

# HEART & SOUL CARE BLOG

## HEALING RETREAT FOR WOMEN SURVIVING DOMESTIC VIOLENCE

Friday, 20th-23rd May, 2022

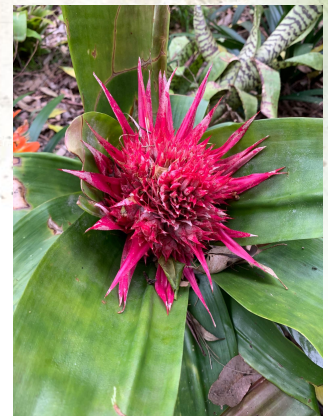
Heart & Soul Care Trauma Retreat programs provides the support and skills you need to recover and heal.



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Our fifth Heart & Soul Care Trauma Healing Retreat for survivors of Domestic Abuse was held on 20th-22nd May 2022.

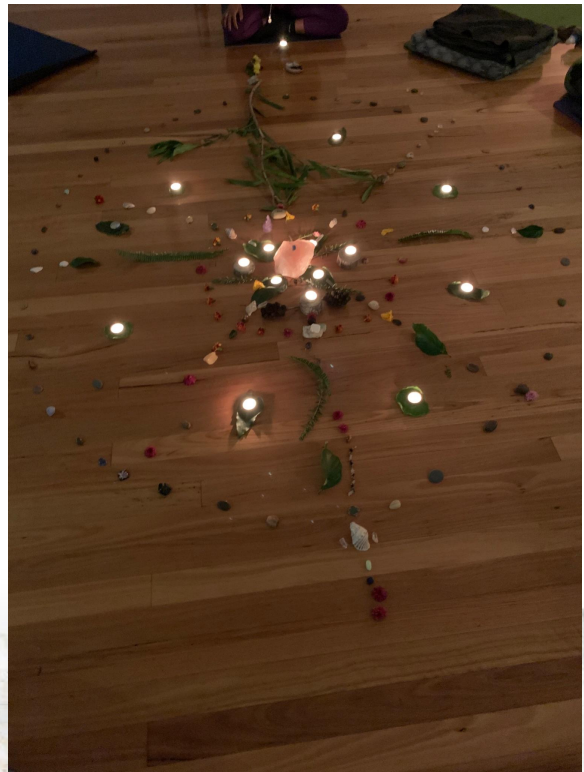
The March 2022 retreat was postponed due to the inclement Sydney weather..

The guests arrived during the afternoon, with Lacie resident and yoga teacher at Heart & Soul Retreats, greeting guests followed by an Opening Circle.

The guests were invited to create a Mandala, made from crystals, plants, candles, cards.



After dinner Georgina, resident at Govinda Valley, treated the guests with a crystal bowl sound healing, providing vibrational healing, helping to release energy and blockages within the body on an emotional, physical, mental and spiritual level.



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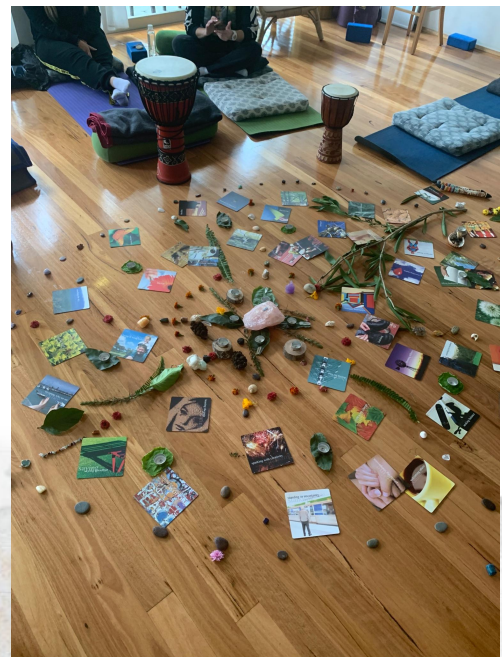
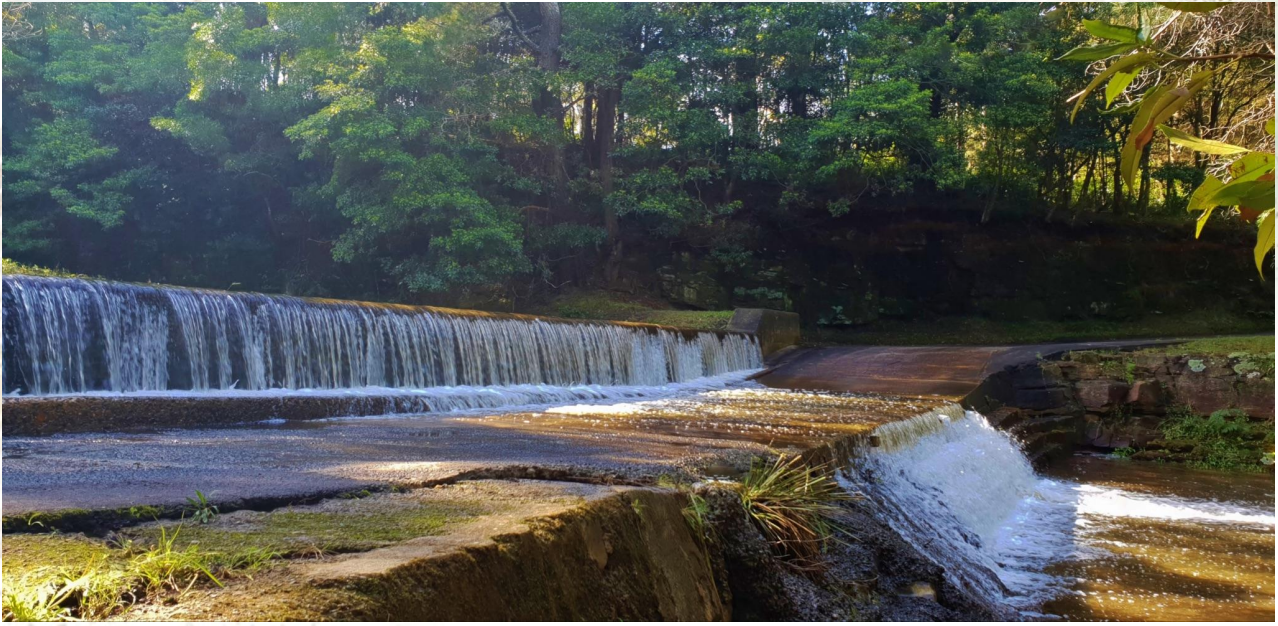
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On Saturday morning, Ro Simmons, Trauma Yoga Teacher/Clinical Psychologist, invited guests to a trauma-informed yoga class aiming to calm the nervous system and increase the mind-body connection as well as helping to calm the mind and regulate the physical responses and thus the emotions, regaining a feeling of safety inside the body.







