

## Restoration Retreat for Women in Dentistry

**23<sup>rd</sup> November – 26<sup>th</sup> November 2024, Oturehua, Central Otago**



At the Idaburn Dam looking towards Oturehua, Mount Ida, and the Hawkdun mountains

This is a dental course with a difference; it aims to help you develop skills to fortify and restore mental and general wellbeing and provide “time-out” for rest and connection with a small group of like-minded people. The New Zealand Dental Association survey and subsequent publication in 2020 showed that we are a group who suffer from high levels of stress and burnout. We really need to work on our self-care. You don’t have to be a dentist to attend. All welcome!

### **Venue – 3364 Ida Valley - Omakau Road, Oturehua**



“The crib” - your base for the course



Looking out from the crib verandah

Oturehua is a quiet, and non-touristy part of Central Otago, almost exactly on the half way point of the Otago Central Rail Trail (an old railway line converted into a 150km cycle track). The scenery is ruggedly beautiful, and peaceful. There is no light pollution, which makes the stars at night breathtaking.

Part of the philosophy of this course is to realise that there is no need for “luxury”, expensive, hotel-based facilities. Instead, having our basic needs met, and feeling safe in a grounded and homely environment will nurture our deeper needs. The crib is simple but comfortable, and has a fabulous wood burner to keep you cosy. Some teaching, catered meals, and evening drinks/nibbles will be at the crib. Accommodation will be at Braeside Farm Cottage, Inverlair Lodge, Wee Muddy (the

mudbrick creamery) and adjacent New Cottage in comfortable individual rooms/cabins. Oturehua village has a historic shop (Gilchrist's Store), a pub/tavern, and there is a café at Hayes Engineering just a short walk away. Wifi is available at the tavern and at the crib. Some accommodation has wifi available too.

Getting there – fly in to Dunedin or Queenstown airport. It is about a 90 minute drive from the airports to the crib . Please plan to arrive late afternoon on Saturday 23<sup>rd</sup> November. The course will begin with shared dinner, followed by a short mindfulness introduction targeted at giving you a great sleep on your first night here. Departure is on Tuesday 26<sup>th</sup> November.

## **Programme**

The focus is on education targeted at wellbeing to restore us, and through learning key skills and techniques, to increase our “core-strength” to keep us well in the future. There will be no more than four hours of timetabled continuing professional development (CPD) each day, one awareness through movement session, and gentle exercise activities will be woven into each day. Just as important as the education are good times, delicious local food and wines, and rest, all in a stunningly beautiful environment. The course will be registered with NZDA.

### **ARRIVAL. Saturday 23<sup>rd</sup> November**

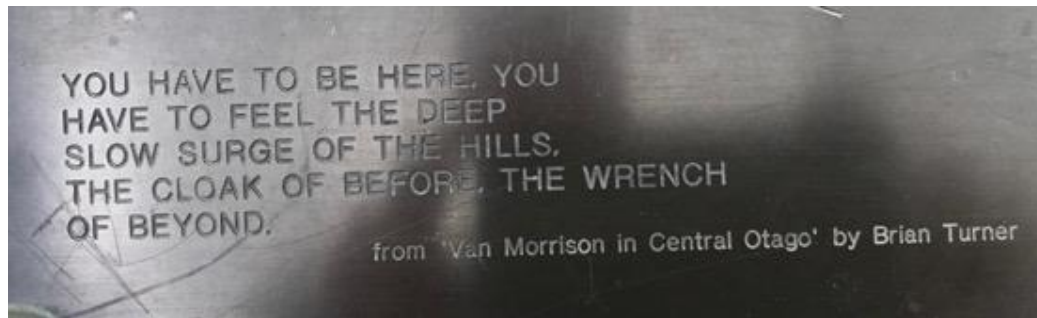
Dinner will be shared from 6.00 pm, beginning with drinks and platter, and meet and greet time. We will join in a brief mindfulness activity to help ensure a peaceful sleep.

### **DAY 1. Sunday 24<sup>th</sup> November**

Begin the day gently - no alarm clocks required. Maybe take a stroll, read in bed, or snooze a little longer – it's up to you! Enjoy a leisurely breakfast at your accommodation before coming along to the first session at 10am.

