



Return to Stillness

3 NIGHTS

Oak Beach Dreaming retreats offer an opportunity to experience stillness, connect with nature, connect with self and within this experience, an opportunity to allow a deep sense of internal spaciousness to arise.



This retreat is designed to recharge your batteries and give space to allow you to acquire clarity around your personal health needs. You will be supported on the retreat and given skills to continue a positive lifestyle when you return home.

The retreat combines conscious movement with conscious breath; nutritional cuisine to meet your constitutional requirements and a Fusion4Health Consultation (please refer to the Description of Offerings). These three days will open up space for you to slow down and rebalance. During this retreat you will have time for your own activities including beach walking, visits to Mossman Gorge and local activities, tailored to your personal requirements. The Team will support you to make the changes required to bring energy and balance to your life.





Your package includes.

- Oak Beach Dreaming exclusive retreat – no other guests;
- 100 minute Fusion4Health consultation;
- Continental Breakfast, lunch and dinner with in house chef;
- Use of the 12-metre pool, bikes, and yoga mats;
- Daily 45 minute conscious movement, conscious breath class;
- One 100 minute speciality Health Offering or 120 minute Artists Path; and
- One 45-minute health talk (tailored to your interests).

Costing:

The cost is outlined below and based on staying at Oak Beach Dreaming.

3 NIGHTS COST PER PERSON	
1 PERSON	\$1735
2 PEOPLE	\$1400 per person
3 PEOPLE	\$1250 per person
4 PEOPLE	\$1250 per person

The Team



■ Jill Chism-Director and Founder of Oak Beach Dreaming

Jill Chism is a professional Artist specialising in Public and Environmental Art.

Jill Chism sees herself as a custodian of the natural environment, understanding the importance of place and our connections as humans to our local environment and the larger cosmos. From her early interest and formal training in Theology, Chism's understanding of reality has evolved to become more aligned with Eastern philosophies, although she holds that it is more important to 'suspend belief' through a conscious engagement with the amazing potential of the present moment. Her art practice which spans four decades, evokes the liminal zones where questions are asked, objects appear and disappear, edges blur between realities, always inviting reflection on who we are and our purpose.

A recipient of a Creative Fellowship from Arts Queensland, in 2007 she launched Waters' edge, creating environments. This 3 year environmental Art Project entailed Chism and invited artists responding to various sites at the waters edge across Queensland. Chism has established educational art programs in a number of Institutes and currently lectures in the Bachelor of Creative Arts at James Cook University in Cairns.

Jill has developed The Artists Path –an exploratory process that is a fusion of art practices that require no prior art experience.



■ **Barbara Malarski-Director and Founder of Oak Beach Dreaming**

Combining thirty years of professional experience in health and education, Barbara Malarski holds a wealth of knowledge and experience including Masters level credentials. She is a leader in Australia in a powerful new fusion of the ancient wisdom of Chinese medicine and acupuncture, and the cutting-edge power of energy medicine. In addition to this, Barbara's skills include a potent natural intuitive strength to hone and deepen her diagnostic capacities. Her commitment to her own personal development is reflected in a 25-year Yoga practice and extensive personal and spiritual development, including meditation and Taoist Health practices which she incorporates into her daily life.

Barbara established and led a team of people to deliver nationally accredited Natural therapy health training in the TAFE sector training over 300 students. She is currently an accredited assessor to the Chinese Medicine Accreditation Committee and runs a busy Holistic Chinese Medicine practice in Far North Queensland, Australia.

■ **Food by : OTZ Food and Michael Radburnd Oak Beach Hideaway Food.**

Michael a local chef is available on request to enhance your stay at Oak Beach Dreaming!

With a range of tropical and locally sourced products to tempt your taste buds.

Michael has many years experience as a chef from international hotels in Melbourne and Sydney to being the personal chef for the Lord Mayor of Sydney.

A range of menus and package's can be requested when making your booking at Oak Beach Dreaming..

■ **Invited Guest Speakers**

We have a range of specialist speakers and these will be confirmed closer to the time of your retreat and based on their availability.

This offering is only for clients on the 5 and 7 day retreats.

Description of Offerings

OAK BEACH DREAMING

■ Fusion 4 Health Consultation

Provides a process to facilitate a comprehensive dialogue between your mind, body and spirit.

Chinese medicine with its comprehensive Medical Model includes pain free acupuncture and Chinese Medicine Therapies. These open the meridian pathways allowing blood and qi to flow where it needs to go. Fusion Flow creates a dynamic therapeutic conversation with the nervous system through touch; utilising remedial, shiatsu and Tui Na massage techniques.

