

Let's Get Started

NEUROKINNECTION COUPLES RETREAT 2024

IN THIS BOOKLET, WE'LL GO OVER ALL THE NITTY
GRITTY DETAILS FOR THE RETREAT






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IN THIS E-BOOK, WE'LL COVER ALL OF THE WHO THE WHAT THE WHEN AND THE HOWS. WE HOPE THIS WILL OFFER YOU SOME INSIGHT INTO OUR PROCESS AND WHAT TO EXPECT AS YOU VENTURE BRAVELY TOWARDS OUR EXCITING COUPLE RETREAT



THE WHO

Annelil has her clinical endorsement in psychology (masters of psychology completed). Annelil uses their personal experiences, along with evidence-based practice to work with neurodivergent individuals. She has been working in the field of disability for over six years, with an affinity for working with individuals and exploring relationships, intimacy and sex.

Her special interests include:

- Neurodivergence
- Mind/Body connection
- Sexual health, dating, intimacy
- Attachment
- Spirituality

She has facilitated several workshops and groups for couples and individuals surrounding attunement, co-regulation, intimacy building, sexual health education, connection building and other such events. Annelil also is a certified personal trainer, where she incorporates movement into daily practice.

Paulo is an AudHD Reiki practitioner (Level 2) and holds his certification IV in Massage. He is also a facilitator for our beautiful couples retreat. He utilises his calming energy to ground others during times of overwhelm, bringing balance to chaos. He has worked in this space for over six years, with guidance from his highly esteemed Reiki master.

His special interests include:

- Reiki
- Spirituality
- Connection to self
- Meditation and mindfulness

He has facilitated several workshops and groups, both for couples and individuals surrounding energy healing and connection to self and the present moment. Paulo also has developed his own unique practice which he enjoys teaching to others to harness the essence of their inner power and experiences of joy in the present moment.



LIL DESILLE
FACILITATOR



PAULO PRIMERANO
FACILITATOR

THE WHERE & WHEN

Enjoy ample space for relaxation and socialising in the large living room, complete with wood fireplace, comfortable lounges, and stunning views of the surrounding landscape and pool terrace. Cook up delicious meals in the indoor kitchen, fully equipped with all the essentials for your culinary adventures, or in the outdoor sunken kitchen adjoining the pool and spa swim up bar. Enjoy your meals in the spacious indoor dining room in front of a gas fireplace or on the expansive outdoor patio.

- Private Pool: Take a dip in the large infinity pool, perfect for cooling off on warmer days.
- Invigorating Spa: Unwind in the heated spa, ideal for soothing tired muscles and melting away stress.
- Expansive Gardens: Explore our gardens and bush surrounds, dotted with mature trees and colourful flowers, providing a picturesque backdrop for your outdoor activities.

Location:

Woodend, near the Macedon Ranges

What's nearby

- Surrounded by some of Victoria's best fresh produce, providores, farm gates, wineries, breweries, and distilleries to stock up at.
- Attractions or activities nearby include Hanging Rock, Mount Macedon Memorial Cross, Sanatorium Lake, Campaspe River, Trentham Falls, hiking trails such as Macedon Regional Park, great cycling routes and mountain biking tracks, Woodend Golf Club, art galleries, antiques, historic buildings, renowned gardens, mineral springs, and so much more.

Getting around

- Melbourne Airport (MEL) - 45 min drive
- Woodend Train Station - 5 minute drive
- Bendigo, VIC (BXG) - 68 min drive

Dates:

Our retreat is a four day, three night couples extravaganza!

Thursday October 10th 2024 - Arrival from 10.00am

RETREAT START: 11.00am

Sunday October 13th 2024 - Departure by 1.00-1.30pm

RETREAT END LATEST: 1.30pm



Neurokinnection Couples Retreat Itinerary

A MOMENT OF CONNECTION

October 10th -October 13th 2024 | Woodend

DAY 1: ARRIVAL | THE JOURNEY | INTRODUCTION

<i>morning</i>	Arrival: 10.00am for earliest arrival, touring of area, settling into the space Activities/workshops: vow and intention setting, intro reiki ceremony, breakdown of retreat
<i>afternoon</i>	Lunch: Grazing platters provided for lunch Activities/Workshops: teamwork building exercise, cycles of relationships, goal setting, breath basics, and physical touch exercise (hugging only), movement activity.
<i>evening</i>	Debrief circle, followed by wind down until dinner Dinner: In menu itinerary from 7pm Unwind: Couples can choose how they would like to unwind. Suggested activities are included for further engagement.

DAY 2: PRIORITISING SELF TO PRIORITISING EACH OTHER

<i>morning</i>	Breakfast: Will be served and available from 8.00am Activities/workshops: Light yoga session, split groups movement, masculine and feminine workshops (energy not gendered) and self-compassion focused workshops
<i>afternoon</i>	Lunch: In menu itinerary Activities/workshops: masculine and feminine workshops continued (swapping facilitators) and self-compassion focused workshops, followed by sex and physical intimacy workshop (with non-sexual physical touch exercise) - sensate focus. Workshop end time: 2-3pm~
<i>evening</i>	Debrief circle, followed by date organisation and preparation for participants Dinner: In menu itinerary from 8pm/8.30pm Unwind: Couples can choose how they would like to unwind. Suggested activities are included for further engagement.

