

# GATHERING 2024 COOLUM BEACH

TIME	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Nov 21, 2024	Nov 22, 2024	Nov 23, 2024	Nov 24, 2024
6:00 AM		<b>6:00am-7:00am</b> Yoga on the Beach	<b>6:00am-7:00am</b> Yoga on the Beach	<b>6:00am-7:00am</b> Yoga on the Beach
6:30 AM				
7:00 AM				
7:30 AM		Breakfast	Breakfast	Breakfast
8:00 AM				
8:30 AM		<b>8:30am-10:30am</b> Program 1: Business Planning for Holistic Wellbeing Practices	<b>8:30am-10:30am</b> Program 4: Marketing Your Holistic Practice	<b>8:30am-10:30am</b> Program 7: Designing and Delivering Your Own Retreats
9:00 AM				
9:30 AM				
10:00 AM		Morning Tea	Morning Tea	Morning Tea
10:30 AM				
11:00 AM		<b>11:00am-1:00pm</b> Program 2: Creating Signature Programs for Your Practice	<b>11:00am-1:00pm</b> Program 5: Creating & Running Workshops for Clients	<b>11:00am-1:00pm</b> Program 8: Holistic Approaches to Stress Management
11:30 AM				
12:00 PM				
12:30 PM				
1:00 PM		Lunch	Lunch	Lunch
1:30 PM				
2:00 PM				
2:30 PM	Arrival- Settling in	<b>2:00pm-4:00pm</b> Program 3: Art as Self-Care for Therapists	<b>2:00pm-4:00pm</b> Program 6: Abundance Workshop- Manifesting Your Dreams	Departure
3:00 PM				
3:30 PM				
4:00 PM	Orientation	Free time	Free time	
4:30 PM				
5:00 PM				
5:30 PM				
6:00 PM	Dinner	Dinner	Dinner	
6:30 PM				
7:00 PM	<b>7:00pm-8:00pm</b> Sound Bath & Chakra Balance Meditation	<b>7:00pm-8:00pm</b> Picnic Dinner and drumming circle on Coolum Beach	<b>7:00pm-9:00pm</b> Self-Applied Myofascial Trigger Point Therapy Workshop	
7:30 PM				
8:00 PM				
8:30 PM				
9:00 PM				

# The Program

At this transformative retreat, you'll have the opportunity to participate in a series of enriching workshops designed to enhance your personal growth, professional skills, and holistic wellbeing practice. Here's what you can expect:

- **Program One (2 hours) Business Planning for Holistic Wellbeing Practices:** Gain valuable insights into creating a sustainable business plan. Topics include budgeting, branding, and managing your time effectively to grow your holistic wellbeing practice.
- **Program Two (2 hours) Creating Signature Programs for Your Practice:** Design a signature therapy or wellness program that reflects your unique skills and expertise. Learn how to structure sessions and market your program to attract the right clients.
- **Program Three (2 hours) Art as Self-Care for Therapists:** Engage in art-based techniques that focus on personal self-care. Create your own self-care plan and explore the importance of maintaining personal boundaries as a holistic therapist.
- **Program Four (2 hours) Marketing Your Holistic Practice:** Learn how to effectively market your holistic services. From building an online presence to creating a personal brand, this workshop will provide strategies for reaching your ideal clients and growing your business.
- **Program Five (2 hours) Creating and Running Workshops for Clients:** Have you ever thought about offering workshops to your clients? This workshop will guide you through developing, planning, and delivering engaging workshops and retreats.
- **Program Six (2 hours) Abundance Workshop: Manifesting Your Dreams:** Tap into the energy of abundance and learn how to manifest your dreams. Through guided visualizations, affirmations, and creative exercises, you'll create vision boards or symbolic artwork that represents your goals and desires.
- **Program Seven (2 hours) Designing and Delivering Your Own Retreats:** If you've ever dreamed of running your own retreat, this workshop is for you. Learn how to create and deliver successful retreats, from selecting the perfect venue to structuring your program and attracting participants.
- **Program Eight (2 hours) Holistic Approaches to Stress Management:** Discover holistic techniques for managing stress. Through art therapy, mindfulness, and relaxation exercises, you'll learn effective strategies for both yourself and your clients.