

# *moving beyond* trauma

## RESIDENTIAL PROGRAM



Heal the past and bring relief to your troubled body, mind and spirit in a confidential safe environment

14-18 JULY 4-8 AUG 8-12 SEPT 22-26 SEPT 20-24 OCT 10-14 NOV 2025

Moving Beyond Trauma is designed to assist people with post-trauma stress symptoms to reclaim their lives and create greater control over their emotional equilibrium and lifestyle choices. It is based on the latest research into neuroplasticity and epigenetics and provides you with a clear pathway towards full recovery from post-trauma injuries.

Join an intensive 5-day residential program to get an understanding of trauma, its effect on the brain, and special techniques of yoga, mindfulness, relaxation and meditation. Learn practical skills and tools which will lead to an improvement in your overall health and relationships. ✨

Quest's highly experienced professional teams will provide you with education, encouragement and support. They are all trained in trauma-informed care and use a whole person, recovery-oriented approach. Join us at the Quest for Life Centre in Bundanoon in the beautiful Southern Highlands, NSW.

*"It's the best thing I've done for myself. It's given me perspective and inspiration to live life to its fullest. It was an honour, a blessing and a privilege to attend Quest – all the team there were wonderful and made it feel like home."*  
– Kylie

### You'll leave the program with:

- A simple, practical framework to understand and manage the complexity of PTSD and CPTSD symptoms
- A toolkit of skills to help restore your emotional equilibrium
- A much deeper understanding of yourself, others and life
- New confidence in your ability and skill to embrace your challenges
- Greater appreciation of your story and your potential to heal
- The ability to respond to situations rather than react



### FINANCIAL HELP AVAILABLE TO ATTEND OUR PROGRAMS

The Quest for Life Foundation is a not-for-profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.

LIMITED PLACES – CALL TODAY:  
1300 941 488 [questforlife.org.au](http://questforlife.org.au)

