

Mallow Wellbeing Program

- Professional service
- Relaxation techniques – breath and mindfulness
- Recognising stress triggers
- Range of program topics
- Options of program during stay
- Share the cost with friends
- Massage or Reiki or Naturopath treatment by arrangement
- Yoga instruction by arrangement
- Range of books, CDs and DVDs on health & wellbeing
- 2 night or 6 night program with option of customised program

Helen, an experienced and well qualified health professional offers a health and wellbeing program for guests, with a focus on better managing stress and learning specific relaxation techniques. The program is also well suited to those recovering from illness, living with a chronic condition or just wanting to give their health a boost. See <http://mallow.net.au/wellbeing.html> for more information.

Sample Mallow Wellbeing Program format for your stay.

8am	Healthy organic breakfast	Therapy - Massage treatment, Reiki , Naturopath or Yoga consultation
9am	Walk or Yoga	
10 -12md	Professional session with Helen – see topics below to choose	3-5pm Walking or Canoeing & visiting the Summer House – meditation in the Summer House
Lunch		Dinner
1-3pm	Reading, writing, meditating or sleeping OR	After dinner - health & wellbeing resources - DVD, CD or book

Stress Awareness

- Sources of stress in your life
- Your perceptions of stress
- Physiology behind stress & affects of prolonged stress
- Affect on work performance & burn out
- Your symptoms of stress

Wellbeing Supports

- Changing the source of stress
- Creating a lower stress environment
- Supporting your body's stress response, including sleep, nutrition & exercise
- Stress release & mental quietening

Wellbeing Techniques may be integrated into each session

- Guided Relaxation
- Guided Mindfulness meditation
- Relaxed breathing techniques
- Reiki Energy (optional)

Wellbeing Skills

Specific Skills individually tailored, may include:

- Self-awareness, self-talk & personality style
- Stress reducing values, beliefs and thoughts
- Expressing emotion, communication, and appropriate assertiveness

Wellbeing Change

- Balancing elements of living
- Time quality & time planning
- Committing to change

One hour session only –either with Helen or other therapist	\$90
Self paced program with x 1 daily 2hr professional session & access to resources	\$150/day
Fully guided program with 2hr professional session, 1hr therapy & access to resources	\$300/day

