



Nourishing Heart and Soul Retreat September 28th–30th 2019

At Swanage Retreats we offer a beautiful setting overlooking the stunning Jurassic coastline, where you can treat yourself to expert education in various aspects of psychospiritual growth, give yourself space to reflect and explore the bigger questions of life and have time to simply be.

We can become so obsessed and busy with the detail of everyday living that we can become highjacked by the needs and demands of others and find our lives are run by duty rather than authentic choice; or you may feel lost and meandering down roads that don't seem to be leading where you want to go, if only you knew where that was! Retreats give you the space to re-attune to the yearnings of your heart and soul and start to live the life that is yours to live.

Nourishing Heart and Soul Retreat

Learn key skills for psychological, emotional and spiritual wellbeing - knowledge and skills so essential to living yet not taught at school. This is a retreat for those who have a sense there is more to life and want to take steps to move forward . So if you feel trapped, at a loss or simply know there is more of who you are to unleash, then this retreat is for you. Through the workshops you will learn the fundamentals of emotional, psychological and spiritual literacy – all encompassed in the beautiful sea view setting of Bella Vista. You will have time and space to reflect, ponder, integrate and realign your life in a way that works for you.. In the workshops you will learn

Nourishing the heart

- Understanding emotional intelligence
- The positive intent of 'negative' feelings and how to use them creatively
- Riding the waves of deep emotion without denying or destroying
- Managing emotion within relationships, particularly the difficult ones
- Healing emotional wounds so they stop sabotaging your life
- The unique RAISE process of emotional management

'Understanding one's own feelings, having empathy for the feelings of others and the regulation feelings in a way that enhances living....Emotional Intelligences may be more fundamental to personal success than IQ and, unlike IQ, it can be improved. (Daniel Goleman)

Nourishing the soul

- How to nurture your inner soul space
- Accessing the wisdom and healing power of soul
- Holistic spiritual practices
- Attunement to spirit
- Discover purpose and meaning
- The creative expression of soul
- Filling the meaningless void of soulless living

"The great malady of the twentieth century, implicated in all of our troubles and affecting us individually and socially, is "loss of soul." When soul is neglected, it doesn't just go away; it appears symptomatically in obsessions, addictions, violence, and loss of meaning. Our temptation is to isolate these symptoms or to try to eradicate them one by one; but the root problem is that we have lost our wisdom about the soul, even our interest in it." Thomas Moore Care of the soul



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What's included:

FRIDAY

Arrive in during the afternoon

Tea on arrival

6.00 Dinner

8.00 Get to know each other session

SATURDAY

8.00 Seaview Meditation

9.00 Breakfast

10.00 Nurturing Heart Workshop

1.00 Lunch

2.00 Afternoon coastal walk

4.00 Tea

5.00 Pow wow sharing

7.00 Dinner

8.00 Evening relaxed gathering

SUNDAY

8.00 Seaview Meditation

9.00 Breakfast

10.00 Nurturing Soul Workshop

1.00 Lunch

2.00 Optional extra - Pamper afternoon

massage, reflexology, reiki, coaching – bookable in advance at extra cost

Tariff

Non residential:

£95 for weekend (Sat 10 – 6 including lunch, Sun 10 – 2 including lunch)

Residential

£285 single seaview

£270 single non-seaview

£260 shared seaview

£245 shared non-seaview

Complete our online application form here: <http://swanageretreats.co.uk/application.html> If you'd like more information or speak to Naomi please email: naomi@swanageretreats.co.uk Tel. 01929 422562