



**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.

November 6-10, 2024

@ Mana Retreat Centre, Coromandel, Aotearoa

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You are invited to join Amanda & Lauren for a Restorative 5 Day 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](mailto: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. (Please refer to the workshop guide on page 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 Mana Retreat Centre, Manaia, Waikato.

### **[View Mana Retreat Centre Here](#)**

Set on 360 acres nestled in the bush-covered rangers of the Coromandel with expansive sea views, Mana Retreat Centre is a sanctuary away from the hustle and bustle of the world. Here you can rest into the natural surroundings and discover re-creation in a way that supports your well-being.



Climb the mountain summit or settle into the gentle sway of a hammock. Treat yourself to a massage or sauna – or wander to the Sanctuary where you can walk the labyrinth to the centre of your Self.

## Catering

Mana provides three Vegetarian meals per day. Their kai is organic, seasonal and local produce wherever possible.

Mana is dedicated to offering New Zealand sourced grains and produce, and to offering plant based, balanced, nutritious meals. All meals are garnished with edible flowers from the gardens!



## Accommodation

For a further breakdown of pricing for each accommodation option, please refer to the investment section on page 14.

- Twin share rooms with towels and bedding
- Limited single rooms with towels and bedding in the main centre
- Limited double rooms for couples with towels and bedding
- Shared bathroom facilities
- Disability bedroom & bathroom in the main centre
- \* Camping and campervan sites (non powered)

## Daily Schedule

### Wednesday 6th

<b>4 - 4.30p</b>	Arrive and settle
<b>4.30 - 5.30p</b>	Welcome Ceremony
<b>5.30 - 7p</b>	Dinner
<b>7 - 8p</b>	Yin & Restore Practice

### Thursday 7th

<b>8 - 9a</b>	Embodied practice
<b>9 - 10.30a</b>	Breakfast
<b>10.30 - 12p</b>	Nervous System Regulation & Tools
<b>12 - 1.30p</b>	Lunch
<b>1.30 - 2.30p</b>	Nature Meditation
<b>3 - 4.30p</b>	Guided Journaling & Poetry
<b>5 - 6.30p</b>	Dinner
<b>6.30 - 7.30p</b>	Yin & Restore Practice

### Friday 8th

<b>8 - 9a</b>	Embodied Practice
<b>9 - 10.30a</b>	Breakfast
<b>10.30 - 12p</b>	Thrive in Uncertainty & Challenge
<b>12 - 1.30p</b>	Lunch
<b>1.30 - 2.30p</b>	Sound Journey
<b>3 - 4.30p</b>	Mindfulness & Regulation
<b>5 - 6.30p</b>	Dinner
<b>6.30 - 7:30p</b>	Yin & Restore Practice

## Saturday 9th

<b>8 - 9a</b>	Embodied Practice
<b>9 - 10.30a</b>	Breakfast
<b>10.30 - 12p</b>	Integration Practice
<b>12 - 1.30p</b>	Lunch
<b>1.30 - 3.30p</b>	Vision Board
<b>4 - 5p</b>	Embodied Practice
<b>5 - 6.30p</b>	Dinner
<b>6.30 - 7.30p</b>	Yoga Nidra with Sound Bath

## Sunday 10th

<b>8 - 9a</b>	Embodied practice
<b>9 - 10a</b>	Breakfast
<b>10 - 11.30a</b>	Sustainable Personal Practice
<b>11.30 - 1p</b>	Lunch
<b>1 - 2.30p</b>	Closing Ceremony with Cacao & Reflections

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## **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 a warm cup of Cacao to bring in balance, calm and clarity to support your exploration. This is also an opportunity to dive a little deeper into the wisdom of cacao and how you can integrate Cacao into your life as a nourishing plant food for body, mind & soul.

## **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.

## **Somatic Dance & live DJing Guided 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.

## **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.

## **Mindfulness & Regulation with Amanda**

Here we explore tools and techniques that are scientifically proven to support resilience, nervous system regulation, and overall health, longevity, and wellbeing. By weaving together mindfulness 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.

## **Vision Board Workshop with Lauren**

Vision boarding is an opportunity to allow your creativity to unfold before you. Taking images and words that resonate with you to pull together an image of what's showing up for you on the inside and piecing it together quite literally on the outside for you to keep as a reminder of your goals, inspirations, and maybe subconscious aspirations or simply a reminder of all that you are.

## **Sustainable Personal Practice with Amanda**

We'll look at how it is you take the feeling of retreat back into whatever your daily life and routine look like. This session helps you explore how to design and engage in a sustainable, enjoyable, and truly cup-filling personal practice that works for you and your lifestyle.

## 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.

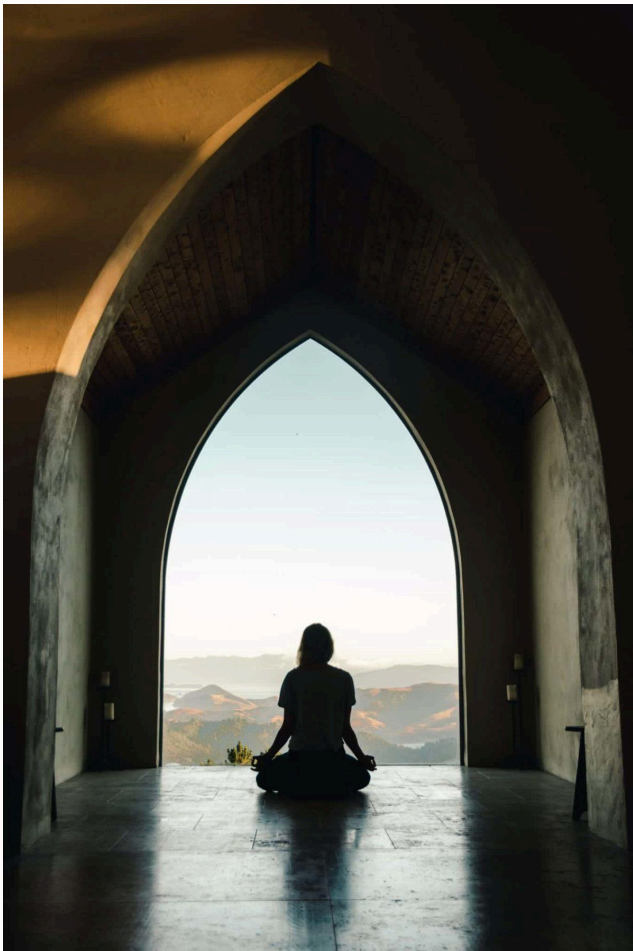
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### Is this retreat right for you?

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](mailto:info@somapsych.org).

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

The tiered pricing is inclusive of accommodation, catering, all workshops and cacao.

**Shared room (shared bathroom): \$1,530**

**Shared room (with ensuite): \$1,597**

**Private room (shared bathroom): \$1,670**

**Private room (with ensuite): \$1,760**

**Camping (shared bathroom): \$1,300**

**Commuting: \$1,215**

**—> REGISTER HERE**

**\*\*All registrations should be made through Mana Retreat Centre via the link above.**

Please email the team for any further questions or inquiries -  
**[info@somapsych.org](mailto:info@somapsych.org)**

We look forward to sharing this experience with you!

Be Well & Live Loud,

Amanda & Lauren

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

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