



Clinicians Retreat - Information Pack

Hepburn Springs June 30th-July 4th 2017

This 4-night retreat for Professionals working in the Eating Disorder field will provide opportunities for collaboration, networking and fun (guaranteed!). Featuring experts in their field of practice, workshops will be designed to invite deeper understanding of some of the more recent areas of research and practice such as yoga, HAES-informed treatment and self compassion.

The retreat will be held at the stunning renovated 1920's Continental House, adjacent to the Hepburn Springs complex. Each room is unique, but lovingly decorated to maintain a sense of history whilst providing modern amenities. Each room has its own ensuite, with two of the large single rooms having a bath. Each room has excellent heating and there are numerous fire places throughout the building.



Room styles available:

Large single (2 available)
\$1795 (incl GST)

Single (3 available)
\$1595 (incl GST)

Twin (5 rooms available, 2 people per room, mostly in single beds, but some feature a queen sized + single bed)
\$1195 (incl GST)



Large Single



Large Single



Single Room



Twin Room

Inclusions:

All workshops and retreat

Yoga 1-2 x daily

Most meals (1 lunch & 1 dinner out in the local towns, famous for amazing cuisine)

Exclusions:

1 x lunch, 1 x dinner

Massage (\$90, payable directly to Retreat Centre), or there'll be plenty of other options for massage locally

Hammam (NEW! Onsite Turkish bath \$50 per person, BYO robe & bathers)

Alcohol (we will provide wine on the first night, BYO is welcome throughout the retreat)

What might a day look like?

Everything is optional but we've got lots of great things planned.

Morning:

Yoga, breakfast, workshop

Lunch

Afternoon:

Workshop or free time, yoga

Dinner

Getting to & from the retreat:

Hepburn Springs is about 1.5 hrs out of Melbourne, and an easy drive from either the city, or the airport. We'll aim to help wherever we can with arrival but we recommend a car if you're arriving from interstate - there's no local transport or shuttles to Hepburn.

Check-in and check-out:

Check in is from 10-12pm on 30th June. We will have a "welcome" at 12pm.

Check out is 12pm on 4th July

Additional nights:

You are welcome to also stay the night prior to the retreat on Thurs 29th June. Payment for this is directly to the owners of Continental House.

Securing your place:

- \$300 will secure your place (please note these are non-refundable)
- Please complete the registration form and nominate your preferred room. Rooms will be allocated on a first come first served basis - we promise to let you know if your first preference is full.

Deposits can be made directly into the following bank account:

F Sutherland & S Harry

BSB 033 111

Account No. 239699

Please put your surname and RETREAT as reference - thankyou

Final Payments:

Can be made one of 2 ways:

1. Direct transfer of funds balance (due by 1st May 2017) into the bank account above
2. Payments by instalments (eg. 5 fortnightly payments, 3 monthly payments etc) - this can be done by individual arrangement and a form will be sent to you to fill in & sign.