

The Lux College Weekend Retreat

LAUGHING • LOVING • LEARNING



Friday 27 January, arrive any time from 4pm onwards

Sunday 29 January, we will finish by 4pm

Directions will be sent to you when you book

- This is a first for The Lux College, and with a money back* guarantee!
- A weekend away in a beautiful bush setting at Common Ground near Seymour
- All bedding provided - bring own toiletries and towels
- Places are limited to the first 20 applicants
- Only \$150 for all accommodation, food, workshops, fun, games and surprises
- BYO drinks

**If you don't like what you get, you can get back your money. Questions will be asked.*

Art Therapy with Johanna Tracey, Art Therapist, currently a student at TLC

Art Therapy is a form of expression where we can make images of how we feel. They can be a scribble, a mass of colours or a formal drawing. There are no rules. It comes from within us. Please bring a smock or old shirt if you want to protect your clothes, an empty margarine or ice cream container and your imagination.

Vibrational Breath Therapy with Joan Harris, massage therapist, graduate of TLC

Joan will share her experience of Vibrational Breath Therapy (VBT) which is a rhythmical breathing practice – one that utilizes the lungs to FULLY inhale and exhale – “the benefit” – a feeling of being refreshed and relaxed and in tune with our body. We start with some simple exercises for our joints, then our breathing practice that incorporates relaxation and meditation.

Socratic Dialogue with Therese van Wegen, dialogue facilitator, Project Manager Paideia Australia, student at TLC

Modern Socratic Dialogue explores ideas, concepts, and values, which influence the real decisions we make in everyday life. A fundamental question is at the centre of the dialogue and is explored through a concrete experience of one or more of the participants. All that you need to participate is an interest in deep questions and a willingness to discuss them openly and honestly, and with a respect for each others thought.

Gestalt Fun and Games with Sam Luxemburg, TLC

Gestalt is “here and now”. This workshop will be fast-paced, energetic and good fun. There will also be some insights and learning along the way.

Assertiveness and Empowerment Training with Grant Anthony, graduate of TLC

Transform difficulty into possibility through developing personal assertiveness. This training explores power dynamics and violence to empower you in your daily life.

BOOKING

Places limited to first 20 applicants

Please confirm your place with Sam: 0428 270 401 or Sam@luxcollege.com.au

Send \$150 cheque to The Lux College, PO Box 289, East Melbourne, 8002

Or transfer to TLC account at ANZ, BSB 013706, account 323305028

Bookings to be finalised by Monday 23 January