

Self-Compassion in Nature Retreat (5 days)



We pause, to take care of ourselves, to replenish, so we can better take care of others.

You are welcome to join us for a Self-Compassion silent retreat for five exquisite days to come home to yourself with kindness. We will gather at a beautiful place at the Mt Carmel Retreat Centre in Varroville, on the edge of Sydney. There, you can enjoy privacy, peace, and solitude and de-stress. This Retreat targets health professionals who want to deepen their mindfulness and self-compassion practice for a better personal and professional life.



Presenters: Marie Bloomfield and assistant Marianna Lolas, both Clinical Psychologists with extensive experience in presenting compassion-focused programs over the last ten years to health professionals.

Dates: 22 October 2023 (2:00 pm) – 27 October 2023 (1:00pm)

Location: Mount Carmel Retreat Centre 247 St Andrews Rd, Varroville

- Regular: \$2,600.00

Discounts available for direct payment

The fees include teaching, accommodation, and meals.

To apply for the discount email: marie@bloomfieldpsychology.com.au

For more information www.mindfulpath.com.au



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