



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 3-1/2 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 10 am - 1:30 pm
Fall.....Sunday, October 15, 2017
WinterSunday, January 7, 2018
Spring.....Sunday, March 4, 2018
SummerSunday, June 3, 2018



Health Education & Integrative Coaching Sessions
Fall.....Sunday, October 29, 2017 11 am-12:30 pm
WinterSunday, January 21, 2018 11 am-12:30 pm
Spring.....Sunday, March 18, 2018 11 am-12:30 pm
SummerThursday, July 21, 2018 7-8:30 pm

Pricing & Registration

Please indicate the program(s) of your choice:

- Single Retreat: \$85, includes light lunch
 - Fall Winter Spring Summer
- Four Seasonal Retreats: \$300
- Single Coaching Session: \$50
 - Fall Winter Spring Summer
- One Retreat & One Corresponding Coaching Session (pair): \$120
- Four Health Education & Coaching Sessions: \$185
 - ▶ must register for all four sessions
 - ▶ reservations are required
- Complete Four Seasons of Wellness Package: \$450
 - Four Retreats and Four Health Education Sessions
 - ▶ must register for all four sessions
 - ▶ reservations are required

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.