



SomaPsych & JourneYin

are honoured to offer the

Nourish & Restore Retreat

January 18-22, 2024

@ Strathean Retreat Centre, Kāpiti Coast

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 retreat is to approach your mind and body with the intention of helping to regulate, balance and restore your nervous system. We'll be using the essence of yin yoga which is slow, passive, yielding and introspective. By using the guiding principles of yin and weaving in somatic tools to help support your nervous system, we're creating space for you to explore your own practice from the inside out and learn practical tools you can take off the mat and into life for a more calm and balanced approach to the demands of today's world. Yin and Somatics by nature are restorative and we take that to heart on this retreat. 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 retreat is quite literally all about *you*. Throughout this educational and experiential retreat, we will spend time exploring the nervous system and stress response so that you can practice regulation and resilience tools that you can take into your daily life. Each yin and somatic practice will focus on different aspects of physical, mental, and emotional health so that you come out the other side not only feeling nourished and restored but also have practical sustainable tools to use moving forward. The world moves fast and we are constantly faced with challenges and uncertainty. This takes an exhausting toll on our nervous system and this immersion is all about setting you up to be your own self-care expert.

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 Strathean Retreat Centre in the Kāpiti Coast - [**View Website Here**](#)

Located on the Kapiti Coast, just an hour outside of Wellington, Strathean Retreat Centre offers high-quality accommodation for spiritual, creative and personal development retreats. Surrounded by tortora forest and countryside, this 10-acre retreat center with an orchard and beautiful vege garden, is a tranquil delight for guests to wander in throughout the weekend. The retreat center offers guests the space within nature to be slow, introspective and reflective, enhancing our practice of yin yoga.

Our daily practice will take place within the Yoga Sanctuary, a beautiful space with a fire that looks out upon the totara trees. We will commune for breakfast, lunch and dinner in a spacious dining room that opens out onto a deck.

Catering

Be nourished by fresh, seasonal whole foods made with love and care to support your body and mind during this time. Catering will be predominantly plant-based, gluten-free, refined sugar-free and organic where possible. Our retreat chef, Marcel, has worked in fine dining and Michelin Star Restaurants in Berlin. Marcel now focuses on sourcing sustainable, local and organic products when possible.



Accommodation

All guests will stay in the main house called Anahata. It has a large living room (7m x 6.5m) with a fireplace and a small library which is ideal for holding workshops. It also has a fully equipped kitchen and a spacious dining room that opens to a deck. There are also toilets, showers, baths and laundry in *Anahata*.

Guests will be able to choose from either a **single room** or a **shared room** (the shared room is spacious with two single beds). Pricing for the retreat will depend on which room the guest decides to choose. Rooms are allocated on a first come first serve basis. See tiered pricing options below.



Daily Schedule

Thursday

4 - 4.30p	Arrive and settle
4.30 - 5.30p	Welcome Ceremony
5.30 - 7p	Dinner
7 - 8.30p	Yin & Restore Practice

Friday

8 - 9a	Somatic Dance
9 - 10.30a	Breakfast
10.30 - 12p	Thrive in Uncertainty & Challenge
12 - 1.30p	Lunch
1.30 - 2.30p	Nature Meditation
3 - 4.30p	Guided Journaling
5 - 6.30p	Dinner
6.30 - 8p	Yin & Restore Practice

Saturday

8 - 9a	Embodied Practice
9 - 10.30a	Breakfast
10.30 - 12p	Nervous System Regulation & Tools
12 - 1.30p	Lunch
1.30 - 2.30p	Sound Journey
3 - 4.30p	Mindfulness & Regulation
5 - 6.30p	Dinner
6.30 - 8p	Yin & Restore Practice

Sunday

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

Monday

8 - 9a	Yin Yoga
9 - 10.30a	Breakfast
10.30 - 12p	Sustainable Personal Practice
12 - 1.30p	Lunch
1.30 - 3.30p	Closing Ceremony with Cacao & Reflections

Learn More 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 practice various techniques for nervous system support to ensure a mind+body understanding.

Yin & Restore + Cacao & Intention Setting with Lauren

Inviting you into a space to create intentions for the start of your retreat and goals going forward after your retreat. 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

Each embodied practice will include elements of yin yoga, somatics mindfulness, 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.

Free Movement & Somatic Dance Guided by Lauren

Lauren will be offering the opportunity to explore free movement by gently guiding 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.

Nighttime Yoga Nidra & Sound Bowl Journey with Lauren

Before bedtime, we will create an opportunity each evening to gather together with a guided yoga Nidra or gentle sound bowl journey on alternating nights.

Restorative Yin Yoga with Lauren

Lauren will be offering a gentle Yin yoga practice to dive into after lunch 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.

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.

Yin Yoga & Somatics with Amanda

Yin yoga is a slow, steady, passive practice that invites one into stillness, curiosity, and exploration. Somatics is the practice of using the mind+body connection to explore your internal self and listen to and honour signals your body sends. By weaving these practices together we create space for personal reflection, growth, and transformation through a mind+body approach.

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 & Poetry 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. 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.

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.



Retreat Facilitators



Amanda Hanna Director of SomaPsych
TCTSY-F, E-RYT, YACEP, Certified Mindfulness &
Meditation Teacher Trainer, Certified Holistic Nutritionist
BA Psych, MA Psych Student

Amanda holds over 1000 hours in Yoga, Anatomy & Physiology Training as well as extensive training and experience in holistic nutrition, meditation, mindfulness neuroscience, and energetics allowing her to develop a style unique to her. She is a registered Psychology student and holds regular Yin Yoga Teacher Trainings with a large focus on trauma-informed facilitation, neuroscience and mindfulness. Amanda holds over 500 hours in trauma-informed trainings, including social justice and inclusivity.

“There is no other space I know of that asks us to sacredly and vulnerably hold the physical, psychological, emotional, physiological and spiritual experience of another human. It is our duty to do so with knowledge and science alongside compassion and heart. This training brings all of these elements together to help facilitators think critically and creatively in every moment and be responsive to the needs of each and every human they walk alongside.”



Lauren Albans Founder of JourneyYin

Lauren completed Amanda Hanna's Trauma-informed Yin yoga teacher training in 2021 alongside training in sound healing and Cacao facilitation. She is passionate about bringing these modalities together to create safer spaces to connect communities in learning and experiencing opportunities to regulate their nervous system and to be empowered to discover equilibrium however that looks and feels to each individual. Lauren loves to weave in the power of contemplation through compassionate journaling and self-enquiry.



Marcel Bornschein - Retreat Chef

"My name is Marcel and I'm 42 years young. Originally I come from Germany, but I've lived in Hawke's Bay, together with my partner since 2017. My training as a chef goes back to 2004, and before I came here to New Zealand, I worked in fine dining and Michelin Star Restaurants in Berlin. My focus on cooking since then has evolved and shifted.

I chose to work in restaurants, which focus on sourcing sustainable, local and organic products when possible. For example, after working at the Lodge at the Farm at Cape Kidnappers, I was the Senior Sous Chef in the Central Fire Station Bistro in Napier for 3 years.

I am now focused on private dining events and functions, in addition to learning to build tiny houses. I love the variety this brings.

I have practised yoga for many years and nowadays mostly every morning before work but my absolute passion is surfing. It's the most magical experience for me to be so close to the elements, focused and aware but also calm and patient at the same time. The ocean is a great teacher."

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

Tier 1 - Private Single Room: **\$1,550**

Tier 2 - Shared Room (two single beds in a shared room): **\$1,450**

—> 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,

Lauren & Amanda

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

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