



SomaPsych & JourneYin

are honoured to offer the

Nourish Your Nervous System Retreat

Reset, Restore & Rejuvenate

An educational & experiential retreat to develop practices for nervous system restoration and support.

August 10-11, 2024

@ Te Whenua Retreat, Queenstown

You are invited to join Amanda & Lauren for a Restorative Weekend Retreat.

This information pack will provide you with all the information about the weekend, but please know you can reach out to info@somapsych.org with any further questions.

The intention of this educational and experiential retreat is to approach your mind and body with the intention of helping to regulate, balance and restore your nervous system. We will spend time exploring the nervous system and stress responses so that you can practice regulation and resilience tools that you can take into your daily life. We will bring forward neuroscience, psychology, somatics and other teachings to help explain how the nervous system can be supported and what your personal practice can look like moving forward.

The workshops throughout the weekend are intentionally created spaces to guide individuals in an accessible and informed way to navigate, understand and learn about their internal world. We believe in walking alongside individuals as they build resiliency and agency to understand the workings of their own body and mind. Therefore this retreat includes a variety of different modalities, allowing us to become introspective and support ourselves from the inside out. We will explore embodied practices, nervous system support workshops and so much more. Whilst also exploring compassionate self-enquiry through journaling, poetry, and mindfulness. And so much more!! (Please refer to the workshop guide on page 6-7).

We know each person's practice and experience are truly unique and you are your own best guide. We incorporate a mental wellbeing perspective that centres invitation, choice, and curiosity so each person can explore in a truly empowered way.

This immersive retreat is designed for anyone and everyone, no previous experience, knowledge, or practice is necessary - we will all be learning, exploring, and experiencing together but in very different and personal ways.

Venue Location

This immersion will be held at Te Whenua Retreat Centre, Queenstown -

[View Website Here](#)

[View Instagram Here](#)

Te Whenua Retreat is located in Gibbston Valley, just 20 minutes from Queenstown airport, 25 minutes from Cromwell and 55 minutes from Wanaka, in Otago, Aotearoa.

Te Whenua is a peaceful & transformative retreat centre that provides a deeply nurturing space to rest & re-focus. If you are looking to calm the mind, awaken the heart, and be inspired by time-honoured spiritual & wellness practises, then a stay here will support you.

Te Whenua provides comfortable and spacious private accommodation, nourishing 'heart-to-table' plant-focused meals, a purposefully designed yoga & meditation space, plus the precious opportunity to slow down and re-attune to nature. The result is greater focus, joyful connection, and an awakening of your own intuitive wisdom & healing abilities.

Catering

Provided: Morning tea break + snack, then a buffet style plant-based lunch (always seasonal and varied), plus an afternoon warm drink.

Your retreat chef, Jenny, began working as a chef in a Buddhist centre in London, as a way to have daily access to the dharma (Buddhist teachings). Over the next decade, she worked her way to Aotearoa, cooking almost exclusively in retreat centres, soaking up spiritual and wellness practises and improving her cooking skills with every new season. Most recently she was the Head Chef At Aro-Ha Wellness Retreat (2017-2020) and now cooks for the retreats at Te Whenua which she co-owns with a friend!



Accommodation

For those who are not located in Queenstown or the surrounding area, the retreat centre has a small number of beautiful rooms available.

Once these rooms have been filled, we recommend that guests find suitable accommodation nearby (please see suggestions below).

Kinross Winery

This location holds lovely cottages which are only a 5 minute walk away.

[View Here.](#)

Daily Schedule

Saturday 10th

9-10a	Welcome ceremony
10-11:30a	Nervous System Regulation & Tools
11:45-12:45p	Yin Yoga
12:45-2p	Lunch
2-3:30p	Guided Journaling & Poetry
4-5:30p	Embodied Practice

Sunday 11th

9am-10am	Somatic Dance
10-12pm	Thrive in Uncertainty & Challenge
12 - 1.30p	Lunch
1.30 - 2.30p	Cacao Circle & Reflections
2:30 - 3p	Nervous System Regulation Practice
3:30-4:30p	Yoga Nidra & Sound Journey
4:30-5:30p	Closing

Learn More About Your Educational & Experiential Workshops

Evidence-Based Practices and Tools

We will bring forward neuroscience, psychology, and other teachings to help explain how the nervous system can be supported and what your personal practice can look like moving forward. We will explore the science behind nervous system regulation and how resourcing can work in different situations. We will also practise various techniques for nervous system support to ensure a mind+body understanding.

Restorative Yin Yoga with Amanda & Lauren

Lauren & Amanda will both be offering on a gentle Restorative Yin yoga practice to dive into after lunch dinner each night and free time. This is a space to explore the power of rest and restore with the Yin yoga shapes for you to experience, learn and take home for your own private practice. Yin yoga is a slow, steady, passive practice that invites one into stillness.

Cacao Circle with Lauren

You will be offered an optional warm cup of Cacao to bring in balance, calm and clarity to support your nervous system, whilst taking time to reflect on your experience with the retreat so far. This is an opportunity to dive a little deeper into the wisdom, ancient history, nutritional benefits and adaptogenic properties of cacao that have been scientifically proven to support your ability to adapt to stress.