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Pam gave an Energy Healing and Chakra Balancing session commencing with a summary of energy healing and how it assists in healing any aspect of our life.

The Tree rooting exercise was practical and a fun hands on session with tools to take home. As a self care exercise, the guests broke into pairs with each giving each other an energy sweep.





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Lyndel from Artemis Girl Nature Based Therapies, offered guests individual gentle sound, energy healings, using breathwork and nature energies, along with affirmations to regulate the nervous system and facilitate deep healing and help shift past traumas.

The feedback from Lyndel's sessions were outstanding and we look forward to having Lyndel return for future retreats.

Guests enjoyed learning crocheting and participated in art therapy while they waited for Lyndel's personal healings,









Shawnee Is a Clinical Psychotherapist who uses expressive art methods to reveal the natural path to healing. The guests were introduced to SoulCollage©, a fun and self-reflection method that uses collage to mirror back our inner wisdom.

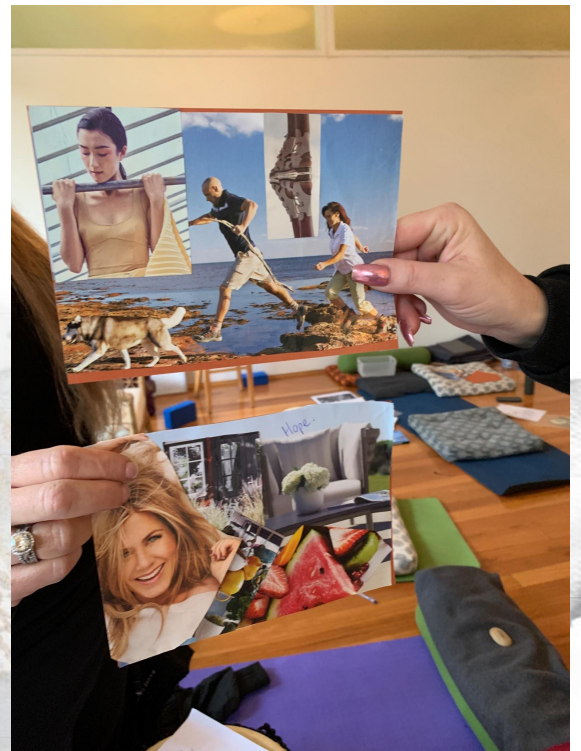




Following dinner, Louise and Fiona Johnson, the Sovereign Sisters, entertained guests with heart-opening and healing songs of feminine empowerment and connection with Divine Mother. The tender harmonies and vibrant guitar, offered guests a desire for deeper connection with their hearts and longing to feel the loving essence of the Divine Feminine.









Sunday morning Deborah, Tai Chi Master, gave a Tai Chi class, followed by Tash from the Yoga Impact Charity, giving a Trauma Healing Yoga class.

After breakfast, Moira facilitated yoga, meditation and art session.

This session included Dru Yoga, based on expanding the heart, followed by an art session based on exploring the visual sensations of color. The session finished with a beautiful guided relaxation meditation to settle and renew.











Artwork from Moira's art therapy session



Heart & Soul Care is a Not-For-Profit DGR (donor gift recipient) charity, advocating for holistic solutions in the support and Heart & Soul Care's sponsored "Healing Retreats for Women Surviving Domestic Abuse"



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