



Life Changing WellBeing & Transformational Retreat Becoming Your Greater Self as Leader & Lover for All

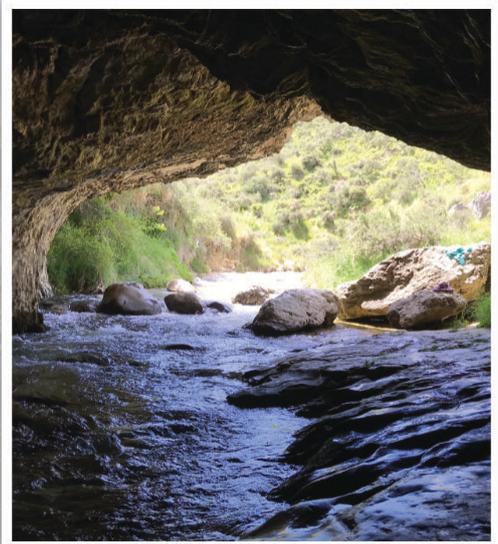
Join Us In the Magnificent & Mythological NZ Southern Alps Small Group Tour Easter April 9th - 14th 2020

Recreate Yourself and Life at the Birthplace of The Gods & Goddess & Centre of the Universe of Kura Tawhiti, the Megaliths and Temples of Castle Hill



Fully Invest in yourself & recreate your Whole Life & Future at the mountain temples of Kura Tawhiti - Castle Hill. Acclaimed by Dalai Lama as sacred land an Energetic 'Centre of the Universe'.

Mountains, stones, rivers, caves & valleys are recognised throughout history & human culture as ancient Universities of nature & places of Learning & Healing. Their 'enduring presence' evoking & igniting the imaginations & inspirations of the human body & spirit. Learn to soar & expand in nature's spellbinding revelations & delights.



Together we will journey Inner and Outer at this profound spiritual Centre. Through teachings & centering practises gathered over our lifetime, you will be guided to expand grow, deepen & integrate the fullness of your potential & aspirations. Staying at stunning Grasmere Lodge nestled in the Alps you will be immersed in aliveness & beauty everywhere.

Limited to 9 participants. All teachings , accommodation, meals - Cost \$3 200; Earlybird Feb 8th \$2 990.
For full Itinerary livingourfullness.com

Discover & Deepen Your Enduring Mountain Self

- ***Learn timeless wisdoms, intuitive knowings, meanings & truths present Everywhere, becoming re-inspired by the Best of Nature, Heights of Mountain & Depths of Valleys***
- ***Move from divisions and separateness to contact, connections & natural flow***
- ***Revitalise your inner home & environments - body, mind, heart & soul***
- ***Release patterns of relating, living & doing that no longer serve you Well***
- ***Learn to Integrate & Center, growing your inner strengths, capacity, resources & resilience***
- ***Become a Natural Leader & Lover – a Beacon of Light within and for Life***

***Contact Now Dr Loretta do Rozario & Sharon Mitchell
WellBeing Facilitators & Psychotherapists
Livingourfullness.com***



We Invite You To Sacred Gateways into WellBeing Retreat full details see Livingourfullness.com

Dr Loretta do Rozario

{B. Occ. Thy. (Qld. Uni.), M.Transp. Psych. (I. T. P. USA), PhD. (Qld. Uni.)}

For For For most of my life I have been a Seeker of Other Ways, the World of Psyche – inclusive of body, mind, heart and soul – called me. I pursued many ways, paths and training courses discovering that the Transpersonal & Integrated Life Practises made Holistic Sense of All and Everything, & created real & enduring Change.

Twenty-five years ago I created the Australian Transpersonal Institute & Association. This “Vehicle” for Change then evolved into Spirit Works Australia, an experiential Learning Space dedicated to fostering Optimal Leadership Capacities through integrating Higher Levels of Wholeness & Wellness in our lives, professions, workplaces & communities. In 2004 I felt called from the bustle of city life creating Tree Song Retreat in Denmark. This has been my home, a beautiful mountain and forest Temple Sanctuary. In these years I have been inspired to more deeply & practically learn about “The Road Less Travelled”, learning & deeply from being immersed in Nature and from All of Life, the Ordinary & Extraordinary. Tree Song offers a Spaciousness to learn to grow & fully Become. Each who come, are invited to evolve their 'Real Lives' and 'Greater Capacities & Story'.

Now as I savour my sixties, I am catapulted into the next stage of my Life's Whole Work – “Living Our Fullness”, offering innovative new & creative Ways to respond to the hunger of our modern life & the growing deadening & imprisonment of our Essential Aliveness & Spiritedness. With the Joy of being along side Sharon, I continue my lifelong passion in fostering Greater Leadership & Leaders, 'Helping the Helpers to Truly Help', & for each person no matter who they are, or where they are in their lives, Learning to go beyond their usual sameness & stuckness - to Stretch, Grow & ReCreate Self & Life Truly, Deeply, Fully, Naturally & Soulfully.

Sharon Mitchell

Sharon Mitchell {Dip Gen/Obs Nurse (Otago) BA.Hons Psych, M.Clin.Psych. (UWA), APA Board approved Principal Supervisor Clinical Psychology. Master Practitioner in Integral Wholeness Facilitation

At this most exciting Juncture of my Life now 56, and with the children grown, I am more Ready than ever before to bring My Self, my learnings and a lifelong passion for being immersed in Nature especially within my Birthing place of NZ, in living life Wholly and Well no matter what.

Throughout my life I have sought ways to nurture wellbeing and bring greater understanding, meaning and growth from whatever comes to our lives. For over 35 years my work with children and families has been in helping and healing with trauma, illness and dis-ease. The loss of my son in 2014 brought me to question all and everything. Beyond the 'fix-it' I came to know the 'Become it' and 'Live it' more fully and truly in embodied heart, mind, soul and relationships. Over the last six years in working closely with Loretta I have come to new ways of living and teaching. The greater story of our whole lives 'good or bad' are the gems and gifts that deepen expand and grow our capacity and Authentic Self.

In Living my Fullness I invite others to traverse what comes to their lives, and go beyond the everyday demands, messiness, pains and pressures to discover their truths and passions. Now in bringing the All to my life I can share these learnings, especially my passion for vocation and wellbeing. I have found to live what Truly Matters is when we come Alive to Life. I am deeply excited to offer our understandings in Becoming Fully Who We are and Can Be.



Dr Loretta do Rozario & Sharon Mitchell - WellBeing Facilitators & Psychotherapists
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