

## Registration

To register for the event or to find out more, please contact Dr Julia Ronder or Deirdre O'Toole on **conferences@talktalk.net** or on mobile **07942983810**.

The number of places is limited and booking is first come, first served.

To complete your registration please fill in the form (either on this leaflet or on the word version) and send it along with a cheque for £15 payable to 'The Janki Foundation for Global Health Care' and post to the address below.

The Janki Foundation is a UK charity promoting spirituality in health care. It supports healthcare professionals through values-based dialogue and training, and contributes to general wellbeing through inspirational books, CDs and lectures. For more information; **www.jankifoundation.org**

**Retreat into Peace** Saturday 15th October 2011

*A one day experiential retreat for all those working in the field of healthcare and allied professionals*

### Registration Form (Please print clearly)

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_ Male/Female \_\_\_\_\_

Position/Occupation: \_\_\_\_\_ Organisation: \_\_\_\_\_

Home Address: \_\_\_\_\_  
\_\_\_\_\_

Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Return completed form to:

Retreat into Peace, c/o The Janki Foundation for Global Health Care,  
Moran House, 449/451 High Road, London NW10 2JJ.



# RETREAT INTO PEACE

*a Day for Reflection*

*A one day experiential retreat  
for all those working in the field of  
healthcare and allied professionals*

**Saturday 15th October 2011**  
**'The Quiet View'**  
**146 The Street, Kingston CT4 6JQ**  
Near Canterbury, Kent





# RETREAT INTO PEACE

a Day for Reflection

*A one day experiential retreat for all those working in the field of healthcare and allied professionals*



The day aims to provide time out, and to create space for reflection. The sessions will be facilitated by experienced 'Values in Healthcare' facilitators and will introduce tools such as meditation and visualisation. The day will allow participants to develop personal wellbeing.

The Values in Healthcare programme uses simple yet powerful methods to rediscover inner peace. Practising peacefulness helps to build self-respect and contentment. Peacefulness is the antidote to 'stress'.

All of the facilitators leading the sessions have experience in delivering Values in Healthcare sessions in many NHS, charitable and independent healthcare settings, helping staff become aware of, and reconnecting with their own resources.

## *Programme:*

10.00am	Arrivals/ Refreshments
10.25am	Introduction
10.30am	Peace Workshop, part I, with time for reflection
12.30pm	Lunch and walk in gardens
1.45 pm	Peace Workshop, part II, with time for reflection
3.15pm	Maintain your health with the seasons
3.35pm	Muscle Relaxation and Breathing Exercise
3.55pm	Session close.

All are welcome to stay for tea and refreshments.

**Saturday 15th October 2011**  
**'The Quiet View' 146 The Street,**  
**Kingston CT4 6JQ**  
Near Canterbury, Kent

The venue, 'The Quiet View' is a registered 'Quiet Garden' with retreat facilities, featured on Songs of Praise, A Centre for Contemplative Spirituality.  
For more info; <http://www.quietview.co.uk/index.htm>

## *Facilitators & Contributors:*

**Rev Lizzie Hopthrow**, former Hospice Chaplain, and Retreat Director

**Nannette Jackson**, Counsellor, Pilgrim's Hospices

**Rev Dr Cameron H Langlands**, Chaplaincy Manager, Lancashire Teaching Hospitals NHS Foundation Trust

**Deirdre O'Toole**, Clinical Governance Facilitator, Guy's and St Thomas' Hospital NHS Trust

**Nathalie Bachet**, Acupuncturist

**Dr Julia Ronder**, Consultant Child & Adolescent Psychiatrist and Retreat Co-ordinator

This retreat has been organised by the *Kent Values in Healthcare Group*, one of the regional groups of The Janki Foundation for Global Health Care. The Foundation does not charge for events, however, welcomes voluntary contributions.

The day has been organised and run by professionals who have offered their time on a voluntary basis. There is no charge for the sessions, however, to cover for administration, lunch and refreshments, there is a cost of £15.00.

To register see over.

