

Professional Wellness Retreats



Rest and Renew – Staff Wellness Retreats

Workplace Mental Health: What is the Issue?

<https://mentalhealthcommission.ca/what-we-do/workplace/>

“Workplaces can play an essential part in maintaining positive mental health. They can give people the opportunity to feel productive and be a strong contributor to employee wellbeing. Yet it can also be a stressful environment that contributes to the rise of mental health problems and illnesses. No workplace is immune from these risks and we cannot afford to limit our definition of occupational health and safety to only the physical.”

Our retreats are customized and created to meet the unique needs

of your organization's staff. They range from 4 to 6 hours and can accommodate up to 30 participants. The retreat includes traditional formal reflective practices, mindful movement, and mindful communication practices, as well as practical life strategies and skills that can be used in daily life. They can be offered at your location, if the space is available, or held off-site at a suitable venue.

Please feel free to contact us to learn more about scheduling a



Staff Wellness Retreat.

How Does a Guided Retreat Work?

A retreat provides a caring space to support staff in wellness by providing practical instruction for mindfulness in a shared community setting. Participants are guided in various mindfulness practices, with an opportunity to share experiences at the end of the retreat.

It is a valuable time for participants to reflect and connect with themselves and their colleagues, cultivating resilience and renewal, allowing awareness to expand, the body to quiet, the mind to clear, and an opening for insight to develop. It gives your staff a chance to take a break in the midst of challenging times, to renew their purpose and intention.

Sample 4-Hour Guided Retreat Schedule

Arriving/Check-in Practice
Welcome & Guidelines / Orientation
Kindness Breathing

Floor Mindful Movements
Body Scan
Open Awareness Practice
Mindful Lunch Practice
Standing Practice & Mountain Visualization
Walking Meditation Practice
Kindness Practice
Dissolving Silence
Closing poem