We are delighted to have you attend the practice's next wellness retreat. This will take place at 3 Constable Street, Gingin, on Saturday 22nd February, arriving from 9.45am for a 10am start. Finishing 2.00pm.

Please advise Una of any dietary requirements that need to be accommodated in the light meal that will be provided.

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Please inform Una of any significant mobility issues, so that Kelly is aware of these prior to the yoga workshop.

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If you could please bring a yoga mat and cushion which you find comfortable along, that would be appreciated. If you need to have either of these provided please let Una know.

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Please read and sign below the following statements. Please return this form via email and make payment of $150. Payment can be made to Water Under Counselling, 633000, 206308405. Full payment is required before 19/02/25. Places are transferable, however refunds are not available.

Retreat Disclaimer:

I recognise that my, and others, decision to avail of the space is a personal choice. I will respect others' privacy and confidentiality.

Signed _____ Date _____

I understand that I am not participating in therapy whilst availing of this workshop. I acknowledge that I am responsible for my own physical and emotional wellbeing whilst attending.

Signed _____ Date _____

These retreats will be offered on an ongoing basis, bimonthly. The content will vary, however it shall always be centred on holistic care and wellbeing. Please share any topics or themes that you are interested in future events including.

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If you would like to be notified of these events via a monthly newsletter, which will include mental health material and promotional discounts, please provide your email address.

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If you feel that emotions or experiences have surfaced during the workshops time of stillness and reflection, be gentle with yourself. If you feel like you would like to explore these with further support please speak with Una regarding session's and availability.