



Winter Parent's Retreat – Rest, Respite and Supportive Connection

14 –17 June, 2024

Bookings now open for a 3-night winter retreat focussed on deep rest, respite and supportive connection for parents who have disabled children (of any age). Individuals and couple's welcome.

Facilitated by Liz Weatherly, Self-Compassion Coach, Reflexologist and Mindfulness Instructor.

Dates: 4pm Friday 14 June – 10am Monday 17 June

Venue: The Red Barn, Lake Okareka, Rotorua

Cost: \$475 (approximate depending on each person's share of food costs)

Included: 3 night's accommodation in shared or single rooms, all meals, linen, facilitated aspects of retreat, airport and bus transfers.

Not included: Travel to and from Rotorua, optional visit to hot pools, optional individual Reflexology or Coaching sessions with Liz

***NOTE:** The cost of these retreats have previously been successfully claimed as part of caregiver funding.

Enquire directly to Liz 021 988 468 or liz@reflectionzone.co.nz

<http://reflectionzone.co.nz>