

## Resilient Bodies: A Restorative Retreat

Friday April 19 - Monday April 22 2024 @ HalfMoon Haven, Sunshine Coast

### Friday Schedule

4:00-4:30pm	Arrival and Check-in
4:30-6:30pm	Opening Circle
6:30pm	Dinner
7:15-9:15pm	Holistic View of Health Flower Mandala Ceremony Yoga for Sleep

### Saturday Schedule

6:30-7:15am	Optional morning activities (mindful outdoor walk and optional ocean dip)
7:30-8:30am	Optional morning yoga
8:30am	Breakfast
9:30- 10:30am	Natural Rhythms Workshop
10:45-11:45am	Self-Care, Communication, and Boundaries This workshop includes a 20 minute yoga practice.
12:15- 2:30pm	Lunch and Free Time
2:45- 4:00pm	Emotional Zones Workshop
4:15- 5:30pm	Yoga Practice with Corrine
6:00pm	Dinner

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7:30-8:30pm Evening Activities

8:45- 9:15pm Yoga for Sleep

## Sunday Schedule

6:30-7:15am Optional morning activities (mindful outdoor walk and optional ocean dip)

7:30-8:30am Optional morning yoga

8:30am Breakfast

9:30- 1:00am Biomedical Perspectives of Stress, Trauma, and the Body  
This workshop includes a gentle, all-levels, embodiment practice.

1:00- 2:30pm Lunch and Free Time

2:45- 4:15pm Work-Home Transitions

4:30-5:00pm Yoga practice with Corrine

5-6:00pm Workplace Strategies to Prevent Empathetic Distress  
This workshop includes meditations and visualizations.

6:00pm Dinner

7:30-8:30pm Evening Activities

8:45- 9:15pm Yoga for Sleep

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### **Monday Schedule**

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|---------------|--|
| 6:30-7:15am   | Optional morning activities (mindful outdoor walk and optional ocean dip)  |
| 7:30-8:15am   | Optional morning yoga  |
| 8:15-8:45am   | Breakfast  |
| 8:45-10:15am  | Final Workshop   |
| 10:15-11am    | Free time for Packing and Check out at 11am <ul style="list-style-type: none"><li>● All rooms must be clear.</li><li>● All luggage must be packed in cars.</li></ul> |
| 11:00-12:00pm | Closing Circle   |

**Information-** <https://farahnazarali.com/retreat-for-health-professionals/>

**Registration-** <https://form.jotform.com/232327333241244>