

Self-Compassion in Nature Retreat (5 days)

We pause, to take care of ourselves, to replenish, so we can better take care of others.



You are welcome to join us for a self-compassion silent retreat for five exquisite days to come home to yourself with kindness. We will gather at a beautiful place in the spectacular rainforest and mountains of Springbrook on the Gold Coast. There, you can enjoy privacy, peace, and solitude, to de-stress, with many opportunities to walk in the rainforest. This Retreat targets health professionals who want to deepen their mindfulness and self-compassion practice for a better personal and professional life.



Presenters: Marie Bloomfield and assistant teacher Marianna Lolos, both Clinical Psychologists with extensive experience in presenting compassion-based programs over the last ten years to health professionals.

Dates: 26 November (2:00 pm) – 1st Dec. (1:00 pm) 2025

Location: TS Rainforest Retreat
2184 Springbrook Rd, Springbrook QLD 4213

Cost: Extra early bird (22 June) \$2,350.00

Early bird (22 Sept) \$2,660.00

Regular \$2,950.00

The fees include teaching, accommodation, and meals.
Discounts are available for direct payments.

For more information or to register:

Visit www.mindfulpath.com.au or email: marie@bloomfieldpsychology.com.au



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