

**2018 Autumn Neuro-Rehab Retreat**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Day 1 - Thursday 11th October:**

9-10 Arrival, registration: report to main reception, tea/coffee

10-10:15 **Welcome to the retreat and to mind-body practices with neurological patients**

Dr Priyanka Pradhan, Consultant Clinical Neuropsychologist & Yoga Instructor, *Neurolistics*; Co-Founder of *The Breathing Brain Movement*

Dr Giles Yeates, Consultant Clinical Neuropsychologist & Taiji/Kung Fu Instructor, *NeuroFlow*; Co-Founder of *The Breathing Brain Movement*

10:15-12:15 **Mindfulness for Neurological Patients**

Dr Niels Detert, Consultant Clinical Neuropsychologist, *John Radcliffe Hospital, Oxford*.

Incl. Mid-Morning Tea, Coffee and Homemade Cookies at 11:15

12:30-13:30 Lunch

Two Course Freshly Prepared Lunch served in a 13th Century Dining room

13:30-15:30 **Acceptance & Commitment Therapy and Yoga for Neurological Conditions**

Dr Priyanka Pradhan

Incl. Afternoon tea, coffee and Homemade Cake at 14:30

4-6 Free **Massage & Reflexology** sessions, Nicola Cale

4- 5 Optional **Wudang Tai Ji** session 5-5:30 Optional **Wudang Kung Fu** session

Dr Giles Yeates

6:30pm Dinner

Two Course freshly prepared Dinner in a 13th Century Dining Room

8-9pm Free **Massage & Reflexology** sessions, Nicola Cale

Late Evening Optional **Yoga Nidra** Session, Dr Priyanka Pradhan



**Day 2 – Friday 12th October:**

7-8am Optional Led **Yoga** Session

Dr Priyanka Pradhan

7-9am Breakfast

Continental breakfast with a wide selection of meats, cheeses, cereals & yogurts

10-12 **Yoga & Pain in Neurological Conditions**

Anni Jakenfelds, Yoga Teacher & Health & Wellness Practitioner, *The Integrative Healing Process*

Incl Mid-Morning Tea, Coffee and Homemade Cookies at 11:00

12-1 Lunch

Two Course Freshly Prepared Lunch served in a 13th Century Dining room

1-3 **Flow State Experience and Tai Chi for Neurological Conditions**

Dr Giles Yeates

Incl. Afternoon tea, coffee and Homemade Cake at 14:00

3pm Finish

*All delegates will receive a handout pack plus a pdf bundle of relevant articles. Hard copies of the handouts can be printed out upon advanced request*