

NZAB Gathering Retreat – 8 to 10 September 2023

Venue: **Bella Rakha Retreat Centre – 581 West Coast Rd, Oratia, Auckland 0604**

NZAB Gathering Retreat Administrator: conferencenzab@gmail.com

THEME: OUR CHANGING WORLD

PROGRAMME PRESENTATION OVERVIEW

At 5 August 2023 – subject to change if need be

NZAB Members Co-ordinating A Breathwork Group Discussion “PAST, PRESENT & FUTURE” Considering the Gathering Retreat Theme OUR CHANGING WORLD



Participants will be invited to share how Breathwork has assisted them:

- ~ To release aspects of their PAST that didn't serve them & others in their life.
- ~ To bring into the PRESENT what does serve them and others in their life.
- ~ To offer the potential of well-being for self and others in the FUTURE.

Robin Woodsford

Registered Breathwork Practitioner MNZAB

Workshop

“TRE® - TENSION AND TRAUMA RELEASING EXERCISES”



Robin will present the concepts & history of TRE® & take participants through the theory & the process. The workshop will offer a series of gentle stretching exercises designed to open the body up to releasing stress/tension that may have accumulated as the result of difficult or traumatic life experiences.

Colin P. Sisson

Founder of Breath Integration and co-founder of Integrative Presence. International Speaker & Author

Presentation

“HEALING & SELF REALISATION THROUGH THE POWER OF OUR CHANGING WORLD”



Colin will offer insights into the dynamics of our changing world & some suggestions towards our passage through, with ease & elegance, leading to joy, love & inner freedom. It was once said that the most constant thing in life is change. He feels that the greatest change for humans, is through the expansion of consciousness.

Patricia Prema Wylie

Registered Breathwork Practitioner MNZAB
Strong interest in Spiritual Psychology

Soul Yoga Session

“AN INNER-GUIDED MOVEMENT, BREATHING MEDITATION SESSION, INVOKED BY MUSIC”



Patricia's Soul Yoga morning session will offer participants an opportunity to see/feel into their bodies to observe energy blockages that are requiring attention. Patricia practiced Soul Yoga 1990 - 1994. She utilises the concepts & awarenesses with clients, when they are breathing in a face-to-face session.

Kathy Guidi

Certified Shamanic Breathwork Facilitator
Kaitiaki of Birdsong Retreat & Sanctuary, Banks Peninsula

Session

SHAMANIC BREATHWORK EXPERIENCE



Kathy's session will utilise the dynamic breathing process of conscious connected breathing, along with chakra attuned music. You will be guided on a journey where you can drop deep & tune in to your inner wisdom & achieve an altered state of consciousness. The session will finish with sharing and Q&A.

Trilby Asgher

Folk Singer and Songwriter

Saturday night music

MUSICAL PERFORMANCE BY TRILBY



Trilby is a musically talented, local resident of Oratia. She has played guitar since she was a teenager, but only in the last 15yrs has she written songs. She will be performing a handful of the 60 + songs she has written to date, for us all. Fireside entertainment in the Main Hall, on Saturday night.

NZAB Gathering Retreat Forum

Join with the Gathering Retreat Planning Team to discuss:

The Future of Breathwork; NZAB Membership Options; Training Options & other NZAB topics

Planning Team: Patricia Prema Wylie, Linda Light, Liz Heart, Robin Woodsford

