

This 4-day journey in self-care is designed for reflection, relaxation and growth. Together the group will explore ways to look at the toolbox we have for health and wellness and explore how it can assist our personal goals and desires. We can continue to develop our understanding and how these tools assist our students and clients as well. Each day explores a special topic with intention and the sharing of healing sessions provides special care for each person. The magic of Cape Breton Island, and the special spot in Hillsborough/Mabou will add to this experience with exploration of the area and famous tourist opportunities.

For everyone arriving on Sunday, June 14th, drop by for a “wine and cheese” evening at the house for everyone to get to know each other. This will be from 7 – 9 pm.

Monday, June 15th "What Does Self-Care mean to YOUR life?"

9:00 – 10:00 am

Enjoy a cup of Intend2RaeD8 Tea Blends (there are 10 in total) and learn how you can use the power of Intention with the 5 Element Wheel to choose your special tea. Together we will get to know the retreat members and their special gifts for the week.

10:15 - 12:30 pm

Self-care Healing Exchange Session. Pair up with another member of the group to offer a treatment to each other. This is a great opportunity to share something that is unique and special to your training that you would like people to experience for themselves.



12:30 - 2:00 pm

Picnic Lunch at West Mabou Beach. A prepacked lunch will be ready for us to take to the beach. You can walk the beach, do a little hike, or just lay back on the sand and enjoy the atmosphere.

2:00 - 4:30 pm

Skill development: Serving the Best needs of the client. Dialogue and Practice session. This is the opportunity to discuss what some of the key features the group finds important for assisting clients to be relaxed and ready for a life-changing session. How do we use these tools ourselves to promote our self-care? With the discussion we will break into small groups to explore some of the ideas.



4:30 - 6:30 pm

Dinner at the Red Shoe Pub in Mabou.

Evening Activity: Sound Essence Bath 7 – 8:30 pm

Natascha Polomski and Michelle Greenwell provide a one-hour self-indulgence experience with an array of Therapeutic Singing Bowls, Koshi Chimes, Gong, and Sound Essence Sprays. Natascha will provide the music while Michelle shares a meditation specific for the groups intention while misting vibrational frequencies from her collection of special sprays.

Tuesday, June 16 “What care have you been missing in your life and how can you create a plan to include it in your daily routine?”

9:00 – 10:00 am

Sharing session by one of the attendees related to our topic. A chance to journal a little and create a plan.



10:00 – 12:30 pm

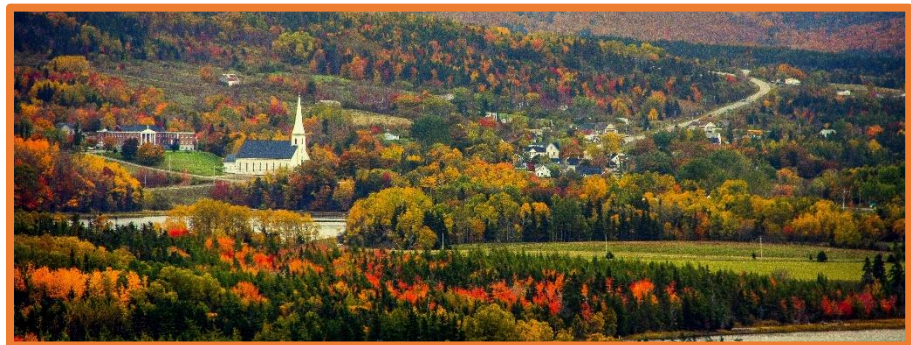
Self-Care Healing Exchange Session: This is the opportunity to ask your partner what tools they need to create change in their life, and to provide the skills that you have to shift their energy patterns to this course. Your special skills will lead the way.

12:30 – 2:00 pm

Port Hood Beach – With a picnic lunch prepared for us, we will head off to one of the five beaches that Port Hood can share. You can walk the boardwalk, lie in the sand, or just relax. There is an art gallery and gift shop close by for some local artisan displays.

2:00 – 4:30 pm

Skill development: Finding center and being grounded in your sessions with clients. Together we will explore some that will help us to be impartial to skills outcome, support us in focus, and explore ways of using the toolbox we have in ways we might not have considered.



4:30 – 6:00 pm A visit to “The Farm” to learn about the project there for youth through to older adults. A walk to the river and some time to explore in nature will be a part of this tour.

6:30 – 8 pm Dinner at the Clove Hitch Bar and Bistro in Port Hood

Wednesday, June 17 “*Finding the Energizers in your Life!*”

9:00 – 10:00 am



Sharing session by one of the attendees related to our topic. A chance to journal a little and brainstorm some new ideas to take home.

10:00 – 12:30 pm

Self-Care Healing Exchange Session: Together the session exchange will focus on how to enhance the energy created and brought into everyday life. Your skills and tools will enhance the session with your expertise.

