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SARAH@STUDIOMINDANDLEARNING.COM

Embracing Curiosity Retreat

August 6-7, 2022

@ TUILERIES,
RUTHERGLEN

WWW.STUDIOMINDANDLEARNING.COM



**Keynote Speaker
& Workshop
Presenter-**

Cassie Neville
(Psychologist)

*'Finding your
inner voice'*

Presenters



**Miranda Petts- Mind, Body
Connection**



**Nadia Dineen- My experience
with anxiety**

**Organiser &
Workshop
Presenter-**

Sarah Spiteri

(Founder, Studio Mind and
Learning)

*'Embracing
curiosity for
acceptance and
growth'*



Retreat Program

Saturday, August 6

9- 9:15am Acknowledgement of Country, retreat welcome and overview

9:15-10:45am 'Finding your inner voice'- Keynote and workshop with Cassie

10:45- 11:00am Morning tea

11-12:15pm 'Unpacking the narratives' - Presentation & workshop
with Sarah & Cassie

12:15- 1pm Lunch

1-3pm- 'Everywoman': Using Curiosity for acceptance and growth-
it's hard but it's worth it!' workshops- Sarah

3-3:30pm- 'Living with anxiety- what it's taught me, what I'm learning'-
presentation & Q&A with Nadia.

3:30-4pm- afternoon tea

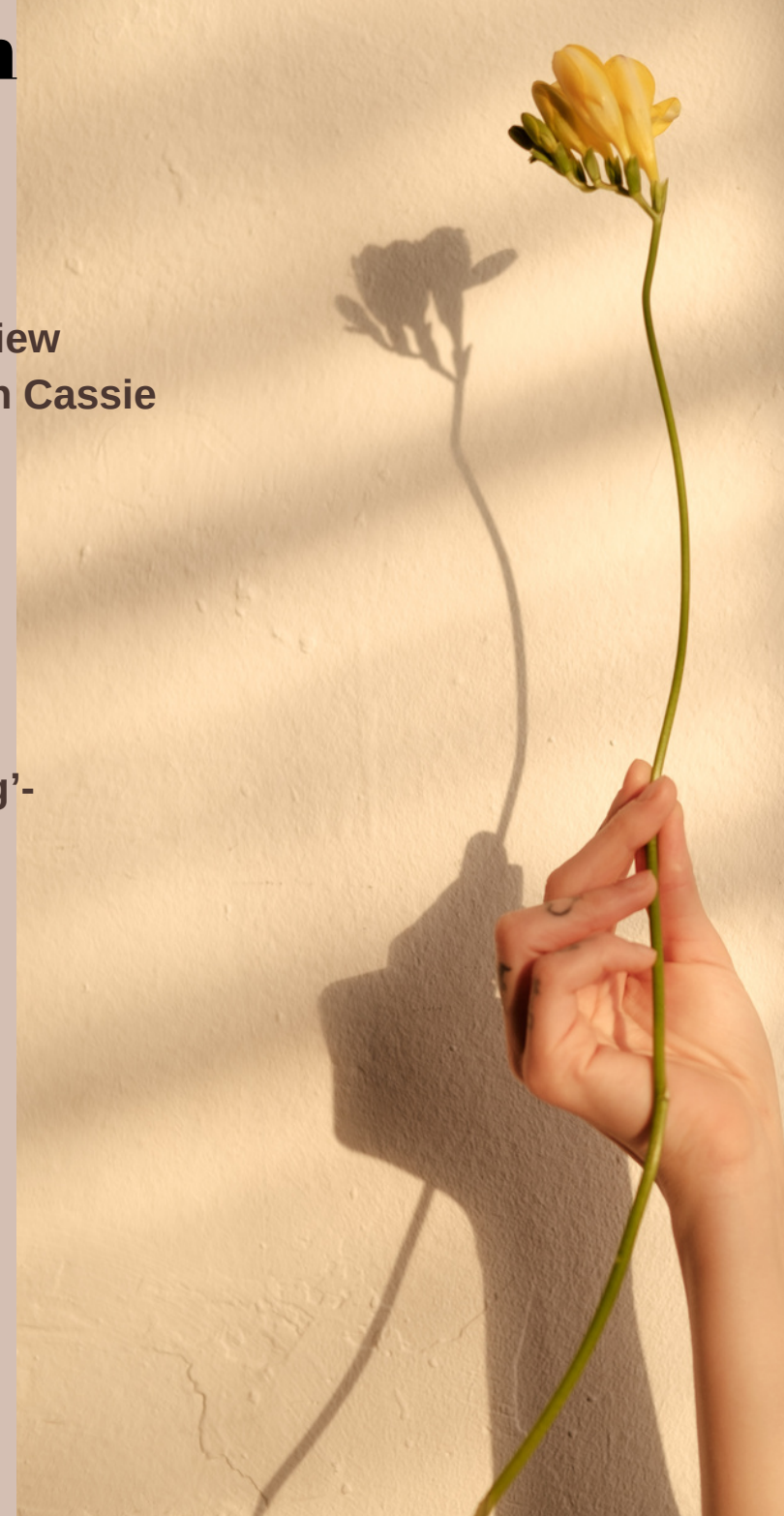
4-4:30pm- 'Mind, body connection'- with Miranda

