

## HOLDING SPACE FOR YOURSELF AND OTHERS

### **One-Day Workshop/Retreat:**

Are you intrigued by the concept of Holding Space and its potential to enrich your personal and professional relationships as well as your own well-being? Join us for a day of exploration and learning dedicated to this powerful practice.

*“Holding Space is being present, compassionate, and supportive of someone without passing judgement, trying to fix or change them or their circumstances.”*

Holding Space involves consciously creating a safe and trusting environment, thereby allowing individuals to explore and process their thoughts and emotions. While many of us naturally and unconsciously hold space for family, friends, colleagues, and clients, *doing so intentionally* can deepen your connection and impact. This retreat-like workshop will introduce you to the qualities and attributes of holding space both for others and, more importantly, for yourself - the latter of which is where many of us struggle.

And the retreat-like quality, you ask? To best learn new information and skills, it is ideal if your nervous system is relaxed and calm. Thus, the day will be interspersed with guided practices that will help this to be your personal experience. Also, a delicious homemade lunch will be provided, along with morning and afternoon tea.

The day will be led by Lucy Karnani, a Master Practitioner and member of the teaching team at the Centre for Holding Space (CFHS). Her journey in this work began after discovering Heather Plett's groundbreaking work on the subject in 2016. It resonated so deeply with her experiences as a yoga teacher, mentor, communications coach, and mum, that she has studied extensively with Heather since then, becoming certified as a Holding Space Practitioner in 2021 and then joining the teaching team of the CFHS as a Master Practitioner in 2023.



Throughout the day, you will have the opportunity to engage in rich conversations, practice holding space in real-time and explore how to bring these practices into your own life. Together with like-minded individuals, you'll also unpack the challenges and rewards of holding space for yourself, especially in our ever-changing, post-pandemic world. Please join us to be nourished by this rich learning experience – both for your own well-being and for many others in your life! 🦋

*“Having the opportunity to witness Lucy in full flight is a true delight! Her ability to impart deep wisdom and well-honed craft is truly of the highest order. She’s a woman of many talents, capable of teaching with true open-hearted empathy, incredible intellect and a perfect dose of daggy good humour. If you have the opportunity to learn from Lucy or be with her as she holds space then grab it! She will help you find ways of being, connecting and listening that will enrich your life and in turn, enrich those around you”.*

*Annie Kirkman – retreat participant, 2023.*

For more information about Holding Space:

<https://centreforholdingspace.com/what-is-holding-space/>

For more information about Lucy:

<https://centreforholdingspace.com/the-centre-for-holding-space-global-team/>

Location: Gold Coast, QLD

Date: Saturday, October 26

Time: 9am – 5:30pm

Cost: \$225 (fully catered)

Group size: maximum of 12

If you would like to be part of this special day, please reach out to Lucy directly via her email: [lucy@karnani.org](mailto:lucy@karnani.org)