

HOPE & HEAL

WEEKEND RETREAT

Our aim is to empower women by giving them the tools to deal with devastating long term effects of domestic violence, trauma & abuse including CPTSD, stress, anxiety and depression.

Are you ready to embark on a journey towards healing and empowerment? Our Women's Retreat is designed to support survivors of domestic violence, trauma, and abuse on their path to recovery. This retreat offers a safe and nurturing space where you can connect with others, learn about the neuroscience of trauma, and explore healing modalities such as breathwork, yoga, meditation, art therapy, shamanic healing, and sound healing.

Incorporating a mix of professional expertise and lived experience, our facilitators are well-trained and experienced in trauma-informed care, creating a safe and supportive environment

Retreat Highlights

Neuroscience of Trauma Education:

- Workshops provided to understand the impact of trauma on the brain and body. Learn brain-based approaches to help you after trauma including:
- Top-down approaches to help you think differently – Cognitive Behavioural Therapy (CBT) including empowerment through language, and Mindfulness- Based Cognitive Therapy (MBCT) guided meditation, art therapy.
- Bottom-up approaches to help you cope with raw emotions and defense reactions. Discover and practice somatic techniques. These are evidenced based, body-oriented therapies to treat somatic symptoms of unresolved trauma.



They work by releasing and healing trauma stored in the body through Yoga, Reiki, massage, movement and connection.

- Learn what the Window of Tolerance is and strategies to assist in emotional regulation.
- The importance of setting strong Boundaries- why we need them and how to put them in place.

Breathwork and Meditation Sessions:

- Guided sessions to help release tension and promote inner peace.
- Techniques to reconnect with your breath as a source of strength and resilience.

Yoga for Healing:

- Gentle and empowering yoga practices tailored for survivors.
- Mindful movement to reconnect with your body and promote self-love.

Art Therapy:

- Express and process emotions through creative expression.
- Engage in healing art projects facilitated by experienced therapists.

Shamanic Healing:

- Explore ancient healing practices to connect with your inner self.
- Shamanic rituals led by experienced practitioners to promote spiritual healing.



Sound Healing Sessions:

- Immerse yourself in the soothing sounds of healing vibrations.
- Sound baths and ceremonies to restore balance and harmony.

Group Dynamics and Bonding:

Hope and Heal fosters a sense of community and connection among participants. Group activities and discussions can help women feel understood and supported, reducing the sense of isolation that often accompanies trauma.

Privacy and Safety:

Privacy and safety during the retreat are of paramount importance, including confidentiality of the sessions. Hope and Heal also promotes the importance of respecting each other's boundaries.

Post Retreat Self-Care Techniques:

Hope and Heal provide practical self-regulation strategies that participants can easily incorporate into their daily lives, including brief mindfulness exercises, grounding techniques, and simple self-compassion practices.

Follow-Up Support:

Hope and Heal provides ongoing support after the retreat with one day Urban Retreats, online communities and resources for continued healing. This helps participants maintain the momentum gained during the retreat.

Dates:

Friday 22nd – Sunday 24th March 2024 &
Friday 6th – Sunday 8th September 2024.

Location:

Venue will be confirmed upon confirmation of place.

Investment:

\$300 per person. Reduced rate for those experiencing Financial Hardship \$200. Financial assistance and payment arrangements are available. Please inquire for more details.

What's Included:

- All retreat activities and workshops.
- Accommodation at Yoga Ashram.
- Use of all facilities including swimming pool, steam room, jacuzzi.
- Nutritious meals.
- Supportive community.

How to Register:

Visit our website at www.hopeandheal.org.au or contact us at hopeandhealretreat@gmail.com for more information and to secure your spot.

Limited spaces available, reserve yours today!