



Silence Presence Awakening

A sanctuary for those tired of seeking
& ready to start knowing

Who We Are

A center for Non-Duality, Yellow Rock Sanctuary is a place where the noise of life softens and something quieter begins to speak. We exist to support those who feel called to understand themselves more deeply, beyond their role, their stories & the pressures of daily life.

Our purpose is simple: to create the conditions where you can meet yourself as you truly are. Through silence, rest, guidance & authentic conversation you are invited to explore what it means to live consciously; to see, feel & experience life with clarity and compassion.



“I came expecting to learn how to meditate. I left understanding how to be”

Michael, YRS Guest



What Is Non-Duality

Non-duality points to something both simple and profound: the realisation that life is not divided. It is the understanding that beneath all difference of body & mind, self & other, inner & outer there is one awareness expressing as everything. When this is seen directly, struggle softens and a natural peace begins to move through everyday life.

At Yellow Rock Sanctuary we don't teach this as an idea, we hold space for it to be experienced. Non-duality isn't a philosophy to believe in, it's a way of seeing that reveals the wholeness already present in every moment.



“The peace I found here wasn't given to me, it was uncovered”

David, YRS Visitor



Ways To Be Here



Structured Silent Retreats

Guided by Marcus and the YRS team, these retreats combine stillness, presence teaching and reflective practices to help you rest deeply into awareness. There is no greater teacher than the one within the silence.



Weekly Teachings & Meditations

Join our open teaching & meditation sessions. Simple & direct sessions that help you build a practice of presence and reconnect with what matters most. These sessions are designed to allow you quieten the mind and meet who you really are beyond the noise.



Private or Hybrid Retreats

Stay independently for your own private DIY retreat or allow us support you with a hybrid experience in which you are facilitating your own experience but we are present when & how you need.



Private or Hybrid Retreats

Private One-to-One Sessions can be booked regardless of whether you are staying at YRS or just coming for the session itself. The focus of a one-to-one is to support your personal & spiritual growth.



Short Retreats & Workshops

Check out the Events Page of our website for a list of upcoming 'learning retreats & workshops'

Support Retreats & Workshops

Before silence can be known fully, the mind must learn to soften. These Retreats & Workshops help you see through old stories and meet life with greater clarity and ease. These practical learning experiences are a gentle introduction to the art of living consciously & surrendering peacefully into wisdom, trust & contentment.

Soul-Anchor Series Retreats/Workshops

Winter 2025/26

1. Healing Without Drama
2. Silence as Teacher
3. The Contradictions of Life

Spring 2026

1. The Art of Discernment
2. The Way of Inner Sovereignty
3. The Love of Wisdom



“The Silence taught me more than words ever could.”

Sarah, Silent Retreat Participant ★★★★★



For full workshop details, dates and booking information please visit

www.yellowrocksanctuary.life

Staying at Yellow Rock Sanctuary

A place to rest, to listen, to remember

Some come to learn. Others simply come to be. Staying at Yellow Rock Sanctuary is an invitation to step out of the noise and into the quiet where healing unfolds naturally.

Life here follows a gentle rhythm which includes time for daily silence (2.30-6.30pm & 9.30pm-7.30am), wholesome meals from one of our many gardens & long unhurried hours to walk, reflect & rest. Phone use is limited so the mind can soften and awareness can breathe.

Every element of the Sanctuary contributes to your journey:



Pat:

His gentle ways & kind heart are seen throughout the sanctuary. He tends the land, plants and animals. Holding the natural harmony that restores balance.



Mathilde:

Our creative director.

Shapes the sensory heart of YRS, bringing warmth through food, herbs and the nurturing aesthetics that make the space feel safe & alive.



Marcus:

Teacher & spiritual director. He holds the field of awareness itself, guiding you toward the quiet recognition that the self you seek has always been here, simply waiting to be remembered.



Welcome Home

Yellow Rock Sanctuary is not an escape from life, it is a return to it. Here silence is not absence, it is presence. It is the space where all questions fade and what remains is simplicity itself.

Every moment at YRS, whether spent walking the land, sitting in stillness or sharing a quiet meal, is part of the same invitation: to stop searching, to rest and to remember the peace that has always been with you but lost for a moment in the noise of life.

We don't promise transformation. We offer the space where transformation becomes unnecessary, where what you are and what you have always been can finally meet.



"There's a peace in this place that follows you home."

Jen, YRS Guest



*Come, breathe,
be still and remember.*



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