

NZ Psych Society and HRINZ IO Psych SIG Mindfulness and Mediation Retreat, 2021

Dates: Friday, 26 March, 2021, 5 pm – Sunday, 28 March, 3:30 pm

Venue: St Francis Retreat Centre, Auckland

To enrol, follow this link: <https://events.humanitix.com/retreat-finding-mindful-simplicity>

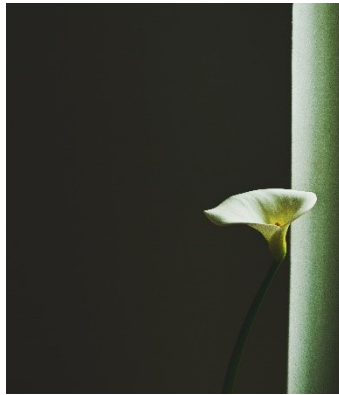


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Finding Mindful Simplicity

*“It is very simple to be happy, but it is very difficult to be simple”
– Rabindranath Tagore*

Programme

Each day begins with mindful movement or Tai Chi on the lawn. Each day also includes meditation and mindfulness sessions which are suitable for people who are new to both, as well as those with experience. Interspersed throughout both days are workshops and discussion sessions.

This year’s theme is Simplicity.

FRIDAY NIGHT

Commences at 5:00 pm

Includes group introductions followed by dinner at 6 after which there is:

- a mindfulness body scan to help us connect back with ourselves after the busy week,
- a discussion on barriers to mindfulness,
- and an optional meditation.

The night concludes at 8:30 pm

SATURDAY MORNING

After tai chi, breakfast, and a morning meditation we have:

Jane Davis, The Flourishing Institute.

Becoming Indistractable

Have you ever sat down for some quiet time or started a meditation practice only to find that suddenly you are out of your seat seemingly compelled to do anything else except just sit? The practice of being indistractable in an environment where distraction is always available is a powerful one. While some self-control and discipline is required, there are other practices and strategies we can use to help focus our attention and calm our minds. This session will present some of the research around the impact of distraction and some simple and practical techniques that have been shown to help improve attention.

Tania Clifton-Smith, Breathworks

Breathing - the foundation to movement, health and well-being

There is nothing as simple as the breath, yet many of us are not doing it as well as we could. Research is now starting to look at the muscles and chemistry of respiration, and breathing patterns and how these affect the way we think, feel and move. This session will introduce you to how to use breath to improve health and well-being, and the concept of breathing pattern disorders.

SATURDAY AFTERNOON

After a mindful walk we have:

A member of the Quaker Church

Quaker practices of simplicity and meditation

A member of the Quaker church will talk to us about the Quaker traditions of simplicity and meditation. This session will also include practice.

World Café – a review of some research

In this session two university lecturers and a practitioner will each review an aspect of the research on meditation and mindfulness. Please note: more sessions maybe added. If you would like to present your research, or present a review of some relevant research please contact Cynthia@muritai21.com or ph. 021 443 652

SATURDAY EVENING

After dinner there will be another meditation followed by a session/discussion on mindfulness practices from the day.

Participants will then begin silence and we will hold that silence for about 12 to 14 hours which presents a wonderful opportunity to relax, be with your thoughts, and practice mindfulness. We will talk this

through beforehand and answer any questions people have - though be assured that people really enjoy this part of the retreat.

Silent Night Mindfulness Walk

After that session, Stewart Forsyth from FX Consultants will guide those who want to, on a silent walk through the magnificent grounds at Pah Homestead. This experience has become a fixture and firm favourite of the retreat.

The day finishes at 9pm.

SUNDAY MORNING

Mindful movement on the lawn (optional) followed by breakfast.

Morning Session

Meditation followed by a discussion on the experience of silence.

Alison Stewart. Staff development at the University of Otago

Learning to Pause – tranquility at work

At a workshop someone said *“I aspire to be tranquil at work instead of feeling overwhelmed, or ‘biting the hook’ as Pema Chodron describes my reactivity in the moment”*. Their intention was to be like an “oasis” amidst the rush of information and activities which in practical terms meant being calm, fully present, thoughtful and compassionate when making decisions, talking with colleagues or setting goals with their team. If we have a similar aspiration, what practices could assist us to examine and change existing habits and beliefs about work and leadership in order to bring some tranquillity to our work?

SUNDAY AFTERNOON

Mindful walk

Compassion

Cynthia Johnson, Lead Facilitator at the Challenge of Change and Eve Rudkin, MBSR teacher

This session will include a brief overview of the research and compassion literature, followed by a compassion meditation.

Retreat concludes 3:00 to 3:30 pm

<p>Fee: \$545 Full price, \$485 Early Bird by 20th Feb (incl GST & booking fees)</p>
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<p>This fee includes accommodation in a single room and all meals.</p>
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For more information feel free to call Cynthia Johnson, 021 443 652