

A photograph of a forest with tall, thin trees and sunlight filtering through the canopy, creating a warm, golden glow. The text is overlaid on this background.

# **" BACK TO THE WILD "**

**A WILDERNESS RETREAT FOR  
CONSCIOUS PARENTS & THEIR  
CHILDREN**

**A BELIEF PROJECT EVENT**

# Welcome

**PT**Thank you so much for booking into " Back To The Wild."

I am so excited to meet you!! And to be offering this opportunity for kids and their parents or loved adults, to step back into the true essence of nature and immerse themselves in two days of connecting on all levels, surrounded by the forest.

In this handout you will find a little information about me, a few words on the gifts of nature then of course, the logistics of the weekend, as well as a form to be completed and sent back to me at your earliest convenience.

Thank you so very much for investing your time, money, love and belief in this weekend get away with your kids.

I know it will be inspiring, soul fulfilling and create memories that will be enjoyed for time to come!

With Love,

Emily xo

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# A Little Bit About Me...



My name is Emily Dewar. The property I am hosting this event on is my childhood home and how lucky am I!! I grew up on a wildflower farm, surrounded by the forest and always carrying with me a deep sense of connection to nature and the wild ever since I can remember.

Now, on the professional side of things... I am a qualified counsellor, with a major in ( and passion for ) childhood development. Actually, a passion also for human behaviour, the mind in general, human potential, intuition, the world of consciousness and so much more!! Plus a thirst for all things magical of course! I am also a qualified Life Coach, Meditation Teacher, Reiki Practitioner and a few other little bits and bobs.

I spent the younger part of my life working in performing arts, music and dance and the more recent times in a remote Aboriginal Community as a Wellbeing Coordinator in a community school. I have travelled to many parts of the world, lived in many regions of Australia, always followed my heart and always lived true to my intuition answering the question "where to, or what next?!" Nature has always, always been at the core of who I am.

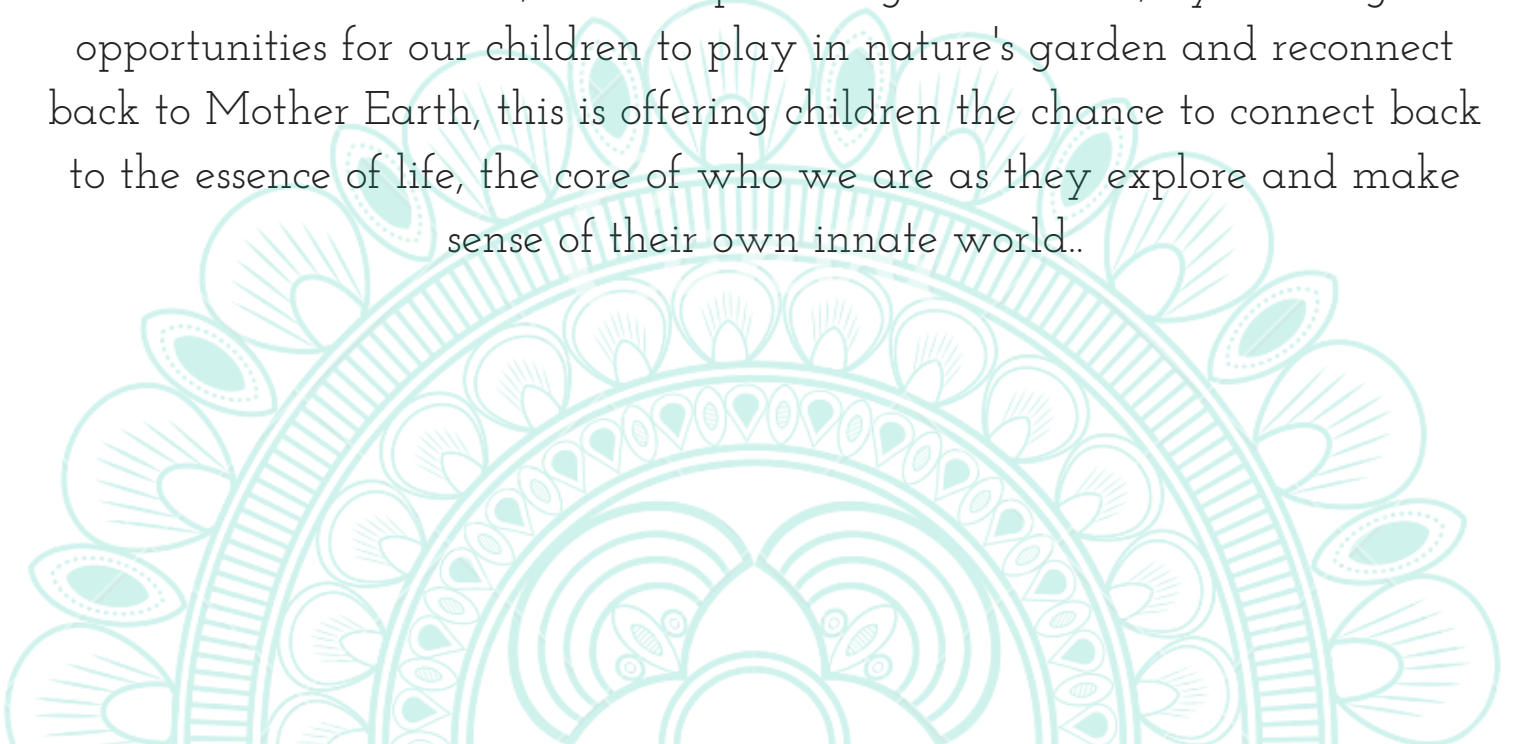
Life is a rich tapestry and all of these experiences have shaped me as a person, deepened my connection to myself and filled my soul with so many amazing experiences in my ever evolving journey... and for that I will always be grateful!!