Neurokinnection Couples Retreat Itinerary

A MOMENT OF CONNECTION

October 10th - October 14th 2024 | Woodend

DAY 3: RUPTURES AND REPAIRS | COMMUNICATION | REBUILDING

<i>morning</i>	Breakfast: 8.00am Activities/workshops: couples stretching yin yoga, window of tolerance, attachment systems workshops, neurotype differences, communication focus
<i>afternoon</i>	Lunch: As in menu Activities/Workshops: communication and repair workshop practical, joyspot laughing, Q+A work through difficulties, h'onoponono workshop
<i>evening</i>	Debrief circle, followed by wind down until dinner Dinner: Collaborative dinner together, In menu itinerary from 7pm Unwind as needed but final night group activities strongly encouraged.

DAY 4: GRATITUDE & APPRECIATION | FUTURE PLANS

<i>morning</i>	Breakfast: Will be served and available from 8.00am Activities/workshops: Shake it out movement, self-compassion meditation, Appreciation and gratitude workshop, play and connection.
<i>afternoon</i>	Lunch: In menu itinerary Summary and debrief circle of the work completed within the retreat Final words and goodbyes. Goodbyes will be had through gifting a certificate of completion of the retreat program.
<i>Goodbyes</i>	Couples will receive <ul style="list-style-type: none"> • Access to resources booklet made specifically for retreat guests • 1x ND inner child affirmation deck and link to audio reassurances • Copy of Scanned images that are taken by photographer + cameras • Couple hamper with 5 senses components added • 10% off next couples retreat

Packing Checklist

*Please note this list is not exhaustive and is merely a pointing guide.
Please double check if there are other items you may be needing to
bring with you.*

CLOTHING

- Pyjamas
- Underwear
- Bras
- Socks
- Tops
- Jeans
- Shorts
- Dresses
- Swimsuits
- Workout Clothes
- Formal/Dressy Outfit
- Casual Shoes
- Dress Shoes
- Sandals
- Thongs
- Sunglasses/Umbrella/Weather

items

MISCELLANEOUS

- Sensory fidgets/tools
- Chargers
- Headphones
- Water bottle
- Wallet
- Phone
- Safe food/snacks that bring comfort
- Medical items (melatonin, meds)

IMPORTANT DOCUMENTS

- Passport / Visa
- Identification
- Itinerary
- Boarding Passes
- Travel Insurance/health insurance
- COVID-19 Vax certificate
- Emergency Contacts list

TOILETRIES

- Shampoo
- Conditioner
- Hair Brush
- Soap
- Toothpaste
- Toothbrush
- Face Wash
- Razor
- Deodorant
- Makeup Bag
- Skincare products
- Feminine Products
- ...
- ...
- ...



A word on Vulnerability

Vulnerability, often perceived as a weakness, is paradoxically an act of immense courage. It's the raw honesty of revealing our innermost thoughts, fears, and emotions, despite the risk of rejection or hurt.

When we allow ourselves to be vulnerable with a partner, we open the door to genuine connections with them at a profound level. It's through vulnerability that we invite empathy, understanding, and compassion into our lives, and a better way of seeing our partners. By showing our true selves, flaws and all, we create space for authentic relationships to blossom.

Vulnerability is the cornerstone of personal growth and resilience. It takes courage to confront our vulnerabilities, acknowledge them, and work through them. In doing so, we invite others to see us and encourage them to seek safety within us, just as we do with them.

The less time and attention we pay to the moments of connection with our partner, the harder it becomes to reconnect. If you're thinking of your partnership as a priority, it will be a priority.

Lil Desille

www.neurokinnection.com.au

CONNECTION TO YOUR PARTNER

- Through multiple forms of connection and intimacy based exercises
 - Through understanding of your partners neurotype
 - Through attunement and co-regulation
-

CONNECTION TO YOURSELF

- Through taking time to understand your own strengths and individuality
 - Exploring your own individual needs alongside your partner
 - Understanding how to communicate your needs and boundaries
-

CONNECTION WITH OTHERS

- Connection to others who are also wanting to explore their relationship understanding
 - New neurokin and potential friendships that can develop
-

STRATEGIES AND PRACTICES

- Developing new strategies and practices surrounding multiple areas of relationship discord, connection and intimacy.
-

A LEARNING OPPORTUNITY

- An opportunity to both unwind in a lush place, while also connecting with your loved one.
- An opportunity to be heard and seen by your partner and other neurokin
- An opportunity to show up for your partnership

FEEDBACK FORM



♥ Name: _____ ☎ Phone: _____
👍 Age: _____ ✉ E-mail: _____

We will be requiring your feedback after our retreat to ensure we have done our best job!

Your feedback will provide us with the insights we need to keep this retreat going for future experiences.

As a thank you, we will be offering your choice of:

- Up to 10% off our next retreat for any returning couples

OR

- 10% off all our couples workshops and events for the remainder of 2024

OR

- Be generous and pay your 10% forward to another lucky couple

