

**Attention Teachers, Parents, Carers**

You Are Invited to join the ClearMinds four day  
**Restoration Break**

'Me Time' - The ultimate Gift....from You, to You

**28-31 August 2017**

including our unique Equine Led Wellbeing Day

**Feeling Stressed?**

**Finding work and/or your children are causing you overwhelm?**

**Want to learn how to step out of today and truly understand how to create your tomorrow?**

**Need a break and time just for you but keen to learn too?**

**Looking after YOU, is the first and most important step to enhancing the mental wellbeing of your children.**



**Tana Macpherson-Smith,**

Founder of **ClearMinds Education Limited**

**Invites you**

**to join us for our 4 day retreat to escape your busy daily lives and focus on wellbeing, relaxation and dynamic interactive learning!**

**Feeling Ruffled...?**

Life moves so fast these days that we rarely have time to stop and take stock. If we're feeling stressed, it's not just ourselves who are affected, but those around us too.

There is no doubt that our emotions and behaviours impact our relationship with our partners and our children. Without even realising how or why, our dealings with children can create life-long mental health issues for them.

On our **Restoration Break**, investing in a little 'me' time, is investing in your family as well.

After three days of relaxation, interactive workshops, holistic therapies and enjoying the company of like-minded individuals, you'll find you have a tool-kit of methods to get the best out of your relationships and children and the insight and skills to take your own life to the next level.

## We offer you this unique opportunity...

.....to de-stress, relax, unwind and recover your equilibrium,.....

...to find out who you truly are; what holds you back; how to step out of your identity and to Be, Do and Have whatever you want in your future

... to identify what causes stress, anxiety or anger in you and learn how to truly enhance the mental wellbeing of you, your partner and the children in your life

...to take home a powerful tool-kit to enhance communication, relations within the family and the emotional resilience and wellbeing of children in your life

...to have quality time away from the pressures of daily life - just for a moment... you know you deserve it!

## Join us at Trainquility, a luxury barn retreat near Sandy, Bedfordshire

**Places on this transformational Restoration Break are limited to a maximum of 15 guests so that we can give you our undivided attention throughout.**

### Book a Place...

If you are interested in this unique opportunity and would like to book a place on the **Restoration Break**, including the **Equine Led Wellbeing Day**, contact **Tana Macpherson-Smith** on **07710 479985** or email [tana@clearminds.org](mailto:tana@clearminds.org) for further information and a booking form.

### Take it to another level..

**Highly recommended is the Equine-led Wellbeing Day on 31st August.** We will introduce you to the **power of working with horses** for enhanced wellbeing, restorative mindfulness and an emotionally powerful drumming workshop. This day of impactful workshops will be held at at Trainquility and a local equestrian centre.

### Accommodation and Event Facility

**Trainquility** is a high spec training and event facility with beautiful accommodation and space to unwind. Based at the heart of the Bedfordshire countryside, it is just minutes from the A1.

Please note, guests share twin rooms with en-suite either on site at Trainquility (10 guests) or at a local additional accommodation. First to book will be offered accommodation on site. All food allergies/needs can be accommodated.

[www.clearminds.org](http://www.clearminds.org)

[www.trainquility.co.uk](http://www.trainquility.co.uk)

**Cost: £995 p.h.** All inclusive: Accommodation, meals, workshops, demonstrations, group and personal challenges and a range of healing, relaxing therapies to choose from; concluding with the Equine-led Wellbeing Day, to send you home fully restored and ready for all that life has in store for you.

## What is the Equine Led Wellbeing Day?

31st August 2017, 10am to 4pm

**De-stress. Rejuvenate. Re-charge. Take some time out for yourself.  
Sound Good?**

Our **'Wellbeing Day'** gives you the opportunity to connect with and understand what wellbeing really means for you.

You will have the chance to explore your own individual wellbeing needs through a mixture of learning, reflection, and meditations – some of which involve contact and interaction with horses - which we know, even for those who fear them, proves an often life-changing experience.

### You will be able to:

- Understand the balance required to sustain individual and personal wellbeing
  - Investigate the value of personal resilience and develop it
- Develop an awareness and understanding of your emotions, and look at regulating and managing them
- Explore the concept of **Mindfulness** and its practical application and benefit
- Be introduced to ideas and tools that can be used for day-to-day coping strategies
- Observe or work with horses and work experientially with the concepts and ideas of the workshop.

### WHY HORSES?

As prey animals, horses are constantly alert to their environment and those around them.

As a herd animal they are strongly aware of the energy, intentions and non-verbal communication of others, to which they respond honestly in the moment, providing a non-judgmental reflection of how we are being and behaving around them, reflecting how we face the world.

### WHAT OTHERS HAVE LEARNED AND TAKEN AWAY

- *"It was really powerful to learn how quickly and easily it is to calm oneself, and come back to the moment with simple breathing techniques."*

- *"If we approach others the way that we approached the horses our relationships are likely to be much easier"*

- *"Learning to listen to my body more, being in the moment and being able to respond more positively and effectively to external situations."*