

Remember, Restore, Renew A Mindfulness Retreat Bay of Fires

Today we are all intimately acquainted with a constant demanding environment and pressures to rapidly respond. Often we find ourselves feeling less equipped to handle the onslaught than we would like. It is difficult to slow down and take a bigger picture view when conditions push against us like a gale-forced wind.

Remember, Restore, Renew is a four-day mindfulness retreat designed to offer you some valuable time to reflect and come to find new ways of knowing and being. You will be afforded the opportunity to explore the power of mindfulness – a meditation practice of moment-to-moment awareness, without our habitual ways of reacting and judging situations. Mindfulness helps you cultivate a sense of connectedness, better emotional regulation, flexibility in our responses and insight.

Set on a hilltop, 40 metres above the pounding of the sea and surrounded by National Park, the Bay of Fires Lodge has been purposely chosen to give you the bigger picture view. It is the only building on 20 km of outstanding coastal wilderness. Drinking in this pristine natural environment is an invitation in itself to help you uncover once again what is most important to you.

Program – Nature or Nurture?

Why not both? This four-day intensive retreat creates a learning environment for the reflective practices of mindfulness meditation. You will experience a variety of meditation methods designed to help you get in touch with yourself and what is most meaningful to you. The seamless design of the Bay of Fires Lodge puts you lightly into the landscape where you can bask in its magnificent beauty and be renewed by the wonders of nature.

The retreat includes periods of guided mindfulness instruction, periods of exploration with the natural environment and periods of collective inquiry and dialogue; all aimed at cultivating deep, penetrative awareness and insight and the creativity that flows from them.



Benefits

More than 35 years of research in the field of mindfulness has found evidence for:

- Greater capacity to deal with stress
- Increased sense of well-being and balance
- Decrease in both physical and psychological symptoms
- Increased energy and productivity, feeling more engaged with life
- Increased levels of attention and concentration
- More creative problem solving and greater focus
- Increased sense of connection, meaning and purpose

Retreat Facilitators

Timothea Goddard and Pamela Lovell



Timothea Goddard

BA, Dip. Psychotherapy (ANZAP), Cert. IV in Workplace Training, Clin Mem PACFA, Accredited MBSR Teacher – Center for Mindfulness, University of Massachusetts Medical Center

Timothea is recognised as a pioneer in bringing mindfulness approaches to Australia over the past 12 years. In her work life she has had a passionate commitment to her work as psychotherapist, supervisor, educator and workplace trainer over the past 30 years. She is a long time student of yoga, Aikido and meditation and practises in the Insight tradition. She swims in the ocean every morning, practices yoga like a maniac, and loves food, people and straight-talking.



Pamela Lovell – BSc, MSc, MA Counseling, Accredited MBSR Teacher – Center for Mindfulness, University of Massachusetts Medical Center, Associate Teacher, Openground, Sydney

Pamela has worked as an Organisational Development consultant for over 20 years. Pamela's interest in teaching mindfulness came through her work with organisations where work/life balance seemed elusive and many people were finding the stress of everyday life overwhelming. Since 2007 Pamela has taught public courses in Mindfulness Based Stress Reduction (MBSR) and in organisation settings. Pamela has studied this work for over 25 years and practices in the Insight Tradition. She loves all things domestic and takes great pleasure in the joys of nature, bush walking, beach walking and family.

Schedule

Day One

Guests arrive in the afternoon at Anson's Bay where your luggage is taken and the group walks through native bush and beach to arrive at the Lodge. Settling in and having dinner before our evening session begins.

Day Two

Rise early and catch the morning sun off the ocean while you participate in mindful yoga. After breakfast, a morning session of mindfulness practices. After lunch, some mindful beach-combing where native animals and sea birds are often seen. Dinner and evening session

Day Three

Rise early for mindful yoga. After breakfast, a morning session of mindfulness practices before we pack our lunch and head off to Eddystone Point for an extended walk of about 5 hours. Arrive back at the Lodge late afternoon for afternoon tea before a pre-dinner session.

Dinner and evening session.

Day Four

Rise early for mindful yoga. After breakfast, a morning session of mindfulness practices and summary of the retreat, followed by lunch. After lunch, guests walk back along the beach and out to Anson's Bay.

Dates:

May 18 – 21, 2017

To register please contact info@openground.com.au or call Pamela Lovell 0419330960