- |          |   |
|----------|---|
| 10.00 am | Group Awareness Through Movement (Feldenkrais) session with Bridget Auchmuty – Venue Oturehua Hall  |
| 11.00 am | Walk along the railtrail to Hayes Engineering, for morning tea at the wonderful café “Hannah's Kitchen.”  |
| 11.30 am | Our first workshop is “Writing as a place of connection”. It will begin at the cafe, and be led by talented local author, Jillian Sullivan. This is an approximately 3-hour session divided by a lunch break. Following morning tea, we will walk in silence in a sense walk, back along the Idaburn stream track. Then we'll stop and write at the picnic tables in the community grounds. Lunch will be at Inverlair Lodge. The workshop will finish at approximately 3.30pm, and in the afternoon we will enjoy free time to rest and ponder our learning. |

Dinner will be provided at home in the Crib, served with delicious local wine. Relaxing in the sun (or by the fire) after dinner, will round off day 1.



Plaque on the Rail Trail at Auripo. Brian lives just across the road from the crib.



The Idaburn stream walk in summer (left) and in winter (right)

## **DAY 2. Monday 25<sup>th</sup> November**

The day begins gently, as per yesterday.

10.00 am - Group Awareness Through Movement (Feldenkrais) session with Bridget Auchmuty – Venue Otarehwa Hall

11.00am – Morning tea at the crib.

11.30 am – We will make our way by car to Braeside Farm (about 5 km away) and take a walk up the track to our venue. Our topic this morning is “Creativity and self-care”, and our speaker today is Janie Shaw. This is an approximately 3-hour session, divided by a lunch break, and the workshop and picnic lunch will be hosted in a movie set 1930s cowboy hut that was relocated into Blackstone Hill in 2021. The workshop will conclude at about 3.30pm. There will be time for some quiet contemplation before dinner.

Dinner will be provided at a local tavern, table booked for 7pm.

**DEPARTURE is after breakfast on Tuesday 26<sup>th</sup> November**

## Weather

Anything from hot sunshine to snow is possible (snow and flooding happened before!). Unexpected bad weather may cause the need for changing of activities. We will all take this in our stride!

## What to bring

Bring comfortable clothes, layers for comfort in all weathers, waterproofs, sunhat and sunscreen. All walks will be on tracks, so sturdy track shoes or light walking boots will be suitable (maybe bring a walking pole if you like to use one). Please bring your own outdoor towel, and swimming togs (just in case we decide to venture somewhere for a dip!) and see the recommended attire for Feldenkrais. Please bring a sarong or light towel to place on the mat for Feldenkrais activities. For the art activities please bring a pad of A4 watercolour paper.

## Cost

Costs are in New Zealand dollars, and will depend on where you are staying, as the cost of accommodation is included in the price (this is so that you *do not need to do any other organizing*, except to get here. It is important that your calm begins as soon as you book!)

Costs will cover:

Accommodation for 3 nights (from Saturday afternoon until Tuesday morning)

Light breakfast each day

Morning tea DAY 2.

Lunch on DAY 1 and picnic lunch on DAY 2.

Dinner and drinks on arrival (Saturday evening) and on DAY 1

Speaker/workshop fees

You will fund your own morning tea on DAY 1, and dinner/wine at the tavern on DAY 2, and any extras like café coffee that you decide on! There is a coffee grinder and stovetop espresso at the crib too 😊

If you are booking along with a friend that you wish to be with in the various accommodation, please indicate this.

If you love cycling – bring your bicycle. The rail trail is right beside us!

Please bring credit card/EFTPOS card and some NZ dollars. The café at Hannah's Kitchen at Hayes Historic Site and Gilchrist's Store both now accept commonly used credit cards.

## The People

### Bridget Auchmuty (aka Musters)



There's an ancient Chinese proverb: If you receive a gift of great value, it is your obligation to share it many times over. That's how I feel about Feldenkrais, and am looking forward to sharing it with you. After benefitting from Awareness Through Movement classes for about twenty years, and receiving hands-on 1:1 work, I finally decided to do the four-year Feldenkrais Practitioner training, which I completed in 2019. It's a very gentle practice, but can also have profound effects on the way you sit, move, speak, work, and on your very being.

### Feldenkrais

Most of the movements are done lying on the floor, so please wear comfortable, easy-to-move-in clothing. I'll provide mats, but please bring a towel/blanket/sarong to lie on. If you want to know more about the Feldenkrais Method, have a look at [www.feldenkrais.org.nz](http://www.feldenkrais.org.nz) or [www.feldenkrais.com](http://www.feldenkrais.com).

