

Anahata Retreats Presents a Workshop for...

# Relational Engagement

## Realizing Our Promise

**3 day workshop: Thursday 13 Sept – Sunday 16 Sept 2018**

**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.

Belief systems go deep and are traditionally hard to change except through an experiential process. Part of the work will focus on how to support your best dreams and hopes to come to fruition.

By supporting new beliefs around your value and opening the path up for your creative future you can achieve better connection with yourself and better connection to the resources around you.

When internal self support aligns with an increased capacity to have others support you then you can realize your full promise.

### **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 Sept 1st.

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:** Rhonda on 02 6684 0095

email [rhonda@gestaltsydney.com](mailto:rhonda@gestaltsydney.com)

[www.anahataretreats.com.au](http://www.anahataretreats.com.au)

### **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 19-21 2018.** Led by Dr Ron Alexander

[www.ronaldalexander.com](http://www.ronaldalexander.com)

**March 7-10 2019** Led by Philip Oldfield and Rhonda Gibson Long

