

Booking Information

Cost: £32

(Includes morning coffee, lunch and afternoon tea)

Retreat Bursaries for NHS staff at:

www.promotingretreats.org/bursary-fund

Please book through Muriel at:

info@bielblackruthven.org.uk

or

01738 583 238

After booking, please pay cost in full
(Massage can also be booked through Muriel)

Cheques & BACS are Payable to:
"The Biel Christian Company Ltd."

Sort Code: 83-47-00

A/C: 00100095

Please include surname as reference.
Card payments can be made by phone.

See web site for Cancellation Policy:

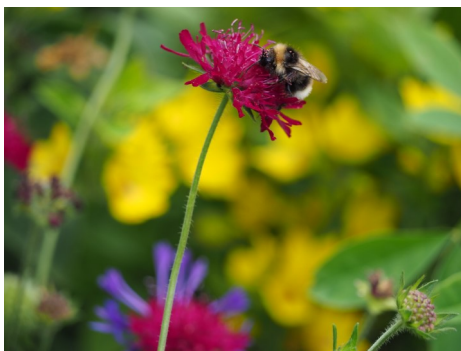
www.bielblackruthven.org.uk

Extend your stay?

You are very welcome to stay the night before or after the programme or to come to Chapel at 9.00a.m. or 5.00p.m.

**The Biel at Blackruthven
Tibbermore
Perth PH1 1PY**

Tel: 01738—583 238



Scottish Charity SC 027462



Wellness Days for NHS Staff

**The Biel at Blackruthven
supported by
NHS Scotland Spiritual Care Services**

**Thursday, 25th November 2021
Friday, 4th February 2022
Thursday, 28th April 2022
Friday, 27th May 2022**

10.00a.m.—4.30p.m.

"By the end of the day, I felt the most relaxed I've been in ages!"

Previous Participant

Wellness Days for NHS staff

COVID 19 and the pandemic have left many staff experiencing unprecedented pressures and demands that are affecting their energy or wellbeing.

You may be feeling a greater sense of stress, fatigue, anxiety or loss.

You may be feeling depleted and in need of some TLC.

Why not join others and come and spend a day at the beautiful Bield—slow down, relax and unwind?



What to expect

During the day you will be able to choose from various options, some offered individually, others in small groups with social distancing, always respecting any COVID restrictions.



Options available

- Gentle body work and mindfulness practices—tai-chi, finger holds for managing emotions, tapping, etc.
- Art room—suggestions available for how to use art reflectively or space to do your own thing; mandala making.
- Walking the labyrinth—with an option to symbolically lay down some of the emotions you may have been carrying.
- Massage – please pre-book (extra charge paid directly to the massage therapist).
- Individual time to be listened to by a member of the Bield team.
- Space to wander the stunning grounds, sit quietly, chat with others.
- Camp fire, meditation—even feeding or walking the alpacas!

Facilitators

Valerie Allen along with other members of the Bield Pastoral Team, supported by NHS Spiritual Care Chaplains.



"As soon as I arrived at the Bield I felt a weight lift from my shoulders."

Previous Participant

"When I'm feeling angry or anxious, I use the finger holds and breathe. It is so helpful."

Previous Participant