

RELAX • INVIGORATE • FLOURISH

7-11 JUNE 2019

UBUD
BALI

mindfulness *AND* creativity retreat



UNFOLDING THE LOTUS



A PERSONAL AND PROFESSIONAL DEVELOPMENT
RETREAT WITH SABINA RABOLD AND JACKI SHORT

Be warmly invited to be with us for this very special five day retreat amidst the gentle beauty of Bali. Join us to give time for and attention to nourishment and self-care, so essential to sustain joy, happiness and productivity in the midst of a busy life.

People from all walks of life are invited to join us on this retreat. If you are in the helping profession you will be eligible for PD points on completion. The intention is to provide time and create space to restore energy and renew focus. Experience regeneration, a gentle unfolding and enhanced wellbeing through creative exercises and mindfulness practices designed to nourish body, mind, heart and soul.

Feel wholly supported in reconnecting with and deepening your passion for your life and your work and feeling an enhanced sense of care and kindness flowing from a nourished place within.

Set in the warm, idyllic tranquility of Ubud, Bali, this winter retreat provides a space for learning, reflection and restoration. We will explore the role of creativity and mindfulness in the context of life and work and facilitate gentle and practical exercises to deepen mindful and creative work.

YOU WILL HAVE AN OPPORTUNITY TO:

Explore the role and place of creativity in your life and work.

Experience how the practice of mindfulness enhances imagination, intuition and innovation.

Connect in with your inner resources and creative potentials.

Learn how to relax and focus the mind, enhancing health and well-being.

Reinvigorate your passion and love for your life and your work.

Look at life and work themes from new perspectives using intuition and imagination.

Maximise opportunities for 'flow' and be open to insight, hope, dreams, new perspectives and bringing light and colour to your inner images.

Participate in gentle creative exercises to deepen self-reflection, spontaneity, risk taking and being in-the-now using mindfulness and art media.

Immerse yourself in creative exercises in expressive, reflective and process orientated ways that do not require any artistic talent or experience.

Connect, have fun and experience the beauty and pleasures of Bali.

DATE

7-11 June 2019

LOCATION

Ananda Cottages, Ubud, Bali

COST (Excl flights. For full list of inclusions please go to our websites.)

SINGLE

Early Bird

\$ 1635

Full Fee

\$ 1695

TWIN SHARE / DOUBLE (PP)

Early Bird

\$ 1495

Full Fee

\$ 1555

22

Professional Development hours will be awarded to mental health practitioners.

Early Bird: pay by 1 February 2019



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.



Sabina Rabold is a counsellor and psychotherapist with 19 years' experience primarily in private practice and is the founder and director of Well for Life, Centre for Counselling, Mindfulness and Holistic Health in Sydney. Sabina is a meditation and mindfulness teacher and over many years has taught courses and retreats that support people to open the mind to the present moment, restore inner peace and become deeply available to life and living.

Contact details:

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