

# QUIET RESET

## YOGA ASHRAM RETREAT

24-27 APRIL 2025 | ROCKLYN ASHRAM, VIC

**Step away from the busyness of daily life and rediscover a sense of calm and simplicity, free from screens and the noise of modern living.**

Join Calm Heart Yoga for a Quiet Reset—a serene 4-day retreat at a traditional Ashram, nestled in the heart of Victoria’s Wombat State Forest in Rocklyn, Victoria. This retreat is an invitation to moments of silence, rest, and clarity—a break from the rush of every day life, where you can reflect, practice, and find stillness.

Your Quiet Reset includes daily yoga and meditation, deep relaxation practices, forest walking meditation, a special traditional Havan (fire ceremony) & Mahamrityunjaya (healing mantras), Devi Chanting & Kirtan. You will also have periods of silence for reflection and to cultivate inner peace, as well as an opportunity to switch off from the demands of technology, explore the many forest walks, engage with others or explore the Saraswati library.

Whether you come alone or with a friend, you’ll find a warm, welcoming space, where you can disconnect from technology, open your heart, and experience the joy of slowing down and reconnecting with what truly matters. This is more than just time away—it’s an invitation to return home to yourself.



CALM HEART  
YOGA

[www.calmheartyyoga.com.au](http://www.calmheartyyoga.com.au)



Retreat Cost

\$640

Standard share (2-3 pp)  
Inc. accommodation  
and all meals

## 3 NIGHTS AT ROCKLYN ASHRAM



### RETREAT DETAILS

2pm Thu 24th April to 2pm Sun 27th April 2025 (Fri 25th is Anzac Day)

### LOCATION

The Ashram on the edge of the Wombat State Forest near Daylesford is distinguished by its tranquil setting and peaceful natural environment. Rocklyn Ashram has been operating as an authentic yoga ashram since 1983. The ashram environment is optimum for reconnecting with oneself, improving health and wellbeing and exploring yoga in its broader sense.

Address: Rocklyn Ashram, 393 Barkstead-Dean Road, Rocklyn Victoria, 3364 (1 hr 20mins from Melbourne).

### ACCOMMODATION

Standard accommodation in a share room (up to 3 people) with shared bathroom. Rooms are minimalist. The accommodation is of mud brick and rammed earth. All rooms have heating & cooling. Upgrades to twin or single rooms are available upon request and availability, surcharges apply.

### MEALS

Balanced vegetarian food, with lots of grains and fresh vegetables mostly from the ashram organic garden or sourced from organic local farmers in the neighbourhood. Guests are expected to wash up their dishes after meals as part of the ashram environment. Any special dietary requirements can be catered for with prior notice.



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## ITINERARY

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### THURSDAY 24 APRIL

2.00pm	Retreat Begins
4.00pm	Welcome & Yoga Practice
6.00pm	Dinner
7.30pm	Pranayama & Meditation
8.30pm	Mouna Silence

### FRIDAY 25 APRIL

6.00am	Wake up
6.30am	Yoga Practice
8.00am	Breakfast
8.30am	Karma Yoga (30 mins)
9.30am	Forest Walking Meditation
11.30am	Morning Tea
12.30pm	Lunch
2.00pm	Afternoon Tea
4.00pm	Yoga Nidra (60 mins)
5.30pm.	Devi Chanting
6.00pm	Dinner
7.30pm	Ashram Evening Program
8.30pm	Mouna Silence

### SATURDAY 26 APRIL

6.00am	Wake up
6.30am	Yoga Practice
8.00am	Breakfast
8.30am	Karma Yoga (30 mins)
9.30am	Mindfulness Session
11.30am	Morning Tea
12.30pm	Lunch
2.00pm	Afternoon Tea
4.00pm	Yoga Nidra (60 mins)
5.30pm	Havan (fire ceremony)
6.30pm	Dinner
7.30pm	Evening Ashram Program
8.30pm	Mouna Silence

### SUNDAY 27 APRIL

6.00am	Wake up
6.30am	Yoga Practice
8.00am	Breakfast
8.30am	Karma Yoga (30 mins)
9.30am	Mindfulness Session
11.30am	Morning Tea
12.30pm	Lunch
1.30pm	Closing Circle
2pm	Retreat Concludes



### ABOUT CALM HEART YOGA

Founder Sally MacGowan is a Level 3 Senior Yoga Teacher with Yoga Australia and is a student of yoga for 28 years, completing her teacher training in 2008. Sally has completed over 1300 hours of Teacher Training.

Calm Heart Yoga offers group classes, workshops and retreats where everyone is welcome. We are an inclusive, supportive and body positive space.

We have a deep love and respect for the practice and philosophy of yoga. Our core philosophy is ahimsa, non-violence, and we encourage the practice of loving kindness toward ourselves and others. We invite you to come and experience a heart-based approach to yoga and meditation to nourish your body, mind and spirit.





## PRACTICAL DETAILS & WHAT TO BRING

- Please bring your own yoga mat, bedding and blanket/shawl (pillow, single sheets and doona/sleeping bag)
- Please bring towel & toiletries
- Bring clothes suitable for a yoga class and outdoor activities
- The accommodation is of mud brick and rammed earth. All rooms and the practice rooms are comfortably heated in winter.
- It is recommended to bring a drinking bottle, torch, alarm clock, sunscreen, hat and ear plugs.
- Share in the karma yoga lifestyle activities (yoga of focused attention) in the mornings between 8.30am to 9.00am.
- The Ashram is a place of personal retreat and inner reflection from everyday life. We request that you dress appropriately. We also recommend bringing walking shoes for walking in the forest and slip on shoes as you will be required to take off your shoes before entering indoor areas.
- Rocklyn is a declared mobile free zone in all residential and sitting areas, however they can be used in the car park or outside the front entrance.
- Note that there is no Vodafone network coverage.

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## TERMS & CONDITIONS

### PAYMENT POLICY:

A 50% deposit is payable to secure place on retreat.

Full payment is due FOUR weeks prior to retreat starting date.

### REFUND POLICY:

If the participant withdraws from the retreat, the following refund policy applies:

- If the balance of the retreat fee is not received by the notified due date (FOUR weeks prior to retreat commencement), a participant's place may be offered to someone on the waiting list. The participants will forfeit the deposit paid.
- If the participant withdraws 25 days prior to the retreat commencement the participant will receive 75% of the full retreat fee, minus an administration fee of \$100.
- If the participant withdraws 14 days prior to retreat commencement the participant will receive 50% of the full retreat fee, minus an administration fee of \$100.
- If the participant withdraws 7 - 1 days prior to participant commencement or withdraws after the retreat commences, the full retreat fee is non-refundable.



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