



Registration Form

Please Register me for the
Experiencing Belonging and Intimacy Retreat

<i>Name:</i>	
<i>Address:</i>	
<i>Telephone:(home)</i>	
<i>Telephone:(work)</i>	
<i>Email:</i>	

<i>Please indicate if you'd like to book a massage session whilst at the retreat (payment on the day \$65)</i>	
<i>Gourmet Meals prepared on site by chef Kylie Saultanian (Cocoa's Café Coffs Harbour)</i>	
<i>Special dietary needs:</i>	

FULL RETREAT FEE: \$650	Cheques payable to 'Johanna Treweeke'
Send Registration form and payment to: Johanna Treweeke 2/25 Collingwood St Coffs Harbour NSW 2450	Ph: (02) 66 522 745 040 227 24 50 Email: johanna@johannatreweeke.com



Experiencing Belonging and Intimacy Retreat

Retreat Schedule

Arrival time 4pm – 6pm Friday 22nd September

The group sessions will consist of lecture-workshops, discussion, playful and creative exercises; we will explore,

- Relational spaces we inhabit and look at the developmental themes as they evolve in relationships.
- Signs, patterns and elements of both yearning and inertia enable us to create the conditions for a full emergence of our most passionate selves and satisfying relationships.

This retreat format will provide you with a foundation in both the experience and the theory of belonging.

The Surrounds

Orara Valley's magnificent Hinterland is very much a part of the enchantment of this retreat because it is such a rare gift to be able commune with nature whilst you wake up your sense of belonging. Free time has been scheduled in to enjoy the stunning rural surrounds and rainforest walks.

<i>Times</i>	<i>Friday 22nd September</i>	<i>Saturday 23rd September</i>	<i>Sunday 22nd September</i>
6.30 – 7.30 am		Day opening with yoga meditation (optional)	Day opening with yoga meditation (optional)
8 – 9.30 am		Gourmet Breakfast	Gourmet Breakfast
9.30 am - 1 pm		Group session	Group session
1 - 2 pm		Delicious Gourmet Lunch	Delicious Gourmet Lunch
2 – 4.30 pm		Group session	Group session and Closing Celebration
4.30– 6pm	Arrival and settling in (Massage available)	Free time (eg: rainforest/river walk) (Massage available)	
6 – 7 pm	Sunset and Welcome Dinner	Sunset and Dinner	
7 – 9pm	Introductory session	Group Session	