



## RETREAT PROGRAM

The AIMA Pre-Conference Retreat is a retreat like no other. The event aims to be organic and free flowing, allowing the time and space for participants to heal and rejuvenate in the beautiful Waitakere bush.

You will be guided by an experienced facilitator, who will encourage you to participate, contribute and play a core role in the flow of this retreat. Together we will create a space to heal and connect, allowing for new insights, sharing of wisdom and deeper connections.

The below program is a basic outline of what the structure will be, however, we'll allow for the group to direct the flow as necessary. The free form sessions allow for participants to continue with discussions on issues raised in the workshop, attend optional healing sessions (which may be pre-booked on arrival) join a group activity or take time out to make the most of the stunning grounds.

### WEDNESDAY 4<sup>th</sup> March 2020

From 6pm	Guests arrive and check in
6.30-6.45pm	Patricia Wylie (Retreat Coordinator) opening Karakia and Waiata
6.45-7.00pm	Dr. Tim Ewer (AIMA Vice President) to welcome all and run through housekeeping
7.00-8.00pm	DINNER
8.00-9.00pm	Dr. Jude Currivan ( <i>sponsored by the Ashton Wylie Charitable Trust</i> ) will lead an informal group activity



## THURSDAY 5<sup>th</sup> March 2020

7.00-8.30am	BREAKFAST
9.00-10.30am	<p><b>WORKSHOP: Living the Evolutionary Power of Unity with Dr. Jude Currivan</b></p> <p>From its beginning, not in the implied chaos of the big bang but as an exquisitely ordered and continuing Big Breath, leading edge science is now converging with universal wisdom teachings to reveal that our Universe exists and evolves as a unified entity - and a great thought rather than a great thing in the infinite mind of the Cosmos.</p> <p>Each of us is a co-creative microcosm of our Universe's innate and evolutionary intelligence – and with every thought, emotion, word and action, we contribute to the co-creation of the whole world.</p> <p>In this experiential workshop, we will explore how, individually and as a species, the universal impulse to evolve is now inviting us, rather than to continue to play out the 'illusion' of separation, to understand, experience and embody the awareness of such unity expressed through diversity. And we will attune with how we can each enter into the adventure of an ever-expanding and evolutionary relationship with the entire Cosmos.</p>
10.30-11.15am	MORNING TEA
11.15-1:00pm	<p><b>WORKSHOP: Conscious Connected Breathing with Patricia Wylie</b></p> <p>In this Breathwork workshop, Patricia Wylie MNZAB, will firstly give an understanding of the use of a breathing technique which gently supports an individual to clear blockages mentally, emotionally, physically and spiritually. These blockages ( suppressions) are generally stored in the subconscious and in the cellular memory of the body. By using the technique of Conscious Connected Breathing (CCB) to bring these to the surface, a person has an opportunity to reassess non-supportive belief systems. These are usually established prior to, or at birth and in early life experiences. The combination of the breath, creative thought and soul communication with significant others (from the past or present), can offer a person an opportunity to make life enhancing, integrated changes in their current reality. A more conscious approach to life may then be embraced. Following Patricia's introduction, there will be an opportunity to gently experience this breathing technique. This will occur in a group setting for approximately 15 mins only and it is intended there will be time to share and/or ask questions after the breathe.</p>
1.00-3.00pm	LUNCH
3.00-4.30pm	<p><b>WORKSHOP: The Ladder of Awareness - A developmental model linking spirit, mind and body with practical applications in healthcare with Dr. Morella Lascurain</b></p> <p>Imagine reality as a universe of infinite possibilities, with each individual's spiritual awareness acting as the filter that dictates their perceptions and experience of life. When people see through the red screen of old hurts, life consists of pain and anger. When floating in the bliss of new love, the world seems marvelous and harmonious. Each person's consciousness has the potential capacity to develop in a sequential manner, from the total dependency of an infant in a self-centred world, to a state of oneness characterised by communion with the whole universe. Each level of awareness is associated with typical challenges, behaviours, emotions and physical symptoms.</p> <p>The Ladder of Awareness is a practical and visual model that can offer clinicians a holistic Mind/Body/Spirit understanding of their patients' state. In healthcare practice, it promotes human understanding, facilitates communication and indicates the next step in the path of healing.</p>



4.30-5.00pm	AFTERNOON TEA
5.00-7.00pm	Free form session and/or Korean Qi Gong offered by Yewon Hwang
7.00-8.00pm	DINNER
8.00-9.00pm	Entertainment: Performance by Trilby Asgher – songwriter and musician

## FRIDAY 6<sup>th</sup> March 2020

7.00-8.30am	BREAKFAST
9.00-10.30am	<p><b>WORKSHOP: An experiential metaphor and practical approach to self-awareness through relationship with Graham Mead</b></p> <p>Relationship unfalteringly reveals the conditioning that forms our accumulated psyche, the governing force behind our repetitive behaviours and, possibly, physiological intransigence. It expresses the actual state of our inner being.</p> <p>How can we engage relationship consciously to reveal and support our internal healing and awakening? This workshop offers a practical, tactile metaphor for a novel approach to non-contrived, internally centred relational interaction.</p>
10.30-11.00am	MORNING TEA and check out of accommodation
11.00-12.30pm	Free form session with reiki healing sessions available
12.30-1.30pm	LUNCH
1.30-3.00pm	<p><b>WORKSHOP: A guide to opening our psycho-spiritual potential with Julia Ewer</b></p> <p>Together we will unfold an experiential realisation of our own deep energetic nature and look at a model for bringing about a more harmonious interaction and sense of well-being within ourselves and the world around us.</p> <p>The workshop will include practical meditations, interactive dialogue and a model of understanding of our psycho-energetic nature. We will practice skills of respectful enquiry and learn how to recognise patterns of relationship that have outlived their usefulness and need updating. It will also include techniques which can be used with patients on Monday to help facilitate their healing journey.</p>
3.00-3.30pm	AFTERNOON TEA
3.30-5.00pm	<b>SUMMARY AND CONCLUSION:</b> Dr. Jude Currivan will lead a synthesis circle and we will all reflect on what we have learned.
5.00pm	Retreat concludes

