

moving beyond **trauma**



new

**RESIDENTIAL PROGRAM
JUST FOR WOMEN**

A space to heal, just for women

Ladies, this is your space to connect, heal, and grow with a group of supportive, resilient women on similar journeys. This dedicated program offers a nurturing and safe environment to process and release past trauma with compassion and understanding. Tailored to inspire and support women as they move forward on their personal paths of growth and empowerment.

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.

"This was an amazing program. Highly suggest for attaining peace of mind."

– Julie, former Moving Beyond Trauma - Just for Women participant

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