# Natures Gift's

In general as a society, many of us have moved away from a ' natural ' way of living. With this change in environment, many adults and children continue to loose their connection to nature and all of the incredible mental, emotional, physical, intellectual, social and spiritual benefits it provides for us. Nature truly is a gift, that gives unconditionally in so many ways...

For our little people, being in nature for even as little as ten minutes per day can offer so much goodness into their lives.. Children who play in nature regularly, have an expanded imagination, resilience and confidence, as nature supports problem solving, risk assessing, decisions made from initiative, creative solutions and a free style of play. They are sick less often, as their immune systems are stimulated. They have greater focus and cognitive abilities. They become more resistance to stress, less worried, more present and more positive, as well as the psychical health benefits and so, so much more!!

Teamed with conscious, mindful parenting connections, by creating the opportunities for our children to play in nature's garden and reconnect back to Mother Earth, this is offering children the chance to connect back to the essence of life, the core of who we are as they explore and make sense of their own innate world..





# The Finer Details

Personal Information **Address** : 120 Carinyah Road Pickering Brook

**Date** : April 28th - April 29th

**Time Beginning** : Saturday 12.00 Pm

**Time Ending** : Sunday 4.00 Pm

**Accommodation** : Tipi Style Glamping Tents.

Food : Included ( breakfast x 1, lunch x 2, dinner x 1 )

**Payment** : To be booked and paid for before arrival please

## A very brief run down..

On arrival, everyone will be shown to their camping space and given enough time to get comfy ( and excited!! ) before being served a healthy, buffet style lunch. We will then gather altogether for an introduction and run through of the weekend ( Don't worry.. I will make it fun!! ) Before the first activities begin for the weekend...

Dinner will be served around 6 pm ( give or take ) and the evening will continue with a camp fire, sharing stories, games and activities. Kids can all learn to make damper from our aboriginal, Gooniydani man As children fall asleep, parents are warmly encouraged and invited to remain around the camp fire to converse and connect to one another and myself.

Breakfast will be accessible at all times in the morning ( before 9 am ) before we start our day of fun, laughter, activities and nature connection.

After lunch and more fun, we will all come together once more, to share our experiences from our " Back The Wild," weekend, to say thank you to the forest and to say goodbye to new friends and connections made.

# FAQ's

**Will we be hungry?** All Lunch, Breakfast + Dinner meals are provided, as well as water, healthy refreshments + light snacks. If you are prone to a case of the "hangry's" and would like to bring extra snacks for between meals, please feel free to do so.

**What if I have special dietary requirements?** Please let me ( Emily) know ASAP.

**What should we wear + pack?** Pack warm, comfortable and practical clothes that you don't mind if they get a little bit dirty. Warm pjs, ugg boots, socks. A hat is always handy and comfortable, practical, covered in footwear for bush walking. A spare pair of warm gear is always a good idea.

**Is there anything extra I should bring?** Sunscreen, mosquito / bug spray if needed. Drink bottles. Rain gear or a rain coat. Gumboots are always handy! A torch is great!

**Are there shower + toilet facilities?** Yes! A transportable vip toilet + shower facility will be placed near campaign area.

**Do I need a towel + toiletries?** Only if you would prefer your own towel, otherwise they are provided. Please bring personal toiletries

**What if it rains?** Tents are waterproof and inside workspaces will be provided as an alternative. Things may get a little muddy, but that is all apart of the camping adventure, right?!

