

Self-Compassion in Nature Retreat (5 days)



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

You are welcome to join us for a self-compassion silent retreat for five exquisite days to come home to yourself with kindness. We will gather at a beautiful place in the spectacular rainforest and mountains of Springbrook on the Gold Coast. There, you can enjoy privacy, peace, and solitude, to de-stress, with many opportunities to engage in forest bathing. This Retreat targets health professionals who want to deepen their mindfulness and self-compassion practice for a better personal and professional life.



Presenters: Marie Bloomfield and assistant teacher Marianna Lolas, both Clinical Psychologists with extensive experience in presenting compassion-based programs over the last ten years to health professionals.

Dates: 30 Nov. (3:00 pm) - 5 Dec. (2:00pm)

Location: 2184 Springbrook Rd, Springbrook QLD 4213

Cost: Extra Early bird (24 July): \$1750.00

Early bird (24 Oct.): \$1,975.00

Regular: \$2,225.00

The fees include teaching, accommodation, and meals.

Discounts are available for direct payments.

For more information or to register:

Visit www.mindfulpath.com.au or email: marie@bloomfieldpsychology.com.au

