

RICHARD MAHLER

MEDIATION & THERAPY

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MIND, BODY & SOUL DAY RETREAT

Investment

\$1,320 (including GST)

How does it work?

A transformational facilitated journey incorporating Gestalt Psychotherapy, Somatic Expression and Sacred Ritual

Focusing on three core aspects of Self (identified by the participant)

Receiving and integrating that which serves

Releasing that which no longer serves

What to bring

Comfortable clothes to support free movement and sitting on cushions

Water bottle

A curious and open mind

(Nourishing snacks already provided)

Program

- 9:30am Arrival & herbal tea
- 9:45am Opening ceremony
- 10:00am **Session 1: MIND** (Gestalt Psychotherapy)
Break
- 12:00noon **Session 2: BODY** (Somatic Expression)
Break
- 2:00pm **Session 3: SOUL** (Sacred Ritual)
Integration
- 3:15pm Closing ceremony
- 3:30pm Departure

Specialist Family Law Mediator | Child-Inclusive Mediator | FDR Practitioner
Individual, Relationship, Family and Co-Parenting Counsellor/Psychotherapist
MCouns&PsychTh, LL.M, BBehSci, LLB(Hons 1), BCom, GradDiplLP, GradCertGT, FDRP, NMAS,
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