

Self-Compassion in Nature Retreat



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 mindfulness silent retreat for four or seven 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: 7-Day Retreat: 1-8 December 2021 (Wed-Wed)

4-Day Retreat: 1-4 December 2021: (Wed-Sun)

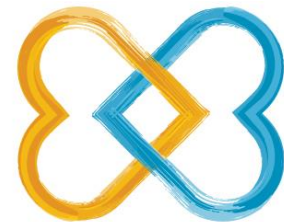
Starting: 4pm Wednesday 1st December 2021

Location: 2184 Springbrook Rd, Springbrook QLD 4213

Cost: Early bird (30 Oct): 7-Day: \$2,310.00 or 4-Day: \$1,540.00

Regular: 7-Day: \$2,695.00 or 4-Day: \$1,760.00

The fees include teaching fees, accommodation, and meals. Discounts available for direct payments.



MindfulPath

For more information or to register:

visit www.mindfulpath.com.au email: marie@bloomfieldpsychology.com.au