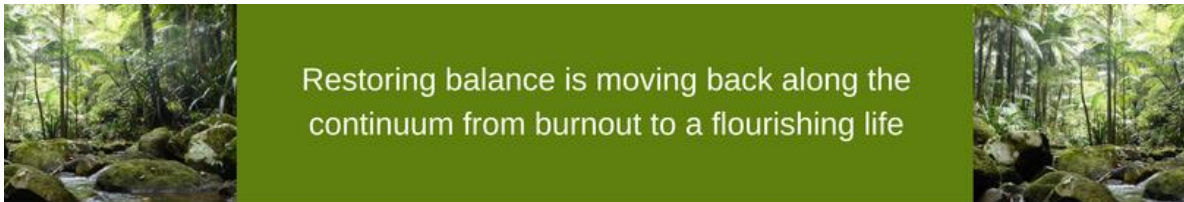


Restoring Balance Christian Retreat:

Care for yourself to care for others

The **Restoring Balance Christian Retreat** is designed for Christians involved in ministry, workplaces or families where they care for others, to take time out of their busy schedule to restore balance in mind, body, soul and spirit.



Date and times: 6pm 23rd March to 4.30pm Sunday 25th March, 2018

Content and format: Over the weekend you will develop both the big picture vision for your restored life and be offered a smorgasbord of options for the small steps and daily decisions to get there. Sessions cover: avoiding compassion fatigue, managing stress, balancing available time and energy, health and self-care.

The retreat format is a chance to take time out and step away from normal life. Someone else will cook and clean, you will have no interruptions and there will be downtime so bring along something you enjoy like a craft or a crossword puzzle, or you can just sit and be still. There will be time to worship.

You will walk away from the retreat with a self-care plan – and lots of resources.

As a bonus you will receive support to change with FREE access to a short online course ‘How to make a change that sticks’ and have an opportunity to join the Restoring Balance FaceBook community.

Venue: Nunyara Conference Centre in the Adelaide Hills. Not only is it a beautiful place with a view over the sunset and the lights of Adelaide, but it is in peaceful surrounds. The name Nunyara means ‘place of healing’. The venue is part of the Restoring Balance experience.

Price: Full conference early bird price until 31 Jan 2018 is \$395, after that it is \$445. All accommodation, linen, meals, workbooks and resources are covered in the low price.

Some session/day only tickets available from \$50 - \$200.

[Click here](#) to register via Eventbrite or for more information contact

vicky@hisheartministrytraining.com.au

