen bed and a twin (single) bed. *For two individuals.*

QUEEN PRIVATE – This is a large room with a queen bed. *For one individual or a couple.*

SINGLE x 3 – This room has three single (twin) beds. *For three individuals.*



2

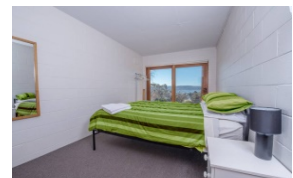
downstairs apartment

There are two large hall bathrooms shared by all in the downstairs apartment.

QUEEN ROOM – This room has a queen size bed. *Can sleep one person or a couple.*

DOUBLE ROOM – This room has a double bed. *Can sleep one person or a couple.*

4-BUNK – This room has four single beds bunk-style. *Can sleep a maximum of four individuals.*



HOUSEKEEPING:

Sheets and towels are provided in the house.

Sheets and towels will be changed mid-retreat (and bathrooms cleaned).

Personal toiletries are not included, so please bring your own soap, shampoo, toothbrush, razors, etc.

There is a free laundry in the home.



Canberra Airport



TRAVEL TO AND FROM THE RETREAT

To arrive at the retreat, all you need to do is:

- **VISA.** Make sure you go online and purchase a tourist visa for visiting Australia. It is easy and inexpensive.
- **PASSPORT.** Make sure you have a valid Japanese passport to bring with you.
- **AIRFARE.** Purchase a round-trip airfare from your airport in Japan to Canberra, New South Wales. Depending on your originating airport, you might need to change planes in Sydney or Brisbane. In either case, it is fairly simple to make the connection. It is up to you.
- **MEET HENRI AT CANBERRA AIRPORT.** If you fly into Sydney Airport, you will clear customs and immigration there. Changing planes to fly to Canberra Airport should be easy. After you arrive at Canberra, simply collect your luggage and be ready to leave **no later than 14:00 on Friday, September 14.**

Henri and Louise will be waiting for you at the arrival area. Louise is our Australian host and guide (and an Energy ALIVE practitioner). Once all members of our retreat have arrived, Henri and Louise will guide you to the bus that is waiting.

- **SPECIAL LIMOUSINE BUS.** We have hired a large private bus to take us from Canberra to Jindabyne. The Snowy Mountain Shuttle will only transport our group. It has 25 seats and a special trailer for everyone's luggage.

The drive is a relaxing two hours. You can talk with other retreat participants on the journey, enjoy the countryside, or take a nap, whichever you prefer. Sit back and relax and you head into the mountains. We will provide each of you with a bottle of water and a light snack for the trip. (No need to tip the driver.)

- **CANBERRA AIRPORT.** At the end of the retreat, the shuttle bus will collect you from our retreat home and return you to Canberra Airport, where you will get your flight(s) back to Japan.





REGISTERING IS SO EASY....

1. **Complete the application form.** (see page 11)
2. **Read and sign the standard waiver for liability.** (see page 13)
3. **Choose how you want to pay the tuition and make a payment.**
Once Henri has received your funds, she will send you a receipt and your place is reserved. You can choose your room preference at that time.

TWO WAYS TO MAKE A PAYMENT:

- **PAY IN FULL.** **Make a payment of \$2600 US dollars** (or for those who have previously attended Energy ALIVE Phases 1, 2 and 3: **\$2000 US dollars**).
This secures you a place in the Snowy Mountains retreat, and gives you *immediate* choice in your room accommodation.
- OR**
- **PAY A DEPOSIT.** **Pay \$800 US dollars now**, and the \$1800 balance no later than **May 1, 2018**. The \$800 US dollars is a deposit that reserves a spot for you in the retreat. We only accept 12 students, so it is important to let us know you are attending. **NOTE:** This is a non-refundable fee. It will only be returned if Henri cancels the retreat. Also note that your room choice can only be made after your tuition has been paid *in full*.
- **For those who have previously attended EA Phases 1, 2, 3:**
Pay the \$800 deposit now, and \$1200 balance no later than May 1, 2018.
Please note that you can only make your room choice after tuition has been paid *in full*.

MAKE A PAYMENT:

You can pay using a credit card (VISA, MasterCard, or American Express).

You can also pay using Paypal, which lets you use your credit card or bank account to pay without divulging that information to Henri directly. Henri will simply send you a bill online, and you can pay PayPal directly. You do not need to have an account with PayPal to use this method of payment.



NAME _____

ADDRESS CONNECTED TO THIS CREDIT CARD _____

POSTAL CODE _____

CARD NUMBER _____

EXPIRATION DATE _____

SECURITY CODE _____

AMOUNT OF YOUR PAYMENT _____

EMAIL ADDRESS _____

confirm EMAIL ADDRESS _____

Henri will provide you with a confirmation of your payment and receipt.



