



## FOUR SEASONS OF WELLNESS RETREATS

Sustained Inquiry into Whole Person Health / Facilitated by Deirdre Breen, IHC, MYT, RMT

### Program Overview

THE FOUR SEASONS OF WELLNESS program is a custom series of four retreats and four health education and group coaching sessions designed to enhance health by improving self-knowledge and care.

Each retreat is four hours and includes yoga, mindfulness meditation, journal exercises, and walks through the garden and grounds of the Preserve. The four health education and coaching sessions are 90 minutes and cover the evidence-based Duke Integrative Medicine Personalized Health Planning process.

This combination of retreats and health planning experiences support an individual's inquiry throughout the year as they discover what health means to them and the actions needed to optimize their wellbeing. It is ideal for individuals who seek to discover the motivation to take care of themselves and create a lifestyle that nourishes their vision of wellbeing.

**Retreat Dates** 9:30 am - 1:30 pm

Fall.....Saturday, October 15, 2016

Winter .....Sunday, January 22, 2017

Spring.....Sunday, March 12, 2017

Summer .....Sunday, June 11, 2017



**Health Education & Integrative Coaching Sessions**

Late Fall .....Saturday, December 3, 9:30 - 11:00 am

Winter .....Saturday February 11, 9:30 - 11:00 am

Spring .....Saturday, April 29, 9:30 - 11:00 am

Summer.....Thursday, July 27, 7:00 - 8:30 pm

### Pricing & Registration

Please indicate the program(s) of your choice:

- Single Retreat: \$85
  - Fall  Winter  Spring  Summer
- Four Seasonal Retreats: \$300
- Four Health Education & Coaching Sessions: \$300
  - ▶ must register for all four sessions
  - ▶ reservations and pre-screening required
  - ▶ group limited to 18 participants
- Complete Four Seasons of Wellness Package: \$550
  - Four Retreats and Four Health Education Sessions
  - ▶ must register for all four sessions
  - ▶ reservations and prescreening required

Seasonal Retreats include a light lunch.  
Parking included.

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

My check for \$ \_\_\_\_\_ is enclosed. Please make check payable to: Sands Point Preserve Conservancy

Please bill my credit card \$ \_\_\_\_\_  MC  Visa  AMEX

Name on card if different than above \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

### About Deirdre Breen

Deirdre is a Duke Certified Integrative Health Coach and ISHTA Master Yoga and Meditation Teacher. She has trained with the leaders in health behavior change at Duke Integrative Medicine in North Carolina and with Alan Finger, founder of ISHTA Yoga. She has specialty training in Yoga Nidra, Mindful Yoga Therapy for PTSD, Ayurveda for Self-Healing, and is a Reiki Master Teacher. She has traveled to India on retreat with Yogiraj Mona Anand providing meditation and coaching. Her passions include teaching, writing, coaching, and working with integrative clinical experts to design self-care lifestyle programs for individuals with chronic illness.