

# Willing to be Well: The Art of Healthy Connecting

July 08 - 12, 2026  
Harmony Community Village  
Mittagong NSW, Australia



*Elke Karla Cryer*



*Sita Pavan*



*Erica Pucher*

## *Intention*

Peace of Heart  
Hopeful thinking  
Patient strength of will  
Health of Body  
Harmony of Soul  
Clarity of Spirit

## *Itinerary*

**July 8** - Connecting without fear  
**July 9** - Connecting without need  
**July 10** - Connecting with patient will  
**July 11** - Connecting with harmony of soul  
**July 12** - Fulfilling my purpose, unfinished karma and charting my direction

*Each day promotes transformation through movement, gesture, drama, art and meditation.*

## *Cost*

**AUD\$950** Australian for the course and biodynamic winter food aligned with anthroposophical nutrition.

**Early Bird discount of AUD\$150 before March 8**

Only 16 participants for deeper guidance

**Accommodation:** Variable depending whether you need single or shared room with bunk beds.

Maximum AUD\$110 per night

Minimum AUD\$60 per night

Plus one-time fee of AUD\$30 for bedlinen and towel.

## *Enquiries*

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Sita

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## *Elke Karla Cryer*

Elke Karla Cryer is a registered psychologist with over 50 years experience in the areas of couples, conflict resolution, trauma, abuse, anxiety, depression and all current mental health issues. She has been teaching psychosophy, biography, parenting and spiritual development in China and surrounds since 2016. Now at 80 she has finally reached a deeper grasp of the human journey and how to access the deeper layers of the self.

## *Sita Pavan*

Sita Pavan's journey to awakening has inspired her to empower others to self heal with movement and meditation. Her work is centred in self inquiry and authentic, intuitive living rooted in self knowledge. She is a Waldorf school teacher, teacher of Yin Yoga and Reiki, and multi-disciplinary practitioner of Inner Child Integration, Akashic Records, Light Language, Tibetan singing bowls and somatic dance and movement

## *Erica Pucher*

Erika Pucher is a trained cook and has been catering for health and wellness retreats for over 8 years. She is passionate about clean, locally sourced, nutritious food. Prior to that Erika worked as an English teacher in International language schools and a Steiner school in Budapest, Hungary. She is a committed student of Anthroposophy and loves passing on her knowledge and experience to others.

## *Harmony*

Harmony Community Village is located in an orchard sanctuary with purpose built facilities for the cultivation of the arts, healing practices, personal and community development in accordance with the philosophy of Rudolf Steiner. It is a two-hour train journey from Sydney's Kingsford Smith Airport.