4:30- 5:30pm Yin Yoga with Miranda.

6:30pm- 2-course dinner at Tuileries.

Sunday, August 7

8- 10am Breakfast & optional meditation class.



More about our presenters

Cassie Neville:

Cassie is a registered Psychologist and Supervisor/Mentor, practicing as a School Psychologist as well as in her own private business (Nurtured Insight) for over 15 years. Cassie has always worked in the Albury Wodonga region and has been able to establish great connections within our regional area. Raising her two boys, Hunter and Elijah, with her partner Steve, has to be her biggest adventure yet! Juggling shared parenting arrangements and continuing to navigate the complexity of life's curveballs, Cassie brings true empathy and compassion to both her personal and professional mindsets. She is | passionately attuned to the importance of curiosity, wonder and intuition, and finds fulfilment in her work when she assists other therapists and educators to truly reflect on their personal stories and how their own narratives are at play in the work that they do. To help others find their inner voice, to learn from meaningful mistakes and connect with their values, is at the core of all the work that Cassie finds most rewarding

Miranda Petts:

Miranda runs a boutique studio focusing on the everyday woman's strength, mindset, and confidence. She is a personal trainer, Pilates and yoga instructor with a strong emphasis on making movement and fitness lifestyle-based without having a diet mindset. She thrives on creating strong and confident women that feel unstoppable in becoming closer to their goals and dreams.

Sarah Spiteri:

Sarah considers curiosity a constant in her life; it was there when she first became a mother at nineteen, through years of study, parenting, relationship change, chronic illness, her travels, career changes, a mature-age gap year, and navigating neurodiversity. She has combined this experience and her qualifications in Sociology, Education and Clinical Hypnotherapy with her passion for learning to establish Studio Mind and Learning. Through her workshops at the retreat, Sarah will share the importance of understanding the mind's impact on our bodies and lives. She will also help us to embrace curiosity and to use it to work towards developing healthy, authentic practices and mindsets. She considers herself very much a 'work in progress' with an insatiable curiosity and is excited to share this retreat adventure with others!



Venue: Tuileries Rutherglen



Visit <https://www.debortoli.com.au> for more details.
(images from website above)

RETREAT COSTS

FULL PACKAGE

- 1 night accommodation in 2BR apartment with own room, shared bathroom and kitchen
- All meals Saturday (including 2-course meal at Tuileries famous restaurant), and breakfast Sunday.
- Retreat program including workshops, yoga and meditation classes.

\$360-



CONTACT SARAH
FOR MORE
DETAILS

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SATURDAY ONLY PACKAGE

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- Retreat programme from 9- 5pm
\$150
- Optional dinner can be included