

DEVELOPING A POSITIVE RELATIONSHIP WITH MYSELF

Millgrove Retreat 2024



Join us for 4 days where you will journey through the workshop “Developing a positive relationship with myself” each morning and integrate your work through a variety of activities in the afternoon.

These activities include times for being, creative expression, silent walks in nature, optional shiatsu sessions, optional personal accompaniment & free time.

Each day will finish with a reflective time called the daily harvest where we will gather the fruits of your connection with your deep self.

This life-giving four-day experience will conclude with a celebratory lunch where we will each share something special, we have made or bought.

In this workshop you will:

A few words about the workshop “Developing a positive relationship with myself”.

The way we truly see ourselves impacts:

- The way we relate to ourselves.
- Our self-confidence
- The way we relate to life, others, conflicts.
- Our ability to stand up for our needs.

- Discover where your current relationship with yourself comes from
- Observe what can negatively impact your relationship with yourself.
- Explore what can help you have a fully authentic and loving relationship with yourself.

Benefits of this program:

- Boost your self-esteem and self-confidence.
- Increase your ability to be fully authentic in your relationships.
- Strengthen your ability to stand up for yourself and face criticism or conflict.
- Improve your capacity for self-fulfillment.
- Feel stronger and more resilient.

When: Saturday 8th June to Tuesday 11th June, 9am-5pm (King’s Birthday weekend).
(arrival on Friday night is recommended).

Venue: Oak Maree, Mc Namara’s road, Millgrove, VIC. Accommodation \$60 per night

single room, \$50 shared room. Please note accommodation at the venue is limited. Additional accommodation nearby is available.

Facilitators: *Maud Briscoe Renaud*

Fee: *\$595 (\$485 concession).*

Register by: *May 24th, 2024. A non-refundable \$100 deposit is required at the time of booking.*