

HUNTER VALLEY RETREAT

Restore & Relax

21-23 March 2025t



blissful balance
BY DR MARGOT

Day 1:

- Meet and greet
- Meditation benefits: basics for beginners
- Guided body scan relaxation meditation

Day 2:

- Introducing mindfulness in your daily activities
- Mindful movement
- Mindful eating
- Visualisation meditation

Day 3:

- Affirmation Meditation: Reframe, Rephrase, Reshape
- Sharing circle



CPD POINTS (ANZCA)
o 10 Wellbeing Points