

Our 2021 Winter Retreat



**Balancing Mindfulness
and Self-Compassion**

June, Friday 25th to Sunday 27th

@ Old Joe's Kaia

Schoemanskloof- Mpumalanga

This retreat facilitated by Dr Lilian Cabiron, allows an opportunity for you to immerse in some of the key practices and exercises contained in the full 8 weeks Mindfulness Based Stress Reduction Program, as well as in the most essential practices of self-compassion.

Lilian focuses on creating a safe, supportive, and deeply engaging learning environment that allows participants to seek, explore, and inquire. For a long time now, she has experienced the transformative benefits of cultivating her own mindfulness and self-compassion practice and is her desire to bring these benefits to others.

The retreat aims to:

- Assist you in taking better care of yourself, enhancing your sense of well-being, learning how to develop skillful ways to negotiate physical challenges, difficult emotions and trying social interactions.
- Increase your awareness in a way that you can learn to live your life more fully.



The retreat is intended for

- Beginners who have never experienced mindfulness practices before.
- People who have had some form of mindfulness practice before and want to incorporate self-compassion practices.
- People who have completed a MBSR program and want to revitalize or deepen the practices.

What will you experience during this retreat?

- Guided sitting practices.
- Guided walking practices.
- Guided gentle stretches and mindful yoga.
- Guided reflections.
- Time to discuss and share, enhancing everyday life experience.
- Free time to rest, connect with nature and nurture yourself.
- Arguably the best vegan food in South Africa, if not in the whole continent!

What will you learn?

- Short and long practices to meet stress more effectively instead of falling into an automatic reaction that ultimately reassures more stress in the mid/long term.
- Skills to fine tune into your inner voice.
- How to start treating yourself as you would treat your best friend.

About the lodging facilities

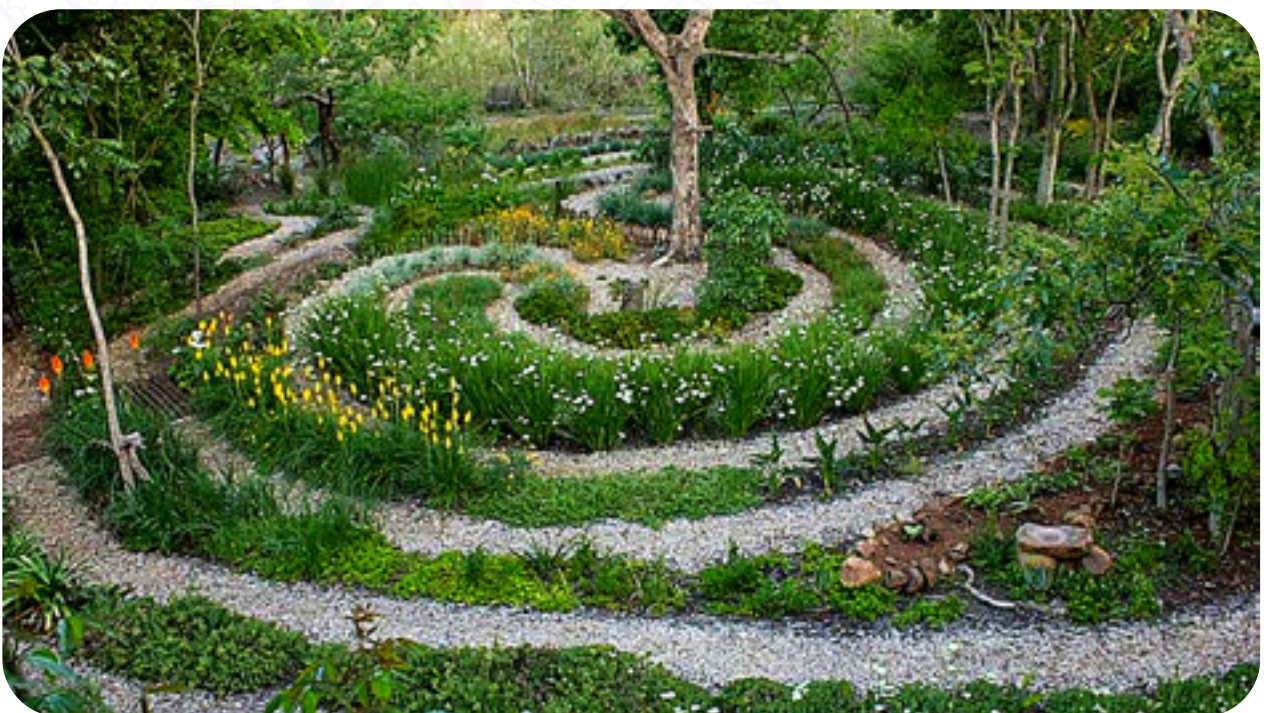
Old Joe's Kaia is a small haven situated only three-hour drive from Johannesburg in the scenic Schoemanskloof Valley in Mpumalanga, South Africa.



This unique place offers comfortable accommodation for guests in units that sleep 2.

All units are en suite with a private balcony. This country haven is a vegan establishment and therefore does not serve or use any animal products. Meals are healthy, nutritious and make for an exciting experience.

Old Joe's Kaia offers exquisite permaculture based gardens, a beautiful seven circuit natural Labyrinth, a ceremonial Olive Room, swimming pool, meeting room and a Travelers Lounge with books galore.



About the Facilitator

Dr Lilian Cabiron is a Certified Mindfulness Teacher, from the Stellenbosch University, with over ten years of experience in the practice.

She is a Psychiatrist, Psychoanalyst, Transformational Coach, Reiki Master and a lifelong meditator.

For more details about Lilian please visit

<https://drililiancabiron.com/my-story/>