12:30 – 2:00 pm

Inverness Beach – With a picnic lunch prepared for us, we will head off to Inverness. You can walk the boardwalk, lie in the sand, search for sea glass (a favorite spot for tourists to search), or just relax. There are some specialty shops, art galleries and beer tasting for those interested.

2:00 – 4:30 pm

Skill development: We have many tools that enhance movement and patterns for our clients. How do we support ourselves and our clients in producing new patterns or engaging in new activities after a session with us? We will explore where blocks may exist, and how we can create an open space for change to flow through.



4:30 – 6:30 pm

Harbour tour – for those interested in being on a Fishing Boat and learning more about trapping lobsters and fishing off the Cape Breton coast, this will be an

evening cruise to enjoy the highlights of the coastal area. Our tour will include a picnic dinner.

7:00 pm

An evening to reflect, relax and rejuvenate. Or, a drink at the Red Shoe Pub.

Thursday, June 17 “Finding passion with your compassion”

9:00 – 10:00 am

Sharing session by one of the attendees related to our topic. A chance to journal a little and create a plan.

10:00 – 12:30 pm

Self-Care Healing Exchange Session: Together your exchange will be enhanced by the opportunity to have time to highlight your passion and how you wish to enhance its focus in your life. Your skills will support and provide new opportunities for learning.

12:30 – 2:00 pm

A trip to Whycocomagh will take us to Charlene’s Restaurant for her famous Seafood Chowder. Also, a chance to see the St. Patrick’s Channel an arm of the Bras d’Or Lake, and a stop at the Farmer’s Daughter for souvenirs, fudge or ice cream.

2:00 – 4:30 pm

Skill development: Together we will explore the learning that has occurred across the 4 days, and how we feel this learning might be enhanced by exploration with our clients and students at home. This will be a sharing time, but also a skill building session.

4:30 – 6:30 pm

Dinner at Route 19 Bar and Bistro in Inverness – with specialty beers.

7:00 – 9:00 pm Closing circle time with locally made Fireweed tea and an intuitive harp concert with Jenece Gerber.



Friday, June 19th Whale Watching and the Cabot Trail!

For those wishing to enjoy some Whale Watching, we will prebook a boat up Cheticamp way to take us out on the water and along Gampo Abbey from the Cliff Side. The car trip will take about 90 minutes, with the beautiful Cabot Trail along the way. We will continue up the trail to the Skyline trail where you are welcome to hike the trail for a couple of hours. We will eat along the way

based on the needs of the group. This is an addition to the retreat for those who would like to experience our beautiful coastline and the infamous Cabot Trail.

We will leave from Mabou at 10 am, with a return time in the later evening.

The cost for the retreat is:

\$450 for the daytime schedule, including lunch and snacks, the Wine and Cheese on Sunday, the Sound Essence Bath on Monday night, the nature walk on Tuesday, and the harp concert on Thursday.

Breakfast and Dinner expense is up to each person, as well as any extra activities in the evening not listed above, this includes the lobster boat tour as it will be weather dependent.

A certificate of participation for those wanting to use the experience as credit for skill development will be provided, with hours of study listed as 32 hours.

A deposit of \$100 nonrefundable is requested at time of registration. The balance is due by May 15th. If you are unable to keep your registration after this time, you may transfer your reserved spot to someone else to use in your place, or we can try to bring someone from the waiting list into the spot. No refunds after June 1st.



When sending your deposit, please etransfer to info@dancedebut.com with the answer of “dance”. Check and cash are also accepted ☺

Travel:

Flights can arrive to Halifax or Sydney airports. A car will be necessary to reach Mabou, although you can take a shuttle to the area and we can arrange for a pick up. It is a 3 hour drive from the Halifax airport to Mabou, or a 2 hour drive from Sydney. The Halifax waterfront and historical sites are often a huge hit for tourists, and in Sydney there is the Fortress of Louisburg which is a great excursion. A trip to Baddeck is always great for a Lobster supper as well as a trip to the famous Bell Museum and a ride on the Amoeba to see the Bell Estate from the water. Something to consider following the week, as many may decide to do this excursion together.

Accommodations:

We have Laurel's B and B next door, Glendyre B and B just down the road, and the Mabou River Inn as some accommodation options nearby. There are some Air B and B homes to rent as well if there is a group that would like to stay together. Breakfast is often provided with accommodations, although we also have the "Shining Waters" on mainstreet Mabou.

If there is anything else you would like to do in the area while you are here, just ask. We can send you in the right direction or assist with planning the best way to tour.

All of our plans are weather dependent, and adjustments to the schedule can be made if rain sets in. This is your week of self-care and we are open to making adjustments for the best healing and learning opportunities as possible.

If you would like to be sharing from your toolbox in the morning sharing session, please let us know your topic of discovery and your preferred day. This will be filled on a first come, first served basis.

To register please send the following information.

Name:

Address:

Phone number:

Preferred email:

Area of skill set: