



## Body Mind Psychotherapy Retreat

Perth, Western Australia  
Sunday April 1 2012

**Richard Boyd – Body Mind Psychotherapist**  
**Director of IBMP and Energetics Institute**  
MBA, PGrad, BA IP, Dip Commerce  
Adv. Dip. & Dip. Core Energetics Psychotherapy  
Cert. Sensorimotor Trauma Resolution Therapy  
Cert. Transpersonal Counselling  
Cert. Executive Coaching AICM  
Extended DISC Personality Profile Tool Accreditation

We would like to welcome you to a 1 day non residential retreat facilitated by Richard Boyd. Richard offers a profound evolutionary healing process via the safe and supportive container of a group of like-minded individuals who come together to heal, support and witness others healing from their issues. The retreat is experiential and can provide profound healing and relief for states and conditions such as Depression, Anxiety, Stress, Trauma, Loneliness, Grief, Eating Disorders, Relationship issues, Sexuality issues, Self Esteem issues, Low Energy, Life Transitions and Crisis.

Recover from the trauma, embodied thinking and beliefs that bring on and reinforce these debilitating conditions. Reclaim your happiness and free yourself of patterns, issues, beliefs that no longer serve you and become the person you deserve to be. Break out of the grip of negative patterns and issues in your life, make the time to improve the quality of your health, happiness and wellbeing, your relationships and family connections. Disable and heal the causes of suffering in your life, and your own sabotaging patterns and issues. Get support and practice the daily techniques to maintain body mind centredness, presence and groundedness, so you can face life without distortions or stress.

Richard will facilitate the evolution of your process. While in "Process", you will work on specific issues of healing and recovery from your wounded self that you may struggle with everyday. You will be guided by Richard and supported by the group in a way that honours you and keeps you safe. You will gain inner strength, confidence and resilience. Your heart will feel more open and your life and vitality will expand even more.

You may experience Family Constellation, Sensorimotor Trauma resolution, Breathwork, Reichian, Hakomi, Bionenergetics or Core Energetics techniques in your process.

The facilitator Richard Boyd is an experienced somatic psychotherapist who practices Integrative Body Mind Psychotherapy™ in Perth, Western Australia.

Dome Cafe Maylands is the old Peninsular Hotel, and is the large 2 storey red brick Federation building opposite the train station in Maylands, Perth.



### Booking Information

**When:** Sunday April 1 2012  
9am to 5pm (Arrive at 8.45am sharp)

**Where:** The Ballroom  
Dome Café Maylands  
219-221 Railway Pde.  
(corner of Eight Ave. and Railway Pde.)  
Maylands, Perth, Western Australia

**Wear:** Loose comfortable clothing

**Cost:** \$200 or \$180 Early Bird by March 25

**Food:** Snacks, teas & coffees provided  
Buy your own lunch in Dome or nearby cafe

**Tel:** 08 93702341 040 7577793

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