Other modalities including cupping and moxibustion may be used if needed in the session.

A comprehensive Health assessment will be taken before any treatment is undertaken and all treatment is based on a diagnosis that will treat your current pattern of disharmony.

The term 'pattern of disharmony' recognizes that a range of diverse influences can contribute to taking us into a state of imbalance and temporarily away from our natural state of wholeness.

■ Fusion 4 Health Nutritional Guidance Plan.

The Nutritional Guidance Plan is a 14 page plus document that contains the following information:

- An overview of the Chinese Medicine approach to food as medicine;
- Principles and practices to better health;
- An assessment and outline of your constitutional type based on Chinese Medicine diagnosis;
- A detailed outline of what foods are best for you at this time including tastes and flavours and seasonal advice;
- Additional information, if required, including advice on supplements, herbs, suggested pathology tests and other recommendations; and
- Additional reading recommendations.

■ Fusion 4 Health Detox

Move with the seasons –Detox the Chinese Medicine way. The best results can be expected when you align with the seasons. From the Chinese Medicine system, spring is one of the best seasons for detoxing as the five-element system relates to spring. In harmony with the seasons, different approaches can be taken to align with what approach may work for you all year round.



Description of Offerings

OAK BEACH DREAMING



The Artists Path

The Artists Path is designed to tap into your creative abilities. Artist coaching to identify your creative inspiration and how you might wish to manifest it into the world. Through developing painting, drawing or assemblage skills. Become more attuned to the natural environment and express your connection to the natural world through creative expression. You need not have any exposure to art to participate in this experience. Art processes will be used to give you an opportunity to express yourself in your own unique way through a range of art mediums.

Nine Ki Star Consultations

Nine Ki Star Astrology has its origins in China and comes from the 4000-year-old Book Of Changes know as the I Ching. The ancient principle set out in the I Ching is the foundations of Feng Shui and Traditional Chinese Medicine.

Nine Ki Star is a simple yet profound system, which can be used as a tool to assist us to understand others and ourselves. In this session you will discover your personal energetic blueprint based on your date of birth and the cosmological influences at the time. You will discover what your personal year cycle is and what your strengths and challenges are and how to work with them in a transformative approach.

Description of Offerings

OAK BEACH DREAMING



■ Golden Light Essences

Golden Light Essences are flower essences that have been created by Ric and Pattie Staines in collaboration with Jani King and P'taah. The Staines are based in the United Kingdom, Pattie Staines is co-author of the definitive book "New Vibrational Flower Essences of Britain and Ireland" Ric Staines is a professional horticulturalist, he also teaches horticulture and Broadcasts regularly on BBC Radio Suffolk. They have delivered Flower Essence Training at Oak Beach Dreaming.

These nine essences work on our emotional inner landscape and are a safe and gentle pathway to support you in challenging times. This offering is an extra \$30 when included in the Fusion4Health, Fusion4Health Nutritional Guidance and Nine Ki Star sessions.

■ Conscious Breath Conscious Movement 45 minutes

In this 45-minute session, you will have the opportunity to experience yoga and meditation through movement and breath. This Fusion is based on your physical and emotional needs and may be restorative, yang or yin in approach, depending on what your physical and emotional needs are.

■ A range of Bodywork and massage options to suit your current requirements.

■ Speciality Retreats

Let us design something specifically to meet you, your group or workplace Wellness needs.

Research indicates that tailored retreats for workplaces can increase productivity, inspire individuals, increase motivation and increase connection within teams.



A day on the program

THE OAK BEACH DREAMING PROGRAM

Awake to a cacophony of bird noises. Oak Beach Dreaming is a place to slow down. It's a great place to enjoy the natural environment and take the time to stop, rest and relax. You will also have the opportunity to explore health and wellness and experience its benefits. At OBD , our focus is to give you space during the day to enjoy the Tropical environment and all it has to offer.

We look forward to sharing our lifestyle with you.



6.00 am. Wake up Call



6.30 am. Conscious Breath Conscious Movement 45 minutes



7.15 am. Walk on Oak Beach, join your hosts on Oak Beach as we show you some of the special features



8.00 am. Breakfast



9.00 am - 11.00 am. Time for you to chill.



11.00 am - 1.00 pm. Health Talk



1.00 pm - 3.00 pm. Healthy Lunch and your time



3.00 - 4.30 pm. Treatment



4.30 - 6.30 pm. Your time



6.30 pm. Dinner We will share a dinner, time for a chat and catch up from the days events



8.00 pm. Your time.