

# Fill up My Cup

## JOURNEY OF SELF-CARE 2021

Monthly mini retreats to attend to your self-care.

*“Resilience is about how you recharge, not about how you endure.”*

SHAWN ACHOR, HARVARD BUSINESS REVIEW, 24 JUNE 2016

### FILL UP MY CUP

So often you've 'filled up your cup' only to have poured its contents into situations around you. Then, you're left with an empty cup, with nothing left for you – again!

The Fill up My Cup Series consists of 3 x ½ day mini retreats for you to relax and recharge for one afternoon each month by:

- Working the stress-knots out of the body with a bit of gentle, mindful movement,
- Breathing deeply and easily and,
- Settling into the sweet territory of stillness with a delicious relaxation practice.

### EXPERIENCE

- Gentle mindful movement practices (a blend of Hatha Yoga + Qi Gong),
- Deep breathing exercises to calm the nervous system, and
- Guided meditation practice to relax the body and ease the mind.

Each mini retreat focuses on a different aspect of self-care:

- #1: The Four Pillars of Self-care
- #2: Stress + Anxiety: Signs, Symptoms + Calm an Anxiety Attack in less than 1 minute
- #3: Befriending Your Inner Critic with Mindful Compassion

### DETAILS:

1.30 PM – 5.30 PM

Elwood Angling Club (Elwood foreshore)

13 Feb / 13 March / 10 April

**INVESTMENT** – special introductory prices for this first series of 2021

**Full Access Pass: \$499 + GST + Booking Fee**

- 3 x 1/2 -day mini retreats (light refreshments)
- Weekly videos to help keep your self-care front of mind
- Workbook
- Community support
- A thought-provoking stress management book

**Single Retreat Access Pass (1 x Mini Retreat): \$259 + GST + Booking Fee**

- 1 x ½ day mini retreat (light refreshments)

### INFORMATION / REGISTRATION

Eventbrite: <https://bit.ly/3ltDWvo>

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