



BALI RETREAT

Mindful Connection



Marg Pontin is a leader, consultant and parent, and one of only ten certified CNVC trainers in Australia. Marg has been sharing the principles of Nonviolent Communication (NVC) with organisations, communities, families and individuals in Western Australia and overseas for the past decade.



CERTIFIED TRAINER



Louise Pontin has a Masters degree in Clinical Exercise Physiology. Her passion for health, movement and the human body led her to specialise in movement for mood and wellbeing. She has also trained in NVC and has conducted community workshops in Mindfulness and Self-Compassion.

Are you looking for rest, reflection and restoration? Marg (Talk Your Peace) and Louise (The Mind Movement) invite you to join them on a week-long Mindful Connection course in the leafy and serene Sama's Cottages in Ubud, Bali in April 2016.

Based on the principles of Nonviolent Communication (NVC) and mindfulness, Marg and Louise will create an experience to realign your whole being: mind, heart and body. Your days at the retreat will be a nurturing rhythm of applied NVC, gentle exercise and mindfulness sessions. There will be plenty of healthy food and time for leisure and rest.

You will return home refreshed, and equipped with the practice and skills of mindful presence, conversation and connection.

Who is it for?

Mindful Connection is for leaders, teachers, health and community workers, those in positions of responsibility in business or in home life. Anyone who wants to improve their communication skills and stay grounded in the midst of their everyday life will benefit from the Mindful Connection course.

When and where is it?

You will stay on-site at the retreat venue at Sama's Cottages, Jalan Bisma, Ubud. Ubud is about a 90-minute drive from Bali's airport. Sama's is only 10 minutes on foot from Ubud's centre. You will arrive in the afternoon on Monday 11 April 2016 for a 5pm start, and leave at noon on Sunday 17 April.



It's all about connection!

A day at your Mindful Connection retreat...

- 7.30—8.30am** Fresh breakfast brought to your cottage
- 9—1pm** Morning skills session: Mindfulness, movement and NVC
- 1—2pm** Lunch provided at Sama's
- 2—5.30pm** Rest and reflection, in-house massage
- 5.30—6.30pm** Evening NVC recap, Q&A or mindful movement
- 7.30pm** Dinner at Sama's or explore dinner options in town

Participants said...

“*Marg’s sessions were dense and rich and gave me enough ‘food’ to last a lifetime.*”

“*I think Louise is the most accomplished listener I have ever met.*”

“*Louise’s brain and body mix is a force to reckon with.*”

“*Marg, your caring was everywhere. It has been an honour to be in your course.*”

What does it cost?

Full accommodation and tuition costs \$AUD1725 per person (\$AUD1625 earlybird price; twin or double prices may be packaged on request).

What is included in the price?

- Airport transfers from Denpasar to the accommodation
- Daily breakfast brought to your cottage
- Daily lunch at Sama’s
- Evening meal on first and last nights
- Your own garden cottage with double bed and en-suite for six nights
- Complimentary 30-minute foot and body massage (more available at your own expense)
- 20 hours of NVC tuition and practice sessions plus your own workbook to take home
- Daily guided mindful movement sessions



Participants will need to purchase their own flights and travel insurance.

How do I register?

A \$300 deposit (non-refundable) will secure your place. There is a maximum of 14 participants.

EARLYBIRD OFFER: Complete full payment of \$AUD1625 by 10 January 2016.

After 10 January 2016, complete full payment of \$AUD1725.

Make your payments through www.trybooking.com/JGCL. When we receive your payment, we will email you a registration form.

For more details, email: louise.pontin@gmail.com or phone 0423 124 485 (Australian number; international call +61 423 124 485).

[Cancellation policy: If you cancel before 10 January 2016, you will receive a 50% refund of your payment. We are unable to refund payments after 10 January 2016. You can transfer your place to another person at no extra cost.]

