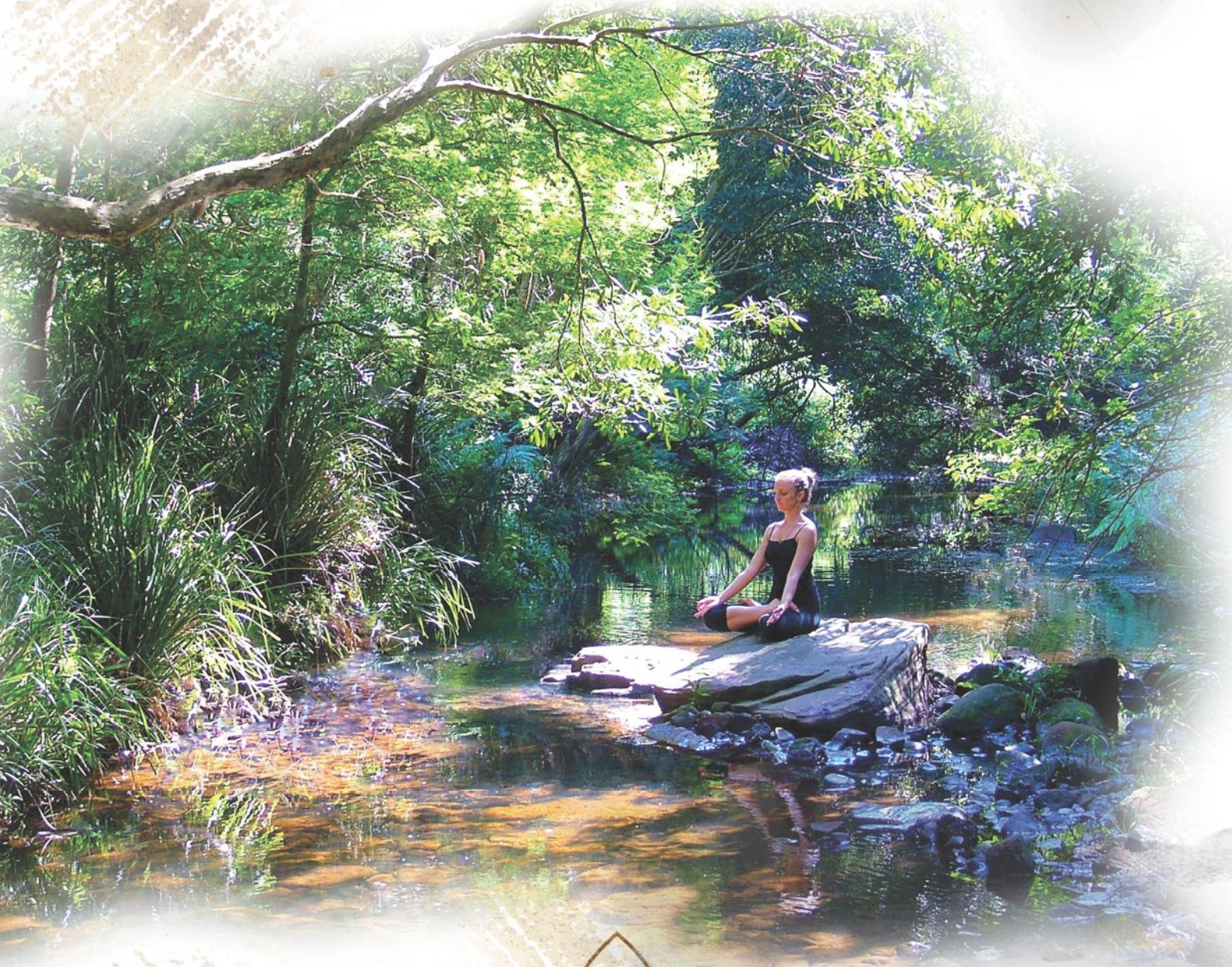
HEART & SOUL CARE

HEALING RETREAT FOR WOMEN

SURVIVING DOMESTIC VIOLENCE

Friday, 25th, Saturday 26th, and Sunday 27th March 2022



SPECIAL SUBSIDISED OFFER $195.00 LIMITED SPACES

HEART & Soul CARE

Contact: Wendy at

wendyhscare@gmail.com

0412 614 684

www.heartandsoulcare.org.au

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SURVIVING DOMESTIC VIOLENCE

RETREAT SCHEDULE

FRIDAY, 25th March, 2022

2:00 - 3:00 pm	Pam,Wendy - Arrival, check in
3:00 - 6:00 pm	Lacie - Welcoming Circle/Property Orientation - Welcome - Heart & Soul
6:00 - 700 pm	Dinner
7:00 - 8:30 pm	Georgina - Sound/Dance Healing
9:00 pm	Retire

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RETREAT SCHEDULE

SATURDAY, 26th March, 2022

6:30 - 7:45 am	Ro - Trauma Informed Yoga
8:00 - 9:00 am	Breakfast
9:00 -10:00 am	Natural Walk
10:00-11:00 am	Nature Mandala
11:00-12:00	Elena - Sheng Zhen Meditation
12:00 -1:00 pm	Free Time - Massages - Counselling
1:00 -2:00 pm	Lunch
2:00 -3:30 pm	Free Time
3:30 - 4:00 pm	Afternoon tea
4:00 -5:00 pm	Shawnee - SoulCollage(R)
5:00 -6:00 pm	Free Time - Massages - Counsellling
6:00 -7:00 pm	Dinner
7:00 -8:00 pm	Barbara - Sound Journey with Crystal Bowls
9:00 pm	Retire

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HEALING RETREAT FOR WOMEN

SURVIVING DOMESTIC VIOLENCE

RETREAT SCHEDULE

SUNDAY, 27th March 2022

6:30 - 7:45 am Pam and Wendy - Nature Walk

8:00 - 9:00 am Breakfast

9:00-10:30 am Deb - Meditation

10:30 am Break

11:00-12:30 Lisa Jayne - Self Love, The Emotionally Powerful Mother

12:30- 1:00 pm Closing Circle

1:00 - 2:00 pm Lunch

2:00 - 4:00 pm Depart or Enjoy the grounds

***FREE: BHAKTI ROSE COLLECTIVE ONLINE COURSE**

https://www.bhaktirose.com.au/offers/kq6vJDyQ?coupon_code=FREEBIE

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HEALING RETREAT FOR WOMEN SURVIVING DOMESTIC VIOLENCE

