



Stress without Strain Retreat April 5/6/7

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 with the detail of everyday living that we can be hijacked off track find our lives are run by needs and demands, rather than authentic choice; or you may be 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.

Stress without Strain

This retreat is for you if you feel totally stressed out and caught in the anxiety loop - not being able to stop yourself worrying or re-running negative thoughts. It may be effecting your health, your relationships, your career, your wellbeing, in fact all of who you are. Are you feeling

- At your wits end
- Can't stop worrying
- Need some time out - simply to be and reflect
- Find yourself sabotaging relationships through irritability
- Your clarity of vision and ability to manage has become distorted
- Home life is strained
- You cannot stop yourself comfort eating
- You cannot sleep
- Your body is showing signs of stress such as heart conditions, gut discomfort, over or under weight.

This retreat will consist of a couple of workshops covering holistic and traditional approaches to stress and how to manage it, including the physiology of stress and how you can change state from an anxious state to a calm state. You will be given our spiritual health booklet which contains take home for maintaining calm through stress and your personalized stress without strain management programme.

In addition there will be time for mediation and contemplation, restorative walks in the beautiful country side, time for socializing and delicious food. One to one psychospiritual coaching, massage, reiki or reflexology are available at an extra cost on Sunday afternoon.

In the Stress without Strain workshop you will learn how to

- understand the science and physiology of stress
- shift from an anxious state to a calm state
- the peaceful power of mindfulness
- step out of negative thinking and ditch non-constructive thought
- manage turbulent emotion
- strategies for care of your stressed out body, mind, heart and soul
- take home strategies to create inner peace and contentment
- your personalised Stress without Strain management programme.



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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 Stress without Strain 1- Understanding stress and how to navigate it without strain

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 Stress without Strain 2 – Your personalised Stress without Strain management programme

1.00 Lunch

2.00 Optional extra - Pamper afternoon

Psychospiritual coaching, 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

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