

REINVIGORATING RETREAT



TIME TO FOCUS ON YOU!

**JOIN US AT BEAUTIFUL
TUILERIES, IN
RUTHERGLEN, VIC**

FEBRUARY 14-16, 2020

Enjoy a weekend of reinvigoration with yoga, meditation, clinical hypnotherapy and a variety of workshops in a truly stunning location! Day options available.



PRESENTERS

CASSIE NEVILLE



Cassie is a local psychologist with extensive experience working with children, young people and their families. She incorporates a blend of attachment theory framework; trauma-informed practice and Acceptance and Commitment Therapy into her work. Cassie is open-minded, curious and passionate about learning and the human mind, including one's thoughts, narratives, experiences and emotions

SARAH SPITERI



Sarah is a clinical hypnotherapist and teacher with a background in Sociology and coaching. She is also the founder of Studio Mind and Learning. Sarah is incurably curious and passionate about shared wellness.

KAREN ENNIS



Karen is an educator with a rich background in marketing and production at Channel 9, Sydney. She is an enthusiastic and dedicated educator who is currently embracing vulnerability and stepping outside her comfort zone by changing jobs!

MIRANDA PETTS



Miranda is a personal trainer, yoga and pilates instructor, with a background in nutrition and transformation. She is passionate about helping women strengthen and embrace their bodies and "enoughness" in all its facets.





PROGRAMME

FRIDAY, FEBRUARY 14, 2020

2pm onwards

Check-in to your room and enjoy the beautiful surroundings, including a pool and stunning garden

5:00- 6:00pm

Meet 'n' greet and wine tasting

7:00pm

Two course dinner in Tuileries' famous restaurant

8:30- 9:15pm

"How to get a good night's sleep"
workshop with restful meditation

"Sleep is the best meditation"

-Dalai Lama



SATURDAY, FEBRUARY 15, 2020

Optional starters!

7:30-7:55am

6:15am

Meditation to kick-start your day

For the early risers, a mindful walk through the streets of Rutherglen

8am

Breakfast onsite

Day Programme

9:00- 10:15am

Introduction, Acknowledgement of Country and keynote address by Cassie - "Embracing me!"

10:15-10:30am- **Short drinks break**

10:30-11:30am

Group workshop with Cassie- "Practical tools to thrive in the gap between where I am and where I want to be"

11:30am- 12:00pm

Learning self-hypnosis with Sarah- A gift for helping you to relax

12:00- 1:00pm- **Delicious lunch**

1:00-3:30pm- **workshops**

- Sarah and Karen- "Embracing vulnerability and tackling burnout"
- Miranda- "Nurturing body, mind and spirit"

3:30-4:30pm **Yin Yoga**

4:30- 6pm **Time to enjoy resort facilities, rest or conversations in cafe.**

6:00pm- **3 course dinner in Tuileries restaurant with panel on mental health**



SUNDAY, FEBRUARY 16, 2020

7:30-7:55am (optional)

Meditation to kick-start your day

8am- 9am

Breakfast onsite

9:00- 10:15am-Finding stillness in a busy world

Workshop on how to increase the stillness in your life in small but meaningful ways

10:15-10:30am- Short drinks break

10:30am-12:00pm- Audit and detox your life workshop

Workshop on how to take an audit of the things that may contribute to your unnecessary busyness and reduce your productivity.

Topics will include:

- Social media
- Wardrobe
- Finance
- Phone
- Routine chores
- Work

12:00pm Retreat end

"WE MAY NOT ALWAYS HAVE THE POWER TO CONTROL WHAT SHOWS UP AT OUR DOOR, BUT WE ALWAYS, ALWAYS, ALWAYS HAVE THE POWER TO DECIDE WHAT STAYS AND WHAT GOES." -

CLEO WADE, HEART TALK



STUDIO MIND
AND
LEARNING

This program is proudly presented by Studio Mind and Learning



REINVIGORATED!

Contact us today to secure your place

**Our retreat programme starts from only \$650pp-
twin share for two nights
Saturday only, \$250pp**

Price includes all meals, full retreat programme and
access to resort facilities.

Upgrades to own bedroom in two-bedroom apartment or
motel-like room available from \$150pp.

**For more information or to book please call Sarah @
Studio Mind and Learning on:**

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karen@studiomindandlearning.com