

SELF-COMPASSION IN NATURE RETREAT FOR PROFESSIONALS (5 DAYS)

Presenter: Marie Bloomfield, Co-teacher: Marianna Lolas

Dates: 5-Day Retreat: 30 November - 5 December 2022

-arriving 3 pm on Wednesday 30 Nov. and finishing at 2 pm Monday 5 December 2022

Location: 2184 Springbrook Rd, Springbrook QLD 4213

Before you register, please read the Terms & Conditions

Payment Information

Cost: Extra Early bird (24 July): \$1,750.00 Early bird (24 Oct.), \$1,975.00

Regular: \$2,225.00

<https://www.eventbrite.com.au/e/self-compassion-in-nature-retreat-for-professionals-5-days-tickets-160874525035>



The fees will include teaching fees, accommodation, and meals.

Discounts available for direct payments. For more information please email Marie marie@bloomfieldpsychology.com.au

If you are interested to join us for the Retreat please send the following registration form to Marie marie@bloomfieldpsychology.com.au

RETREAT REGISTRATION FORM

The information obtained is kept strictly confidential and will only be seen by myself and co-teacher(s). The aim of this form is to get to know you a little more before we start the retreat so that we can be more sensitive to your needs as we present the program.

Name: _____ Date of Birth _____

Home address: _____

Phone number: (H) _____ Mobile _____

Email address: _____

Partnership status: Single ___ Married ___ Divorced ___ Partnered ___ Other ___

Profession/Occupation _____

Diet: Do you have any special dietary preferences or intolerances?

Gluten free ___ dairy free ___ vegetarian ___ vegan ___ Other ___

Note: We can only provide for the above diets. You will need to bring your own food if you have severe allergies and require a rigorous diet. Space in a fridge will be available for you to keep your own food.

Shared Taxi: A Maxi Taxi has been booked to take participants from Coolangatta Airport to the Retreat Centre in Springbrook for the **cost of \$50.00 each way**. The Maxi Taxi will pick up at the Coolangatta Airport on the 30 November at 1:30 pm to be at the Retreat Centre around 2:30 pm. On Monday 5 December a Maxi Taxi will pick up at the Retreat at 2:30 pm to take whoever wants to return to Coolangatta Airport.

- **Request Maxi Taxi leaving at 1:30 pm Coolangatta Airport** to the Retreat Centre/Springbrook on the 30 November? Yes_____ No_____
- **Request Maxi Taxi leaving at 2:30 pm the Retreat Centre in Springbrook** to return to Coolangatta Airport on the 5 December? Yes_____ No_____

Linen: Please note that you need to bring your own sheets (single bed), a pillow slip and a towel. Blankets and pillows are provided. If this is not possible, please let us know and for **\$60.00 hiring fees**, we will provide you with sheets, a pillow slip & a towel.

- **Request for Linen Hire:** Yes_____ No _____

General and Medical Information:

-Where did you learn about MindfulPath and our Self-Compassion in Nature Retreat?
Internet search___ APS ___ AASW___ CMA ___ Facebook___ Friend___
Psychologist/Counsellor___ GP___ Other_____ please specify_____

-Are you a Professional who is seeking CPD (Continuing Professional Development)?
Yes___ No___

-When and how were you introduced to mindfulness, self-compassion and meditation?

-Do you have a regular meditation, mindfulness and self-compassion practice?

-Have you attended a Silent Retreat before? If so when and where?

-How would you describe your physical health? Excellent___ Good ___ Fair ___ Poor ___

-Do you have any physical or mental health concerns/condition? Yes___ No___
If yes, please specify _____

-Have you experienced traumatic events or suffered abuse in the past? Yes___ No___

- Are you currently experiencing some major challenges at home or at work (fear, loss, changes, conflicts)? Yes___ No___
Please specify _____

-Are you seeing a therapist/counsellor currently? Yes_____ No _____

-Are you taking any medication currently? If so can you tell us what kind and for what condition? _____

-What are you hoping to gain from the Retreat?

-Is there anything else that would be helpful for us to know at this time?

Vaccination Status: Please indicate your level of covid vaccination:

Two doses _____ Booster _____ Medical Exemption _____

Emergency Contacts:

Name: _____ relationship: _____ phone no _____

Name: _____ relationship: _____ phone no _____

I (name) _____ agree to the following:

1. The information I have provided on this form is complete and accurate.
2. I understand that my participation in this Retreat is entirely voluntary, and I am free to withdraw at any time. At the present time, however, I am planning to participate in the entire 5 days of the Retreat.
4. I agree to follow the guidance of the teacher and the co-teacher and to keep a friendly silence for most of the retreat.
5. I agree to the Terms and Conditions
6. I represent and warrant that I have no medical conditions that would prevent me from participation in the Retreat. (If I have a mental or physical health condition, I understand that it is my responsibility to consult with a health care provider prior registration to assess my suitability to attend this Retreat.)
7. I assume full responsibility for any injuries or damages, known or unknown, while I am attending the Retreat. I agree that the organiser MindfulPath/Bloomfield Psychology has no liability for any injury, illnesses, damage or loss of property resulting from my attendance at this Retreat. I assume all risk and I agree to release and discharge the organiser of the Retreat, from all claims or causes of action, known or unknown.

Date _____

Signature _____