

Self-Compassion in Nature Retreat (5 days)



We pause, to take care of ourselves, to replenish, so we can better take care of others.

Welcome to a five-day silent mindfulness retreat at Mount Carmel Retreat Centre on the edge of Sydney, designed for health professionals. Through meditation, conceptual learning, and reflective practice, you can extend your self-compassion from the inside out. The retreat builds evidence-based skills from Mindful Self-Compassion and Compassion-Focused Therapy to manage professional stress, prevent burnout and vicarious trauma, and work more effectively with clients experiencing shame, anxiety, and trauma. Leave restored, resourced, and more fully equipped — personally and professionally.



Presenters: Marianna Lolas, and Marie Bloomfield,

Clinical Psychologists with extensive experience in presenting compassion-focused programs over

Dates: 4 October (2:00 pm) – 9 October 2026 (1:00pm)

Location: Mount Carmel Retreat Centre, 247 St Andrews Rd, Varroville

Cost: Early bird (4 August): \$2,100.00, Regular: \$2,450.00

The fees include teaching, accommodation, and meals.

For students, APS members or other discounts, please contact us

kindness@bluewrenpsychology.com.au

For more information visit:

<https://www.mindfulpath.com.au/mindfulness-self-compassion-nature-retreat>

To register: <https://events.humanitix.com/self-compassion-in-nature-retreat-for-professionals/tickets>



MindfulPath