

# Shaking Meditation

## Bookings

For all enquiries and/or to book for the retreat please email [Australia@ratubagus.com](mailto:Australia@ratubagus.com)  
Ph 0406 597 469.

## Retreat Dates

January 10th-15th 2012

### Daily Schedule

6-8am: Shake – then breakfast  
11-1pm: Shake – then lunch  
4-6pm: Shake – then dinner  
8pm: Meditation and Sharing

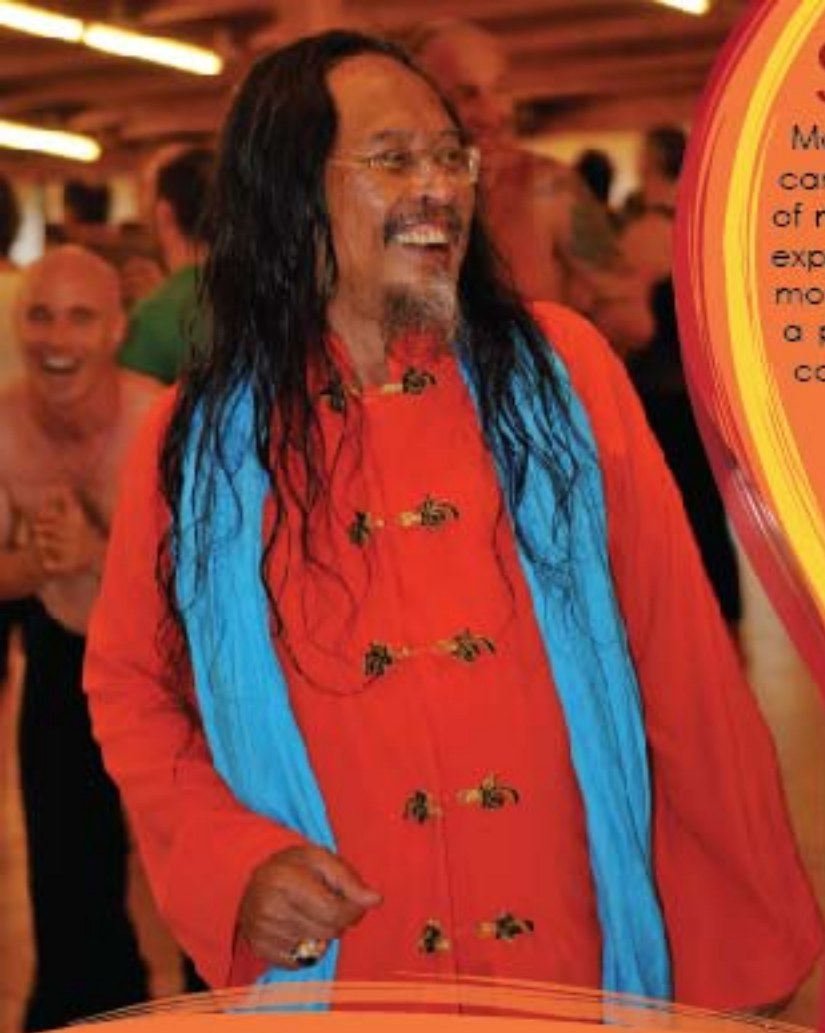
## Prices

Prices for 5 Day Retreat (all inclusive)  
Camping \$700 AUD  
Shared/Dorm Room \$800 AUD  
Double/Twin Room \$900 AUD  
Single Person Room \$1150 AUD  
We ask that you finalise payment  
10 days prior to the retreat.

[www.ratubagus.com](http://www.ratubagus.com)



Retreat with  
Ratu Bagus



## Shaking is the world's most ancient healing tradition

Many Indigenous cultures have used shaking for healing and spiritual connection. We too can benefit from this ancient healing practice to transform our lives. Shaking is an active form of meditation using movement and focus to build energy, that then begins to shake us. This experience creates internal heat causing sweating, emotional release, spontaneous movement and laughing. This heals us on a very deep level removing our blocks and clearing a pathway to our original state of being that is our connection to our soul. When we are connected to our soul all our questions are answered directly and our purpose made clear.

## The Retreat

The 5 day retreat offers a powerful opportunity for growth and change, bringing an immense sense of well being, happiness and uncontrollable laughter. The retreat is designed to facilitate personal transformation through emotional and physical healing processes. Ratu Bagus and experienced fellow shakers will be there to share the journey and provide support.

Tyalgum Ridge Centre, Northern NSW  
All meals included.

45 mins from Gold Coast airport with return shuttle option.  
[www.tyalgumridge.com.au](http://www.tyalgumridge.com.au)

## Ratu Bagus

Ratu Bagus is an energy master and spiritual teacher who can transmit pure light and pure energy. Since 1987 numerous individuals worldwide have visited Ratu's Ashram in Bali and benefited from his healing, teaching, and training. Ratu encourages and inspires us to connect to our true self through real personal experience. On this journey we do the work ourselves under Ratu's loving guidance, support and protection.

