

# Self-Parenting Retreat

Aio Wira Retreat  
Auckland  
5th - 7th July



## JOIN US...

For a transformational weekend retreat with a group of beautiful, like-minded people on their path of self-healing. Gift yourself time away from caring for others to focus on re-parenting yourself! We'll guide you to connect with your internal family system; to access your loving and protective inner mother and inner father to heal your vulnerable inner-child.

The weekend will take you on a journey to break through repeating patterns that have kept you feeling stuck. After these inspiring and nourishing days, you can re-emerge empowered to navigate daily life with greater clarity, authenticity and harmony.

The core to happiness is healthy relationships. The blueprint lies in our inner relationships with self. This weekend will guide you to gain clarity, insights and self-healing.

Coming away able to take that next brave step towards your deepest desires with newfound confidence.

# When is it?

5th-7th July 2024

# Pricing?

\$400 for retreat

\$200 for accomodation

\$150 for food

**\$750 all inclusive**

# Food?

The whole retreat is fully catered with nourishing vegetarian whole food.

# Where is it?

8 Aio Wira Road,  
Waitākere, Auckland  
0653

# Are you ready to..

**Transform your home and family life with lasting changes.**

**Deepen your connection to inner wisdom and strengthen your intuition.**

**Acquire practical tools to break free from stress cycles and reclaim balance.**

**Uncover your true self and live authentically.**

**Explore and stabilise your internal family system to better support yourself.**

**Release persistent emotional patterns and experience lasting emotional freedom.**



# WHO ARE WE?

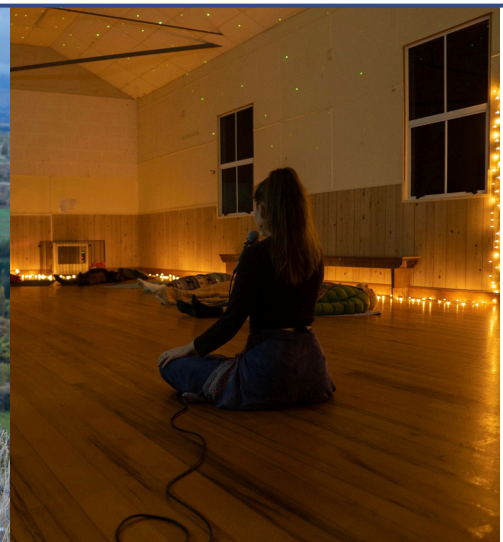
## *Genevieve*

Genevieve is an International speaker, group facilitator, a psychosynthesis counsellor, parenting educator and writer. Genevieve's the founder of the Peaceful Parent Institute here in NZ, which offers a range of peaceful parenting eCourses plus an Instructor Training Program. She has instructors and trainees in over 50 countries.

Over the last 30 years Genevieve has presented hundreds of workshops and courses from evening seminars to five day residential retreats in parenting, relationships, self-healing, meditation and personal development.

## *& Ayesha*

Ayesha (Genevieve's daughter) is a certified somatic dance facilitator and will be guiding you through a gentle meditative, dance experience. She has been committed to a deep meditation practice for years and is passionate about healing and expansion. She will be managing all the little things inbetween that help the schedule to flow. She will be available as support throughout the weekend.



# *Katherine Tate*

Katherine is a holistic wellbeing practitioner with embodied knowledge in natural health, gained from her 30-year journey with complex chronic illness.

She is also a peaceful parenting instructor, trained by Genevieve, and a mum to a high intensity 9 year old boy. She is passionate about parenting with connection and empathy, and advocating for compassionate education, where intrinsic motivation and emergent learning are fostered. Her practice focuses on slowing down and allowing authentic experience, through mindfulness, somatic movement and nervous system regulation. Nourishing the body through whole food and nature immersion, support her gentle approach to healing.

Katherine is a registered somatic movement therapist (ISMETA) and a certified Skinner Releasing Technique teacher, with a certificate in Relaxation Massage, a degree in Contemporary Dance, and a Postgraduate Diploma in Creative Arts. She is currently studying the Dynamic Neural Retraining System (DNRS), a neuro-plasticity based approach to rewiring the stress response in the limbic system.

She has experience teaching somatic yoga and movement at SOUL Centre of the Body and Mind, practicing integrative bodywork, and facilitating wellbeing retreats with Seonaid, in Samoa. She is excited to be part of the Peaceful Self-Parenting Retreat alongside Seonaid, Genevieve and Ayesha.



# *Seonaid Lyons*

Movement Practitioner, Retreat Facilitator and Peaceful Parenting Instructor.

It has been my life passion and journey to study and practice embodiment and awareness practices and movement disciplines.

Beginning my journey professionally training in Contemporary and Ballet dance. I was inspired by the movement through awareness and restorative disciplines that were part of the curriculum. This led me to further my studies in Yoga, Hanna Somatics, Pilates matwork and equipment rehabilitation, Elemental Chi Gong, Meditation and Breathwork. An experienced teacher offering a sensitive and informative approach, I have been practicing since 1997 and teaching in various settings since 2002.

Since becoming a parent the focus has been on understanding attachment science, self reflection, mindset and nervous system restoration and healing. Studying with Genevieve and obtaining the Peaceful Parenting Certification was such a powerful resource for this journey. I have continued to learn and unravel this vast topic and believe it to be a practice and way of life. A deep anchor and healing for me became nature and cold water immersion, understanding psychology, the nervous system and supporting my body with somatic movement and restorative yoga.

We homeschool our two children and aim to cultivate collaboration and curiosity through connection and gentle guidance, following their lead and maintaining a lifestyle of playfulness, growth and adventure.

