

# Trauma Informed Mindfulness in Nature Retreat Weekend

Enjoy the opportunity to take time out to connect with your own inner wisdom allowing the sea and nature to bathe your soul.

The weekend will be an immersed experiential learning of mindfulness and mindful movement skills and practices which are trauma informed. Clients attending will be able to use meditation and contemplative practices in a natural setting gaining an appreciation of the therapeutic benefits of calming and grounding through connection with nature by the sea and in native forest. Through the cultivation of various practices clients will experience a well-researched and tested approach for cultivating attention, awareness and wise action.



**Where:** Moanariri Retreat, 224 Russell Rd, Glenledi/Akatore, South East Coast, Otago  
**Dates:** Friday 6 December – Sunday 8 December  
**Times:** Arriving 4:00 pm Friday and finishing 12:00 pm Sunday  
**Accommodation:** Individual rooms with shared bathroom facilities  
**What is provided:** Breakfast/Lunch/Dinner/Tea & Coffee provided  
**What to bring:** An open heart, journal, water bottle, loose warm clothes for inside and outside jacket and hat, inside socks/shoes and outside good walking shoes/boots, small backpack optional, personal requirements and medications.

**Group size:** 6 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  
 16x SCGW - Group-based Therapy

## Programme:

|                   |           |                   |  |
|-------------------|-----------|-------------------|--|
| Friday<br>8 Dec   | Session 1 | 4:00 pm – 7:30 pm | Housekeeping and safety, opening, ice breaking and guided practices  |
| Saturday<br>9 Dec | Session 2 | 9:30 – 12:30 pm   | Variety of movement and other practices to explore limits and cultivate concentration, strength and flexibility of mind and body |
|                   | Session 3 | 1:00 pm – 4:30 pm | Mountain practice and contemplation time in nature   |
|                   | Session 4 | 7:00 – 8:30 pm    | Reflective meditation consolidating skills, various breathing exercises, body scan   |
| Sunday<br>10 Dec  | Session 5 | 9:00 – 12:00 pm   | Consolidation of practices in nature, loving kindness and closing session  |

## Facilitators

- Katie O'Connor: Certified MBSR Teacher with 20 years' experience teaching mindfulness in education, health and the corporate environment.
- Di Gillespie: Psychologist trained in counselling and psychotherapy with over 30 years' working in the trauma field with mindfulness and specialises in complex trauma.

**Contact: [katieoconnor.nz@gmail.com](mailto: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