

# 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. Through the cultivation of various practices clients will experience a well-researched and tested approach for cultivating attention, awareness and wise action.



<b>Where:</b>	Moanariri Retreat, 224 Russell Rd, Glenledi/Akatore, South East Coast, Otago
<b>When:</b>	<b>Fri, 5 Dec 2025 – Sun, 7 Dec 2025, Friday 1 May 2026 – Sun 3 May 2026</b>
<b>Time:</b>	Arriving 4:00 pm Friday and finishing 12:00 pm Sunday
<b>Accommodation:</b>	Individual small cosy rooms with shared bathroom facilities between three.
<b>What is provided:</b>	Breakfast/Lunch/Dinner/Tea & Coffee provided
<b>What to bring:</b>	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.
<b>Group size:</b>	6-8 participants
<b>Who can attend:</b>	Aged 18+ and who identify as female. There is an expectation that those attending a weekend will have attended a DBT Group, Equine Therapy, ACT group, Trauma Informed Yoga or Mindfulness in Nature Day and are willing to engage in regular mindfulness practices.
<b>Disabilities:</b>	The group can be adapted to meet the needs of clients with a range of disabilities who are stable in the therapeutic relationship
<b>ACC approvals:</b>	1x SCSGTT – Triage for Group-based Therapy 16 x SCSGT – Group-based Therapy

## Programme

Friday	Session 1	4:00 pm – 7:30 pm	Housekeeping and safety, opening, ice breaking and guided practices
Saturday	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	Equanimity practice and contemplation time in nature
	Session 4	7:00 – 8:30 pm	Reflective meditation consolidating skills, various breathing exercises, body scan
Sunday	Session 5	9:00 – 12:00 pm	Consolidation of practices in nature, loving kindness and closing session

## 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 (PAI347):** 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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