

Mindfulness in Nature 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 are 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 , 224 Russell Rd, Glenleddi/Akatore, South East Coast, Otago
When:	Saturday 29 November, Saturday 14 February, Saturday 28 March
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, insect repellent & sunscreen
Group size:	10-12 participants
Who can attend:	All genders aged 18+ and willing to engage in mindfulness & contemplative practices
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 SCSGTT – Triage for Group-based Therapy 8x SCSGT – 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 & standing movement practice
2.00 pm	Engaging with mindfulness in nature
3.15 p.m.	Afternoon break
3.30 p.m.	Loving kindness practice
4.00 p.m.	Sitting and dissolving the silence, sharing, closing

Facilitators

- **Katie O'Connor (Specialist):** Certified MBSR Teacher with 20 years' experience teaching mindfulness in education, health and the corporate environment. ACC Cultural Advisor (Spiritual). Spiritual Companion & Retreat Giver, Retired Counsellor
- **Kate McKay (PA1347):** 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.

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