Somatic Dance by Lauren

Lauren will be offering the opportunity to explore free movement by gently Guiding inviting you on a journey of letting the music move you in any which way you feel. This is an opportunity to let your inhibitions go, to have fun and shake it out or simply... breathe and be still.

Embodied Practices with Amanda & Lauren

Each embodied practice will include elements of yin yoga, somatics, mindfulness, intuitive movement and nervous system regulation. This therapeutic approach to yin yoga enters nervous system support and regulation using somatic tools for rest and rejuvenation. We will explore how yin yoga can be a transformational tool for radical self-care and overall health and wellbeing.

Nervous System Regulation & Tools with Amanda

In this session, we will discuss the nervous system, its functions, how it can be impacted by daily experiences and also some effective tools and practices that you can use regularly to restore and revitalise it.

Nervous System Regulation Practice with Amanda

Here we practice tools and techniques that are scientifically proven to support resilience, nervous system regulation, and overall health, longevity, and wellbeing. By weaving together mindfulness, vagus nerve stimulation and somatics, we will experience the power and transformative effects of presence, movement, and interoception (sensing internal signals from your body). This is a fundamental tool in nervous system care moving forward.

Thrive in Uncertainty with Amanda

Dealing with uncertainty can be difficult, overwhelming and stressful - yet the only certainty in life is uncertainty. In this workshop, we'll unpack different types of uncertainty and how we can work with our nervous systems to overcome it. The long, passive holds in yin are the perfect opportunity to practice somatic tools for increasing our capacity to hold and process big emotions and experiences. We'll explore healthy ways to manage uncertainty and find ways to overcome it by building our tolerance for discomfort

Journaling & Poetry with Lauren

Inviting you to explore the power of a guided journaling & poetry practice like no other offering a deep dive into compassionate self-enquiry. We will weave this together with poetry; an incredibly powerful form of expression, offering the opportunity to bring forward the truest version of ourselves. In this workshop you will be invited to explore poetry in a way like never before, there are no rigid rules, no need to share or compete, just a moment to allow what is there to free flow onto the page.

Is this retreat right for you?

This is an **educational & experiential** retreat that promotes self & collective healing through experiential, embodied, and collaborative experiences and learning. The retreat will hold components of self-reflection & personal healing with an emphasis on nervous system restoration and support. However, this retreat does not replace the need for therapy or medical treatment and cannot provide students with in-depth 1:1 support if you have or are experiencing trauma or mental health conditions.

If you feel that at present you require more support and emotional regulation tools before attending this training, please see our 10HR Nervous System Regulation Online Workshop.

If you require 1-1 support for trauma restoration, please seek support from a licensed professional.



Retreat Facilitators



Amanda Hanna Director of SomaPsych

TCTSY-F, E-RYT, YACEP, Yoga Nidra Trained, Certified Mindfulness & Meditation Teacher Trainer, Certified Holistic Nutritionist
BA Psych Major Socio minor, MA Psych Student

Amanda holds over 1000 hours of Yoga, Anatomy & Physiology Training as well as extensive training and experience in holistic nutrition, meditation, mindfulness neuroscience, and somatics allowing her to develop a style unique to her. She is also a qualified Yoga Nidra teacher in the Satyananda tradition. Amanda holds over 500 hours in trauma-informed trainings, including social justice and inclusivity. She has a Bachelor's majoring in Psychology and minoring in Sociology and holds regular Yin Yoga Teacher Trainings as well as 20-300hr Trauma Informed Facilitator Trainings. Every space - be it retreats, workshops, trainings, or other sessions - holds trauma-informed facilitation, neuroscience and mindfulness at its heart for empowered self-regulation.



Lauren Albans Founder of JourneyYin

Lauren successfully completed SomaPsychs Trauma-informed 100-hour Yin yoga teacher training in 2021 and an additional 40hrs of trauma informed facilitation training in 2022. Complemented by extensive training in various somatic practices such as Sound healing, Cacao circles, Laughter yoga, and Shaking medicine facilitation. Lauren creatively weaves in the power of contemplation through compassionate journaling, poetry and vision boards. She went on to found JourneYin, a platform where she could incorporate all her offerings to the local community, including Myofascial release massage and reiki. Her passion lies in seamlessly integrating these embodied modalities to create supportive spaces, foster community connections, invite opportunities for individuals to regulate their nervous systems, to encourage the discovery of personal empowerment and equilibrium.

Currently, she is progressing towards completing her 200 hours of SomaPsychs Embodied practices, social justice and system change trauma-informed modules and her Somatic dance/DJ teacher training by mid 2024.

Investment

Payment plans are available through the website. Should you wish to set up a different payment plan, please email Emily at info@somapsych.org.

Payment plans are a binding contract between you, SomaPsych & JourneYin.

The pricing is inclusive of catering, all workshops and cacao.
Accommodation is not included.

Price for two day retreat: \$660

[—> REGISTER HERE](#)

Please email the team for any further questions or inquiries -
info@somapsych.org

We look forward to sharing this experience with you!

Be Well & Live Loud,

Amanda & Lauren

www.journeyinnz.com | Instagram; [journey.yin](https://www.instagram.com/journey.yin)

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