

# INFORMATION

## THE COURSE

Starts: 10:00am Saturday 31<sup>st</sup> August, 9:30am registration.

Finishes: 3:00pm Sunday 8<sup>th</sup> September.

The retreat runs over 9 days and will be held at The Angkasa, Coolum Beach. The weather during September tends to be warm during the day and cool at night. Average maximum-minimum temperatures are between 24°-15°C.

## THE ANGKASA

1 Mona Vista Court, Coolum Beach QLD 4573

The Angkasa, is a Malay word meaning "house of the angels" and was built to Feng Shui principles.

It's Michael & Susie's home, its a 2min walk to the beach and a 15min walk to the shops.

## ACCOMMODATION

Accommodation is not included as part of the course.

Private accommodation can be found through airBNB and Booking.com

Its recommended that you book your accommodation ASAP as Coolum Beach is a popular holiday destination.

## GETTING THERE

### Driving

Approximately 122kms from Brisbane CBD and about 1h 40min driving time.

### Flying

Sunshine Coast Airport to The Angkasa is 10kms, about 15min driving time.

- Uber – Uber is available on the Sunshine Coast.
- Door to Door – CON-X-ION airport transfers, book online at: [www.con-x-ion.com](http://www.con-x-ion.com)
- Taxi - Suncoast Cabs 131 008. There is usually a taxi available at the airport to take you to Coolum Beach. (about \$40).

Brisbane Airport to The Angkasa is 118kms about 1h 25mins direct driving time.

The airport transfer service may take longer if they have other people to drop off before you.

- Door to Door – CON-X-ION airport transfers, book online at: [www.con-x-ion.com](http://www.con-x-ion.com)

## LAUNDRY

Washing facilities depend on where you are staying. There is a laundromat at the Coolum Beach shops.

Dress is mostly relaxed exercise clothing, and two lunches which are smart casual.

## TELEPHONE

Mobile coverage is ok for most carriers. Wifi is available at The Angkasa.

## SHOPPING

The closest shopping is at Coolum Beach village (15 mins walk). It has a Coles, pharmacy, newsagent and lots of shops, cafes, restaurants, etc.

## COOLUM

Coolum is mainly the beach and surrounding areas. Coolum Beach Village is a tourist town and has a population of about 13,000 people. Coolum Beach forms the southern part of a beach that stretches 15kms to Sunshine Beach, just south of Noosa Heads.

Five kms south of Coolum Village is Mount Coolum a volcanic plug, 681 feet in height, rising from the coastal plain and with part of its base projecting into the ocean to form Point Arkwright. Mount Coolum dominates the landscape, and can be seen from most of Coolum. Mount Coolum National Park provides a 1.6 km bush walk up the mountain to 360 degree views of the coast.

The name Coolum is derived from local Aboriginal word "gulum" or "kulum", meaning "blunt" or "headless", referring to the shape of Mount Coolum, which has no peak. According to Aboriginal legend, Ninderry knocked off Coolum's head and it fell into the ocean and is now Mudjimba Island.

Coolum district was the traditional land of the 'Inabara' or 'Yinneburra' clan of Aboriginal people, which was in turn part of the larger group known as the Kabi Kabi (or Gubbi Gubbi).

## WHAT TO BRING

- Clothing for warm days and cool nights.  
Maximum/Minimum temperature for this time of year is 24°C to 15°C.
- Toiletries
- Exercise clothing for stretching
- Comfortable shoes for exercising and walking
- Swimmers
- Hat
- Sun lotion and/or insect repellent
- Alarm clock (for getting up early in the morning)

## OPTIONAL

- Camera
- Torch

If you have forgotten anything there is a shopping centre within 15minutes walk.

Chakra Coolum 2024

PROGRAM

	Day ONE Saturday 31/8	Day TWO Sunday 1/9	Day THREE Monday 2/9	Day FOUR Tuesday 3/9	Day FIVE Wednesday 4/9	Day SIX Thursday 5/9	Day SEVEN Friday 6/9	Day EIGHT Saturday 7/9	Day NINE Sunday 8/9	
7:00		Exercise	Exercise	I.B.	I.B.		Exercise	I.B.	First light 5:24 am	7:00
7:30						<b>BREAKFAST</b> 8:10 finish	Silence		Sunrise 5:47 am	7:30
8:00		<b>BREAKFAST</b> 8:45 finish	<b>BREAKFAST</b> 8:45 finish	<b>BREAKFAST</b> 8:45 finish	<b>BREAKFAST</b> 8:45 finish		<b>Lemon/Ginger</b> 8:45 finish	<b>FRUIT Salad</b> End Fast	<b>BREAKFAST</b> 8:45 finish	8:00
8:30										8:30
9:00		B/W -FChart		B/W -Water	B/W -Act/Int	Message G1	B/W -Objections	B/W -ContraInd.	group photo	9:00
9:30	Registration			Solar Plexus	Heart		Silence		personal photo	9:30
10:00	Intro Seminar	Sacral	Outing			Message G2	Throat	Brow	Crown	10:00
10:30	B/W -Intro								seminar	10:30
11:00		<b>FRUIT</b>		<b>FRUIT</b>	<b>FRUIT</b>		<b>Lemon/Ginger</b>	<b>FRUIT</b>		11:00
11:30	Base	B/W - I		B/W - I	B/W - I		B/W - I	B/W - I		11:30
12:00							Silence		Free Time	12:00
12:30	<b>FRUIT</b>									12:30
1:00	B/W - I								LUNCH	1:00
1:30		<b>FRUIT</b>	<b>LUNCH</b> Noosa Junction	<b>FRUIT</b>	<b>FRUIT</b>	<b>LUNCH</b> Noosa	<b>Lemon/Ginger</b>	<b>FRUIT</b>	at	1:30
2:00		B/W - II		B/W - II	B/W - II		B/W - II	B/W - II	restaurant	2:00
2:30			Free Time				Silence			2:30
3:00									<b>COMPLETE</b>	3:00
3:30	<b>FRUIT</b>									3:30
4:00	B/W - II					Free Time				4:00
4:30										4:30
5:00		Free Time		Free Time	Free Time	Start Fast	<b>Lemon/Ginger</b>	<b>SOUP</b>		5:00
5:30							Stay at Angkasa until 6pm	Free Time		5:30
6:00							Free Time			6:00
6:30							Silence			6:30
7:00	<b>SUPPER</b>						Fasting			7:00
7:30										7:30
8:00										8:00
9:00										9:00

Please Note this program is subject to last minute changes

v2.0