



Pause – A Retreat

A blend of Nature Therapy, CBT,
Yoga & Nutrition



Join us for 5 therapeutic days,
exclusively for women over 40

Morzine, Les Portes du Soleil

5-10th May 2024

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[or contact us at www.talkingtreatment.com/retreats](http://www.talkingtreatment.com/retreats)



Let nature heal you on a five-night wellness retreat in the French Alps

Learn to pause and be still, stabilise your stress hormones, and allow your mind and body to relax



- A tailored programme created for a small group of women, aged over 40. Designed by a team of wellness professionals.
- Daily, morning and evening Yoga sessions, taught by Sandra a Hatha & Yin Yoga teacher. Classes include mindfulness and crystal singing bowl meditations.
- Daily group sessions using CBT (cognitive behavioural therapy), facilitated by Alex, a Psychotherapist. Sessions are designed to achieve awareness of thoughts and feelings, and how they drive current moods and behaviour.
- A creative and science-based nature programme run by Pina, a nature Psychotherapist. These include walks, forest bathing and nature therapy. The idea is to connect with nature to bring the body and mind to the 'rest and restore' position.
- Nutritious meals created and cooked by our very own natural chef and nutritionist, Dr Sharon Pitt, to support women's health. The focus is on the relationship between food and hormone health, along with educational sessions about the impact of diet on perimenopause and menopause.

Ever wanted to scream from the top of a mountain?

Escape to the serene beauty of Les Portes du Soleil's magical mountain range, where our inviting chalet is nestled in the enchanting valley of Morzine. A short stroll to the town centre and a breathtaking walk to the captivating Lac Montriond, our retreat offers the perfect blend of tranquillity and adventure.

PAUSE FOR A FRESH START. Are you weary from the winter grind? Facing tough decisions or yearning to break old patterns? Our retreat is designed to help you embrace a new beginning by reconnecting with your senses and the wonders of nature.



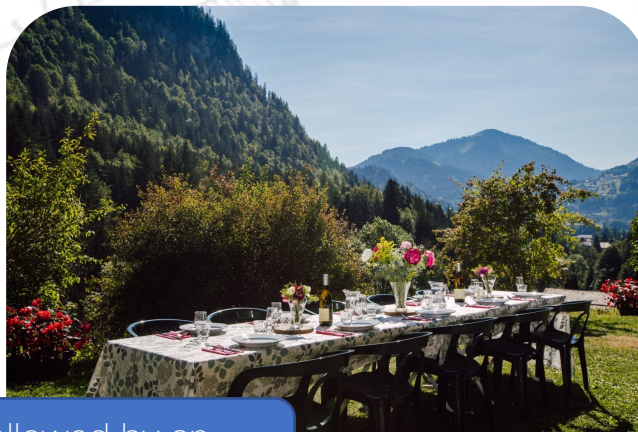
Engage in revitalising yoga sessions to harmonise your body and spirit. Delve into cognitive exercises that provide the mental space to focus on you, and only you. Enjoy nourishing meals that rejuvenate your mind and body. And yes, shout from the mountain tops to release your inner voice.

As spring graces the mountains with blossoms in May, our retreat is your opportunity to awaken your body and mind, bidding farewell to the past and embracing a fresh, vibrant future.

A typical day on the retreat



The sun rises alongside a Hatha Yoga session..



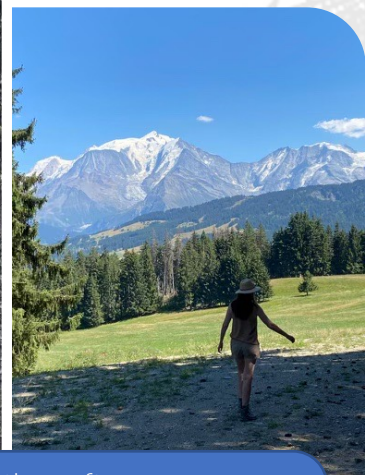
followed by an alfresco breakfast..



then mid morning, a creative and therapeutic group session..



in the afternoon, an outdoor activity such as mountain walk or forest bathing..



we then rest, before supper. We end with a sunset, yin yoga session..



Meet the team



Alexandra Townshend
Psychotherapist
BSc Hons, MBACP Accred

In 2014 Alex founded Talking Treatment, a psychotherapy clinic in SW London. Building on the extensive knowledge gained from years of clinical practice, she has designed this retreat with no ego, standards or expectations. With a simple goal, to help enable women to feel liberated to express emotion, find balance, and learn to prioritise themselves. [Insta @aliveinthealps](#)
[@talkingtreatment](#)



Sandra Vultaggio
Hatha Yoga Teacher

Sandra is a passionate Yoga instructor with over five years of teaching experience and advanced training in hatha, yoga alignment and mandala yoga. Adept at creating powerful teaching plans that aim to support and benefit each and every student, Sandra brings forth a love and respect for the art of yoga and all that it encompasses.
[Insta @over50yoga](#)



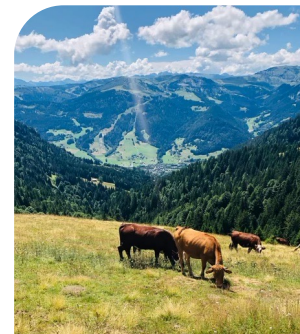
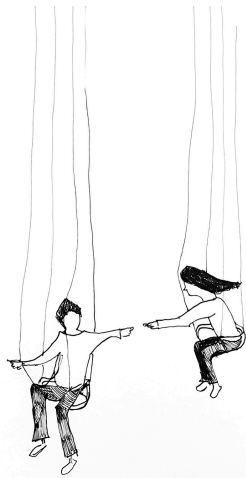
Dr Sharon Pitt
Natural Chef & Nutritionist
Dip ION, Dip Nat Chef, BPharm Hons, PhD, mBANT, CNHC

Sharon has been practicing nutrition for 20 years and has a particular interest in the role of nutrition in women's health, addressing issues which affect women at all stages of their life from teenage concerns, menstrual problems, endometriosis, fibroids and PCOS to menopause, osteoporosis and beyond.
[Insta @nutrition_first](#)



Pina Patane
Nature Psychotherapist
BSc Hons, MBACP

An integrative psychotherapist for over a decade, Pina has been involved in nature therapy and is a certified Shinrin Yoku forest bathing guide and nature therapist. Pina is passionate about bringing people to nature. Through forest bathing and nature therapy, she facilitates mindful sensual exercises to reconnect with the forest. "Our disconnect to nature makes us dis-eased and detached-let's reconnect and attach!"
[Insta @pinaintheforest](#)



Twin rooms £795 per person (excl flights & transfers). For bookings, please visit; <https://www.talkingtreatment.com/retreats> or follow our Instagram [Insta](#) or email us at alex@talkingtreatment.com