

Mindfulness & Self Love

Four day semi-silent, mindfulness retreat

Join us to...

- Grow and expand in self-love and self-worth
- Heal and change unhelpful behaviours
- Learn and nurture open-hearted mindfulness practices
- Reclaim your inner peace, love and joy

Gift yourself four days where you can let go of daily concerns and allow yourself to be nurtured, supported and learn to be your best friend.

This four day residential semi-silent psychological mindfulness retreat will encourage and guide participants to:

- Open your heart to yourself
- Learn trusted psychological tools to let go and release negative beliefs and attitudes
 - Grow in self compassion, kindness
 - Be more real and authentic
- Decrease negative thoughts and behaviour

Join Bhavna and Pat as they share their passion and tools to enable a richer, happier life.

Date: 13th – 16th April 2020

Venue: Taupo Tahaura Ce

SOLD OUT!

Time: 12.00 noon Monday 13th – 12.00 noon Thursday 16th

Fee: \$550.00

Date: 31st July – 3rd August 2020

Venue: Coromandel Te Moata Retreat Centre, Tairua

Time: 12.00 noon Friday 31st – 12.00 noon Monday 3rd

Fee: \$550.00

ACC Group Units 28

Price includes accommodation, meals and training.

Spaces are limited!

To register please contact Bhavna



Bhavna is a clinical psychologist and author on self-love. Bhavna is passionate about self-love and this is seen in everything that she does and teaches.



Patricia Alexander worked as a registered social worker and now has her own clinical practice, with ACC and other providers teaching mindfulness. Over the last 10 years, she has developed a significant interest in mindfulness and has seen the benefits both for herself in her personal life and her work.

022 0843 095

bhavna@alivepsych.co.nz

www.alivepsych.co.nz

www.facebook.com/alivepsychology