

Solution Focused Yoga Retreat



9-13 October 2017, Amorgos, Greece

In a beautiful and relaxed environment we will study some techniques to deepen our ability to connect, communicate and relate. Techniques useful in work with other people but also with ourselves. And there will be time to rest, rejuvenate and recharge our batteries.

We will briefly cover the theoretical grounds of:

-SFBT (Solution Focused Brief Therapy)

-Yoga & Mindfulness

-FIT (Feedback Informed Therapy)

And then mainly work practically together with feedback and conversations to better understand ourselves, our attitudes and our clients. Yoga, mindfulness and relaxation exercises are entwined in the training sessions.

We are inviting therapists, yoga teachers, social workers, psychologists, teachers, body therapists and everyone else who works with people. You need not to have trained in SFBT, FIT or Yoga before.

We are two experienced facilitators and we will take a maximum of 14 participants so we can adapt the program individually.

The retreat is for you if you want to:

- Improve your ability to help and support others
- Become better at connecting and creating trusting relationships
- Know how to receive and handle feedback and what results your work has
- Find ways to include Yoga and Mindfulness in your work.

The schedule

MONDAY:

11.30 Brunch

13.00-15.00: Yoga, icebreakers, house rules and starting up

TUESDAY - THURSDAY:

08.00 Mindfulness & Yoga

09.00 Breakfast in Celini

10.00-13.00 Training

13.00 Lunch in Celini

18.00-20.00 Training

FRIDAY the course ends at 13.00, closing dinner at 19.00

You will have plenty of opportunity to combine the program with beach life, diving, hiking, climbing, claywork, massage, more yoga, good food or just relax and enjoy the greek hospitality.

We do recommend that you arrive at least a day early and preferably that you also stay on for a day or two, or more if you can of course. It takes some time to land and ground yourself and to get used to the special Amorgos atmosphere. After the retreat it is nice to have some time to allow the work you will do during the training to sink in.

Who we are:

Karin Oscarson, meditation teacher since 1998, Yoga teacher since 2008 and massage therapist since early 90's. She trained in SFBT 2013. Karin lives since more than 20 years in Amorgos and is owner and founder of the IRIS yoga & massage studio and partner in Celini restaurant. More about Karin: www.iris.amorgos.net phone: +30-6934984775 amorgoskarin@hotmail.com

Niklas Waitong, Senior Supervisor at Vision HVB, Östersund with more than 30 years of experience from different forms of treatment and leadership. He has been working with leadership training since 1984, troubled youth and families since 1990, systemic family therapy, SFBT and CBT since early nineties, FIT since 2006 and ACT since 2010. More about Niklas: www.visionutredningshem.se +46(0)70-5401168 niklas.waitong@gmail.com

Karin and **Niklas** are good friends since the 80's and have off and on worked together in different projects. In this project they are combining Niklas's treatment skills with Karin's yoga & mindfulness experience to create a dynamic and profound combo retreat on their favourite island – Amorgos.

Price: 370€ including all training, study material, opening brunch, breakfasts, lunches and closing dinner. 10% discount if you are two or more.

Payment and registration to Karin Oscarson, amorgoskarin@hotmail.com registration fee 100€ to "Kinsep IRIS", bank account:

IBAN: GR24 0171 5870 0065 8713 9451 271 BIC: PIRBGRAA.

Don't forget to tell us from whom and for what. If you want an invoice let us know. The rest of the fee is to be paid on arrival or to the same bank account. Last day to register is September 15.

We will give out diploma and a study certificate so in most countries the retreat

is likely to be tax deductible.

Travel: Flight to Athens. From the airport bus or a taxi to Pireus harbour. From there ferries go to Amorgos every day except Saturday, at 17.30. Amorgos has two ports, Aegiali and Katapola. We are in Aegiali but the hotel bus will pick you up wherever you arrive. www.bluestarferries.gr

Accommodation: Hotel is not included in the price but we have an arrangement with Askas pension and can reserve a room for you there. www.askaspension.gr

The price is 240€ for six nights for a double room or 180€ for single room. If you like to extend your stay before or after the retreat, that is of course possible, just let us know. If you prefer to arrange your accommodation on your own this is also no problem.

Food: Brunch on the first day, breakfasts and vegetarian lunches are included and will be served in Celini restaurant below the IRIS yoga&massage studio. The food is local, ecological, nutritious and homemade as much as possible. Dinner is free for everyone to enjoy wherever you prefer; there are also other good restaurants with reasonable prices in the area. If you have allergies or questions around the diet please let us know.

Some of our friends on Amorgos:

www.iris.amorgos.net

www.amorgos-diving.com

www.annaceramist.amorgos.net

www.askaspension.gr

More information about Amorgos and travels:

www.amorgos-island-magazine.com

www.amorgos.se

www.kalimera.se

www.bluestarferries.gr

www.gtp.gr