

Trauma Informed Mindfulness Retreat Day

Enjoy the opportunity to relax, rejuvenate and re-connect with your own inner wisdom.

Take time out and allow the sea and nature to bathe your soul.

A day long programme teaching experiential learning of mindfulness and mindful movement skills and practices which is trauma informed. Through the cultivation of skills, attitudes and knowledge clients will experience a well-researched and tested approach to beginning to develop capacities for attention, awareness and wise action and evidence to assist with symptoms of PTSD. The aim of a day long retreat is to cultivate more presence, reducing reactivity, learning emotional regulation in times of stress and developing clarity and wisdom.



Where:	Moanariri Retreat, 224 Russell Rd, Glenledi/Akatore, South East Coast, Otago
When:	Wednesday 23 October / Friday 22 November
Time:	9:30 am - finishing 4:30 p.m.
Lunch:	Bring your own packed lunch. Morning, afternoon tea, coffee & tea provided
What to bring:	An open heart, water bottle, loose warm clothes for inside and outside jacket and hat, inside socks/shoes and outside good walking shoes/boots
Group size:	8-12 participants
Who can attend:	Aged 18+ and who identify as female
Disabilities:	The group can be adapted to meet the needs of clients with a range of disabilities who are stable in the therapeutic relationship
ACC approvals:	1x SCGT – In person triage 8x SCGW - Group-based Therapy

Mindfulness Day Programme

9.30 a.m.	Introductions, safety, programme outline
9.45 a.m.	Sitting practice: guided practice to allow arriving, grounding and using the senses
10.00 a.m.	Guided body scan and gentle lying down movement
11.00 a.m.	Walking meditation: introduction to walking meditation, teaching STOP into self-practice
12.30 p.m.	Meal instructions: introduction to mindful eating
1.30 p.m.	Mountain meditation practice: developing
2.00 p.m.	Sitting/walking/sitting practice
2.45 p.m.	Standing movement practice
3.15 p.m.	Afternoon break
3.30 p.m.	Loving kindness practice
4.00 p.m.	Sitting and dissolving the silence, sharing, closing
4.30 p.m.	Finish

Facilitators

- Katie O'Connor: Certified MBSR Teacher with 20 years' experience teaching mindfulness in education, health and the corporate environment.
- Kate McKay: Trauma therapy specialist working with South Coast Psychology. Initially completing the MBSR training with Katie O'Connor, Kate has gone on to teach mindfulness in psychotherapy and skills groups.

Contact: katieoconnor.nz@gmail.com

Directions

Take a **printed copy** of this as there is no cell phone coverage and Google Maps is spasmodic



If you come **via Milton** turn to the coast at the **4 Square** which is on the kink of the main road going through Milton
Travel approx. 1 km and turn **LEFT** onto **Back Rd**
Travel approx. 2 km and turn **RIGHT** onto **Glenledi/Bull Creek Rd**
Travel over hill on tarseal and then onto gravel for approx. 2 kms
Turn **LEFT** onto **Akatore/Taeiri Mouth Rd - Importantly DO NOT go to Bull Creek**
Travel approx. 6 kms (winding road)
Turn **RIGHT** onto **Watson Rd** up hill
At the top of the hill turn **RIGHT** onto **Russel Rd**
Follow your nose to the end of the road towards coast (quite windy and downhill).
You will come to 2 farm gates.
Take the **RIGHT** farm gate with the gravel road and follow it down until you see our house overlooking the sea.

Safe travels and if you have any questions please don't hesitate to contact me, 027 478 2782.

Approximate travel time

- Invercargill – 2:15
- Gore – 1:35
- Balclutha – 0:40
- Dunedin – 1:00