Heart & Soul Care is a Not-For-Profit DGR (donor gift recipient) charity, advocating for holistic solutions in the support and Heart & Soul Care's sponsored "Healing Retreats for Women Surviving Domestic Violence" are referred by various Government and Non-Government Agencies, as well by participating organizations such as the Yoga Impact Charity, Orana, Crossroads, Leichhardt women's Health Centre, Moving Forward and the Yoga Foundation.

Our retreat programs provide the opportunity for post-traumatic growth in a holistic, natural and safe environment.

If you are managing and recovering from Domestic Abuse, the Heart & Soul Trauma Retreat program will provide the support and skills you need to recover and heal. Heart & Soul Care Healing Retreats for Women Suriving Domestic Violence are run by expert Psychologists, Trauma Yoga Teachers, as well as experienced Meditation/Music/ Art Therapists. Their combined skills and support will not only help you heal, but provide effective self-care strategies that will

Heart & Soul Care Domestic Violence Retreats are held at the Heart & Soul Retreat centre in Otford, situated in 20 acres of lush green surroundings at the foot of the Royal National Park. Here you can find peace of mind in the heart of nature amidst our organic gardens, native bushland and wildlife. Close by pristine forests, ocean beaches and sea cliffs walks, the Heart & Soul Retreat Centre is the perfect place to heal and recover, awaken to your authentic self, and find the courage and confidence to begin again. Participants are asked to make a contribution according to their means. For those less able, our retreats are supported by the Heart & Soul Care Charity as well as other charities committed to supporting Domestic Violence Survivors such as Orana, the Yoga impact Charity, Crossroads, Moving Forward and the Leichhardt Women's Health Centre.