

Anahata Retreats Presents a Workshop for...

Relational Engagement

Don't Let Hurt Hold You Back

3 day workshop: Thursday 19 - Sunday 22 March 2020

Led by Philip Oldfield and Rhonda Gibson Long



A retreat to explore difficult issues, refresh yourself emotionally and mentally, feel supported to go deeper into your values and connect and resonate with others. Set in beautiful Mullumbimby near Byron Bay NSW Australia with Philip Oldfield and Rhonda Gibson Long leading the group.

The day starts with relaxation, restorative meditation or yoga followed by group therapeutic process work. Lunch is from 1-3 and breaks are for tea and coffee throughout our time together. We finish for dinner at 6pm. There is free time after dinner for talking, dancing, massage or more group time if people want.

When we get emotionally injured, we can stay pulled back and not realize our full potential. We need a supportive environment to spontaneously come forward and thrive and fully contribute.

Previous bad experiences linger and can have a crippling effect on our potential to be all we can be. This holds true for each of us in relationships, in workplaces and organizations.

The capacity to hold your ground, garner support and fight for justice to get a fair hearing is not just for those who've had a supportive upbringing.

Truth and reconciliation allow us to go forward and not be held back by our fears of being hurt again. This workshop will focus on restoring people to their full potential without requiring the participation of those who injured them.

COST

\$750 for a share room, \$900 for a single room.

\$700 for non residential.

\$100 deposit holds your space with the balance payable by 6 March 2020.

Includes accommodation, all food and workshop.

Fee transfer to BSB 012-241 Acc # 544191896.

Please include your name.

VENUE

Beautiful Anahata Waters Retreat

859 Wilsons Creek Road, Mullumbimby

Two rooms shared accommodation plus two single rooms.

Alternative accommodation is available in town.

CONTACT

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ABOUT US

Rhonda Gibson Long and Philip Oldfield were directors of Sydney Gestalt Institute for 15 years. The institute trained Gestalt therapists in a 4 year post graduate course organized around didactic teaching, skills practice and extensive group work. We invited trainers from overseas to enrich our courses and hosted workshops led by Peter Phillipson, Robert Lee, Sylvia Crocker, Stella Reznick, Ron Alexander, as well as Australian mentors and trainers as Brian O'Neill, Yaro Starak Zish Zimbinski and Claudia Rosenbach-Zimbimbski. We have done numerous workshops with Lynne Jacobs and Gary Yontef and also James Kepner.

"One of my principals has been that a therapist must be in touch with their own wounded self and be committed to their own healing. At the same time we develop a skill set to be able to walk with a client through their own journey of healing. I think this is still a primary requirement of good therapy"

FUTURE WORKSHOP DATES

October 2020

Led by Rhonda Gibson Long and an overseas therapist.