

Rest ~ Reflect ~ Restore

Embracing the Wild Beyond:

**Sourcing Courage
and Self-Care**



Five Day
Women's
Retreat

LOCATION Bundanoon NSW, Australia

DATE 9th – 13th June, 2020

Do you want a restorative place to rest and reflect on the 'what's next'?

This five-day women's retreat in the picturesque Southern Highlands, offers you a calm and welcoming space to slow down, and source the courage and self-care strategies that will help you embrace your next authentic step.

Our gentle practices invite you into deeper connection with the wild places within and beyond yourself. This retreat is a chance to revisit your self in new and sustaining ways through meditation, nature-based practices, reflective writing, sandplay and other creativity exercises. No skill or experience is needed to attend – we promise.

Learn and practice courage and self-care processes that can sustain yourself and others. If you are in the helping profession you will be eligible for PD points on completion.

CONTACT 0411 209 802 artandplaytherapytraining.com.au

From the moment you enter the gravel drive, you begin to feel renewed, refreshed and inspired. Set within 9 acres of manicured gardens in Bundanoon in the Southern Highlands, NSW the tranquil Retreat Centre provides the space you need. Supported and practical activities will allow you to deepen your courage and self-care for your future.



You will have an opportunity to:

Rest in a comfortable en-suited single or shared room, in the bush, by the fireplace and in 9 acres of manicured gardens.

Reflect on who and where you are, where you have been and where you are going, through supported exercises.

Restore Your body with gentle yoga, bush walks, delicious, fresh, organic, chef-prepared meals and optional massage.

Experience the possibilities for new insights, restored focus and new directions that come from creative practices like reflective writing, eco-psychology and art exercises.

Engage with your inner resources and creative potentials to build on your courage and self-care for all your existing and new ventures ahead.

Learn new self-care methods like the Tree of Life Creative Art Process, consolidating your core values, capitalising on your strengths and opportunities and helping plan for the future.

Practice how to relax and focus to enhance your health and wellbeing.

Connect with like-minded women, have fun and experience the beauty of the Southern Highlands.

LOCATION 13-33 Ellsmore Rd, Bundanoon NSW, Australia

DATE 9th – 13th June, 2020

COST Early Bird: Pay by 28 February 2020

\$1895 Shared room (\$1795 early bird)

\$2395 Single room (\$2295 early bird)

22 Professional Development hours will be awarded to mental health practitioners



Jacki Short is a counselling psychologist and director of Sydney Centre for Creative Change. She has been facilitating retreats and experiential training workshops for helping professionals for over 20 years. Using art, imagination, music, movement and other creative processes, she invites new perspectives, important rememberings and inspiration for renewal and change.