

Yoga, Meditation, Mindfulness Training & Retreat



Yoga, Meditation, Mindfulness Training & Retreat April 5th-8th, 2018

16 Contact Hours

Our Focus:

Experience the transformational practices of meditation, yoga, self-inquiry, present moment awareness, self-compassion, and noble silence along with their clinical applications in an ideal setting—the coastal hills nestled outside of San Luis Obispo, California (about one and half hours north of Santa Barbara).

This perfect location is ideal for deepening your learning of yoga, meditation and mindfulness as a clinical practice and personal practice. All levels are welcome, no yoga experience is necessary.

The meditation and yoga retreat/training is a rich exploration into practices which cultivate happiness and healing on deeper levels. We will follow a balanced schedule of gentle yoga movement, meditation, clinical teachings and group discussion, transformational practices, mindful eating of healthy organic food, walking meditation in nature, time for personal reflection, silence and deep rest.

We will journal our responses to inquiry questions, practice emotional regulation skills, learn to witness thoughts, calm our nervous systems, and experience inner quiet.

For more information or to register for this Yoga, Meditation, and Mindfulness training/retreat please visit Holisticpsychotherapytraining.com

\$150 discount when mentioning this brochure or NASW Conference

Ami Grace Quinn, LCSW

As your teacher, Holistic Psychotherapist Trainer and Neuro-Nutrient specialist, I have over fifteen years of clinical experience and training in hypnotherapy, energy psychology/meridian tapping, neuro-nutrient therapy, guided meditation, yoga therapy, and holistic health.

My passion for holistic healing began when I was in a healing crisis fifteen years ago and was prescribed medication. I had the deep desire to find alternatives to medication to heal my brain and body (despite what “conventional” medicine practitioners were telling me and my traditional education. Over a decade later, it is my pleasure and my passion to share this knowledge to help practitioners reach more people and help them break through stubborn mental health issues with holistic techniques and tools.

By adding Yoga, Meditation and Mindfulness technique training to your clinical practice, you will not only be taking the time out to nurture and heal your own spirit, but you will also be adding an in-demand modality which is evidence-based and helps with symptom reduction for common mental health disorders.

My Mission is Simply to Help More People



The Grace
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In this retreat/training, you will find peace, happiness and transformation.

Rejuvenate yourself and your healing abilities in this tranquil setting among the trees and coastal hills of California. Take a much needed time-out from your daily life and practice as a helping professional and nurture the relationship within, so that you return to your life fuller, with more peace and inner joy, completely mindful.

To ensure rejuvenation, there is plenty of time for walking, hiking, contemplation, and resting. The Sagrada Wellness Center in Santa Margarita offers an exquisite landscape with coastal wildflowers in the spring, walking and hiking paths, a pool/hot tub, and healthful and beautifully prepared vegetarian cuisine which is primarily gluten-free. Accommodations are simple, peaceful and in alignment with the eco-friendly atmosphere at Sagrada.

To see the beautiful Sagrada Wellness Center visit www.sagradawellness.com/gallery



Retreat Schedule April 5-8, 2018

Thursday

- 1:00 pm - 3:00 pm Arrival and check in
- 3:45 pm Orientation
- 4:45 pm Yoga
- 5:30 pm Introduction to Meditation
- 6:00 pm Dinner
- 7:00 pm Evening Meeting
- 8:30 pm Break
- 8:40 pm Meditation
- 9:00 pm Break for night/free time

Friday and Saturday

- 7:30 am Morning Meditation
- 8:00 am Breakfast
- 9:00 am Morning Session
- 11:00 am Yoga
- 12:00 pm Lunch
- 2:00 pm Transformative Practice
- 4:00 pm Break
- 4:30 pm Walking Meditation
- 5:30 pm Break
- 5:45 pm Dinner
- 7:00 pm Evening Session
- 8:30 pm Break
- 8:40 pm Meditation
- 9:00 pm Break for night

Sunday

- 7:30 am Meditation
- 8:00 am Breakfast
- 8:45 am Morning Session
- 10:30 am Break
- 10:45 am Contemplation and closing
- 12:00 noon Social Lunch

