



## Trinity Women's Day Retreat

Sat 29th April 9am -3.30pm

835 Chittering rd. Bullsbrook

We are excited to offer you a unique women's day Trinity experience where you will have the opportunity to nurture and strengthen your trinity of

Body, Mind and Soul.

[This intimate retreat is limited to six places.](#)

We will offer you the opportunity to develop your **awareness** as a foundation to building wellbeing.

We incorporate body movement, breath and mind awareness, creativity, connection to nature and animals to assist you in tuning up your awareness and discovering your inner strength.

## Itinerary

9-9.30am Welcome and meet the team.

9.30-10.30am **Body and Breath Awareness** with Erin who will guide us into a space of openness and readiness for our day. We will set an intention to anchor us throughout the retreat and learn simple ways to move, breathe and be on purpose that we can take into everyday life. Please bring a yoga mat and cushion. No yoga experience required.

10.30-11am **Devonshire tea** served on the homestead veranda.

11-12.30am **Horse Wisdom Experience** with Trish. Building on our awareness we now look towards the horse for guidance. Horses being prey, play and herd animals and have feeling just like us, model perfectly living in the present with full awareness. We take this time to learn, observe and be pleasantly surprised by the wisdom of the horse.

12.30-1.30pm **Lunch**. Back to the homestead veranda for a delicious vegetarian lunch provided by Stella, prepared with organic, home-grown ingredients.

1.30-3pm **Gel Printing with Nature**. Jane will take you through this simple but delightful technique, gently bringing you into a space of awareness and presence. All materials provided.

3-3.30pm **Conclusion**. Regroup, share and integrate ready to take on the world.

Meet your Facilitators.

*Trish Neil-Smith* is an Equine Assisted Learning Practitioner registered with the Equine Psychotherapy Institute and practices here at Epona Healing where she assists with developing social and emotional wellbeing. She is passionate about animals, nature, art, music and guiding people to find their inner gold.

*Erin Griffin* is a trauma informed yoga and meditation guide who enjoys nothing more than witnessing people remember and nurture the essence of who they are. Erin weaves curiosity and compassion through all her offerings and welcomes everyone to show up exactly as they are.

*Jane Neil-Smith* works as a passionate teacher in rural WA and specialises in art. She draws inspiration from the natural world and enjoys vibrant colours and experimenting with various mediums. Her beautiful rural studio in Arthur River looks out over the gently rolling hills and is packed with stunning works lovingly created over the past 30 years.

*Stella McNerney*. Stella's passion for growing, preserving and preparing home-grown organic food started in her early childhood. She generously shares her passion and wisdom and is committed to producing healthy, delicious food.



Epona healing

Booking Trish Neil-Smith 0468 632669