September 2018 Australia Retreat – APPLICATION

We are very pleased you are interested in joining the retreat. We have a few questions for you, to help us provide for your care. All the information you give us will be kept strictly confidential.

Your name _____

Email address _____

Mobile Phone _____

What is your occupation? _____

Can we call you at work if we need to? **Yes** **No** (*circle one*)

What is your work telephone? _____ Best time to call? _____

EMERGENCY CONTACT:

In the unlikely event of an emergency, please give us the name of someone to contact on your behalf

_____. Their phone: _____.

Their email address: _____.

What is their relationship to you? (for example: *spouse, sibling, parent, etc.*)

_____.

PLEASE TELL US ABOUT YOURSELF (*and relax, there is no “wrong” answer*)

Have you been to Australia before? **Yes** **No** If so, how long ago? _____

Have you attended any Energy ALIVE™ workshop before? **Yes** **No** If so, please specify _____

Have you studied any other HEALING techniques? **Yes** **No** If so, please describe briefly _____

ALLERGIES / SENSITIVITIES:

Are you a vegetarian? **yes** **no**

Are you vegan? **yes** **no**

Any sensitivities or allergies? (i.e., nuts, gluten, lactose, bee products) **yes** **no**

If so, please specify: _____

Do you smoke? **yes** **no**

Do you snore? ☺ **yes** **no**

Anything else you want to tell us about yourself or why you are attending?

NOTE 1: The house where we are staying is a **NO SMOKING** property, so if you are a smoker, you will need to find opportunities outside the premises to smoke. If this is a concern for you, please let Henri know upon arrival, and she will help you find places where smoking is permitted.

NOTE 2: All guest rooms in our retreat home are double occupancy, with different size beds available. Some rooms have queen or double size beds and some have twin bunk beds. We will do our best to accommodate your preferences. Usually each house has two bathrooms which are shared.

NOTE 3: We gently ask that you refrain from drinking alcohol during the retreat. Our purpose in gathering together is to find healing ways to open the door to our inner growth, so that we can shine brightly in the world. Often we do this with laughter and joy, but sometimes we go to places inside where hurts are stored, to release what we no longer need. Alcohol can often interfere with that process, and can distract fellow participants as well.

THANK YOU AGAIN for taking the time to complete this form. Your signature below indicates you have completed the application form, read the notes and agree to comply with the contents.

_____ (your signature)

_____ (date)

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LIABILITY WAIVER – September 2018 Australian Healing Retreat

In order to attend all or part of the September 2018 Australian Healing Retreat conducted by Henri Rand Furguele, participants must complete this form in full, sign and date it, and return it, along with their application form, to Matsumoto Yu-san. Each participant must complete their own application and waiver. Please read the statement below very carefully. No application will be accepted without this signed release form.

1. I understand and agree that any travel, physical activity and exploration in nature can be hazardous. Accidents, damage or loss of any kind during this activity (**the September 2018 Australian Healing Retreat conducted by Henri Rand Furguele**), are not the responsibility of Henri Rand Furguele (H.R. Furguele) and those who assist her in this retreat. This includes (but is not limited to): a) air travel to and from Australia; b) ground transportation while in Australia, whether in private or commercial vehicles; c) activities such as hiking, walking, swimming, sailing, dancing, stretching, singing, eating, and otherwise participating in retreat activities.

2. I understand and agree that participation in **the September 2018 Australian Healing Retreat conducted by Henri Rand Furguele** may also bring up issues of a highly personal nature that may cause me to experience emotional and/or physical responses that may be unexpected and/or unpleasant.

I agree to assume these risks. I agree that all responsibility rests on my decision to participate. Therefore I agree to release from any claim and responsibility Henri Rand Furguele and/or her family, and any associates assisting Henri Rand Furguele on this activity: specifically a) Yu Matsumoto and/or her family; and b) Louise Murray and/or her family.

3. I confirm that I do not currently suffer from any mental or physical impairment that might make it inadvisable for me to assume such risks.

4. I agree to respect the confidentiality of any disclosure made within this retreat and will not discuss any details of the work with those not present at the retreat.

5. I understand and agree that this retreat is not designed as a substitute for medical care or therapy. It is designed as an educational venue only.

6. I hereby grant Henri Rand Furguele and her associates all rights and permission to photograph my participation in **the September 2018 Australian Healing Retreat conducted by Henri Rand Furguele**. I acknowledge that parts of the retreat may be recorded by her and that photographs of this event may be published for educational or advertising purposes. Henri Rand Furguele will of course exercise discretion when taking these photographs. When possible, faces are not shown.

your signature (and seal)

____/____/____
year month day

please print your name