**Will there be down time?** Yes, there will be time to spend with your kids in whichever way you please and all activities are optional

**Do I have a Working With Children Check?** Yes! Am happy to provide my ID number.

**If I change my mind, can I get a refund?** Unfortunately as these retreats take a lot of planning and forward investing, there is a no refund policy. Thank you for understanding.

**Please feel free to ask me any questions that i may have forgotten!!**

# Personal Information

Parent / Carer Name :

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Child ( s ) Name ( s ):

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Child ( s ) age ( s ) :

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Contact Number :

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Emergency Name & Contact :

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Address :

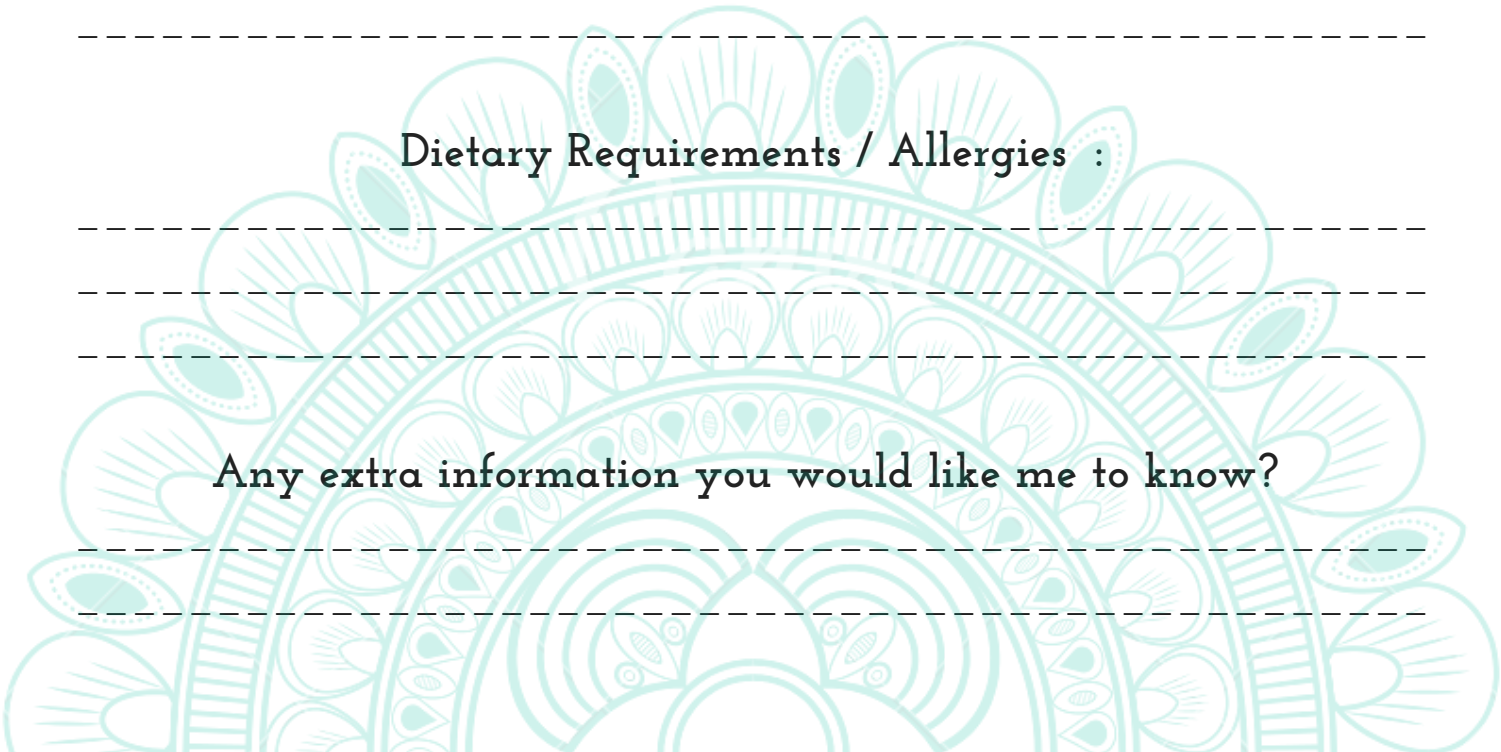
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Dietary Requirements / Allergies :

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Any extra information you would like me to know?

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Thank you So very much!!

I look forward to seeing  
you at

" Back To The Wild."

With Love

Emily xo