*"If you know what you're doing, you can do what you want"* - Dr. Moshe Feldenkrais

### Jillian Sullivan



Jillian Sullivan lives in the Ida Valley, writing, teaching writing (in New Zealand and previously America), and working with natural building materials. A mother of five and grandmother of thirteen, she's published in many genres, from poetry and creative non-fiction to novels. Her awards include the NZSA Beatson Fellowship, the Highlights Fiction Award in America, and the Kathleen Grattan, and Takahe Prize for poetry. Her latest book, *Map for the Heart* (Otago University Press) is a book of creative non-fiction essays centered around the Ida Valley. [www.jilliansullivan.co.nz](http://www.jilliansullivan.co.nz)

### Writing as a place of connection

We will spend time outdoors, walking in silence, awake in all possible senses. After the walk we will settle to write. This is a workshop to help you engage with curiosity in the world around you and through this sustained attention, to expand your field of empathy to yourselves and beyond your bodies to include the living world around you.



Current neurological research has shown that focusing our attention on curiously exploring the world ‘can increase the neurological connections in our brains,’ leading to greater wisdom, creativity, ability to concentrate and resilience of memory. Attentive noticing then using imagination to reflect on this experience makes it possible to experience the richness, depth and diversity of life around us and our place as connected into this whole.

We’ll write from this place of connection. Understanding the natural world is one of connection and transformation, we realize, too, our lives are connected, and we can transform. We learn that we can use writing and attentive seeing to balance our professional lives, grow a sense of wellness and empathy for ourselves and those around us, and as a refuge when we need it.

### **Janie Shaw**



Janie is a Musician and Artist based in Christchurch, and from St Bathans, Central Otago. She has a postgraduate diploma in Arts Therapy, and with a Bachelors degree in Education and Psychology. In her job, Janie supports individuals with their mental wellbeing through creativity. Being diagnosed with Obsessive Compulsive Disorder (OCD) at the age of twelve and the negative stigma, and difficulty finding support in rural communities was a driving force that motivated her desire to work in this field.

As well as her day job, Janie’s writes and performs her own music, has several singles on Spotify, and finds music as well as art to be a creative coping mechanism; she will share and promote these creative tools for our wellbeing in this retreat.

### **Creativity (art and music therapy) workshop**

This workshop will take place in the mountains overlooking the beautiful Mānīatoto. We will focus on creativity as a form of self-care and a creative outlet, and nourish the idea of creative play for adults. The focus is on the process rather than the final product, finding creative flow and positive energy. We will express ourselves creatively, individually and together using various media, with optional participation in live music. The techniques we learn can be taken away and used to enhance our wellbeing at home and in the workplace.

## Dorothy Boyd (aka Sister Sparkle)



Having experienced a work-related crisis to my wellness in 2016, I realised that the journey to recovery involved lots of little steps for healing the heart and mind. Healing alone, however, was not all that I needed – I also wanted to feel restored. That is, to have that which was lost in my spirit (my sparkle) returned. After sharing my experiences with a few trusted colleagues and friends, I could see that I was not alone, and that I could use my experiences, and my love for the beautiful Ida Valley, to help others. And so, the idea of running a “restoration retreat” was born, and the first one ran for a group of wonderful women in 2017. I wanted to keep the retreats grounded, local, nurturing, and the costs low, so they would be accessible as a necessity, not a luxury, for people like me.

Dorothy organizes and facilitates the retreat, and warmly welcomes you to her crib in Oturehua.

### **BOOKING**

To book your place on the course please indicate that you will attend, and deposit the fee online by Friday 30<sup>th</sup> August 2024. The fee is \$850 NZ Dollars each for those staying at Braeside, Wee Muddy, and New Cottage, or \$1255 each for those staying at Inverlair Lodge. Please deposit to Westpac bank account

03 0905 0259199 000

Please indicate your name in the reference section.

Refunds: We all appreciate that in these post-Covid times there is still some uncertainty. We know we cannot guarantee that we will be well or have no requirement to self-isolate. Because there will be limited options to cancel accommodation, speakers and catering, please arrange your own insurance, as once paid, the full fee will apply, even if you cannot attend.

Please complete the following and email to Dorothy Boyd at [dorothyboyd2019@gmail.com](mailto:dorothyboyd2019@gmail.com)

Name

Email address

Telephone number

Special dietary requirements – please state

Please advise of any allergies –  
(we have two pet dogs at the Crib)

Are you able to complete a short but steep walk on a track? Yes/No

## Acknowledgements

Thank you very much to Philippa Pope, Al McKnight and Graham McKnight for generously providing access to and use of their cowboy hut on Blackstone Hill. Thanks to the Hall Committee for enabling the use of the Oturehua Hall. Thanks to Philippa Pope ([braeside.co.nz](http://braeside.co.nz)) , Margaret Mitchell, and Fleur and Roger McKinney ([inverlairlodge.co.nz](http://inverlairlodge.co.nz)) for hosting participants at their accommodation. Thanks to our sponsor LANZ Dental, for kindly providing some sponsorship.

