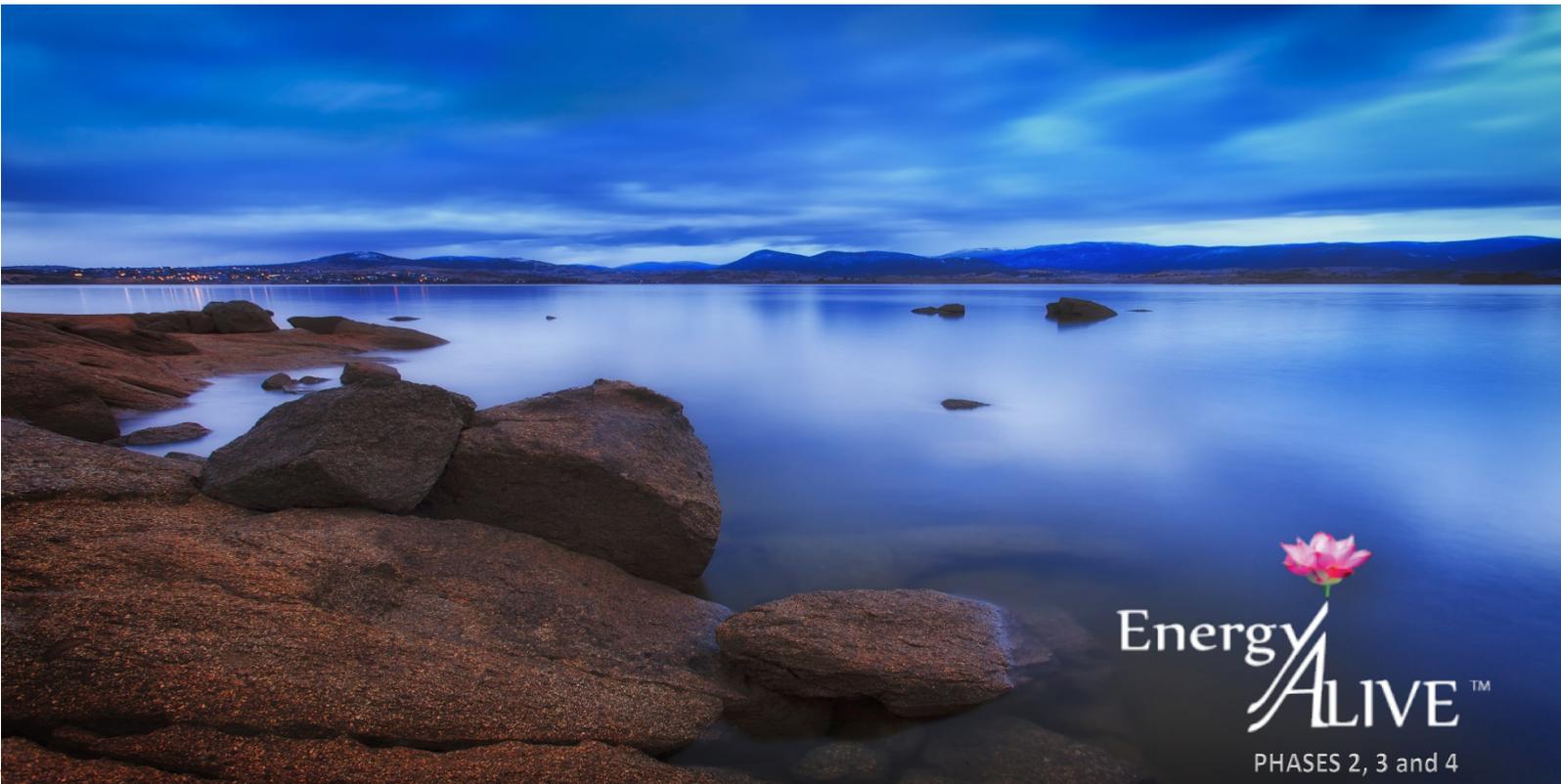


2018 RETREAT in the Mountains of Australia



Energy
ALIVE™
PHASES 2, 3 and 4

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 Furgiuele.

SEPTEMBER 2018

Sept 14 **arrive in afternoon**
Sept 15 **free day**
Sept 16 EA Phase 2
Sept 17 EA Phase 2
Sept 18 **free morning**
EA Ph 3 afternoon
Sept 19 EA Phase 3
Sept 20 EA Ph 3 morning
free afternoon/eve.
Sept 21 EA Phase 4
Sept 22 EA Phase 4
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 Furgiuele** (Phases 2, 3 & 4) 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 US\$ for those who have attended Phases 1, 2 and 3 previously

TO REGISTER

or for more information, contact:

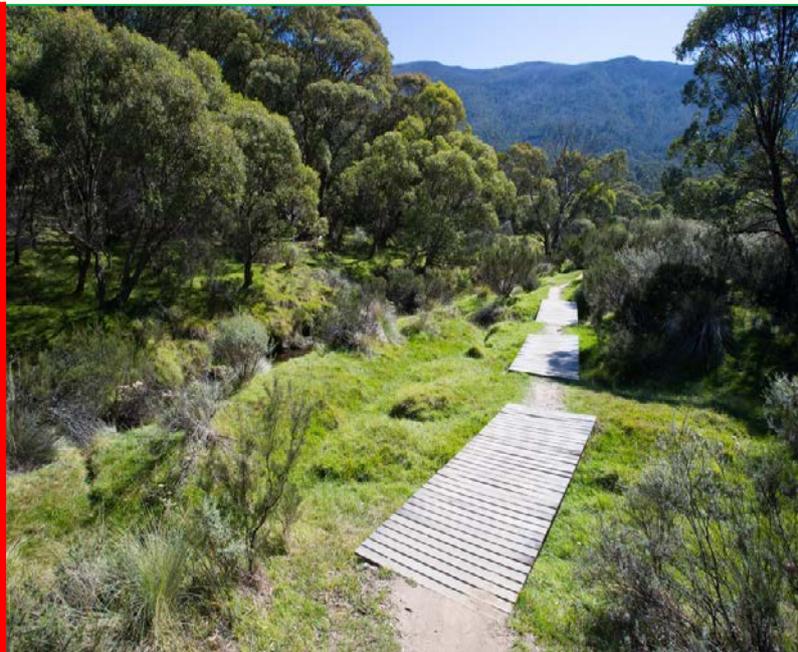
email:

henri@energy-alive.com

phone:

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

090-1204-6241 (in Japan) Yu



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

2

upstairs apartment



1

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.

2 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.*



1 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.
- **HENRI WILL MEET YOU AT CANBERRA AIRPORT.**
After you arrive at Canberra Airport, please collect your luggage. Henri will meet you at the arrival area, along with Louise Murray (our Australian host, guide and Energy ALIVE certified practitioner).

Please be at the arrival area by **14:00 on Friday, September 14.**

- **RETURNING HOME.**
Henri and Louise will bring you back to Canberra Airport in the morning of September 23.



REGISTERING IS SO EASY....

1. **Contact Henri or Yu and let us know you are interested.** **We will help you enroll in the retreat.**

email: **henri@energy-alive.com**
phone: **+1 808-221-1431 (in the US) Henri**
 090-1204-6241 (in Japan) Yu

2. **Then make your payment.** **You have 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. 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. You can only make your room choice after tuition has been paid *in full*.

Payment can be by VISA, Mastercard, or Paypal.