



Re-Treat My Heart

A JOURNEY ON A CREATIVE PATH TO HEALING AND WELLBEING For Children and Young People



This is my heart I colour so bright:



'We are not what people say we are. We are what we know ourselves to be, and we are what we love.' – Laveme Cox

By Geeta Pendaer

Introduction

Mindfulness has been shown to contribute directly to the development of cognitive and performance skills in the young. When children and young people learn to be more 'present' and less anxious they often find they pay better attention and improve the quality of their performance, in classroom, on the sports field, and in performance arts, for example. They often become more focused, more able to approach situations from a fresh perspective, use existing knowledge more effectively.

Welcome to Re-Treat My Heart



Our engaging, inspiring, nurturing and nourishing one day Re-Treats are especially designed for Children and Young People to **Create, Heal and Grow**. The Re-Treat is a great opportunity to take any child or young person on a creative path to healing and wellbeing. Empowering them with coping strategies and mechanisms to build and strengthen their mental resilience to manage stress, anxiety, trauma and anger management, by bringing attention and awareness into the present moment, through Meditation, Mindfulness practice, Mindful Self Compassion, NLP Coaching, and Expressive Arts. This includes Mindful Dancing, and Clay Heart making, which has proven to be a successful way to introduce and engage the children and young people, in an otherwise very difficult practice.

The Re-Treat is created for the individuals to discover and connect with their inner child and to love, care and find happiness within. The 1 day Re-Treat is designed to help them Re-Set and Re-Claim themselves by nurturing nourishment for the mind, body and soul, cultivating mental resilience, promoting healing and wellbeing.

About the Founder



Geeta Pendaer – A trained Practitioner of Dancing Mindfulness in Clinical and Community Settings, Reiki Master, NLP Coach, Author and Founder of [2Justbe](#).

As a 'looked after child' in the 1970's, having to deal with all types of abuse from those that should have protected and cared for me. I quickly realised that mental resilience was the only way forward for me, which I found, by accident, through dance and music as a child; I shut out everything, put on the music and danced with my soul in my special space. This coping strategy helped me to look through my own 'rose tinted glasses' at the world, outwardly, but not paying attention to my 'inner child.'

This led to my vulnerability and emotional fragility that determined how I dealt with people, and they me. However, on the positive side, with my coping strategy in place, my life, as an independent, strong, passionate woman lends itself to, achieving much, travelling loads and learning every day.

My career choices through my personal journey, as an Artist, FGC Coordinator and Mediator, were all based around caring for others, as I found a sense of fulfilment in the support process; maybe that was what I was craving myself. Sadly, there was a void, a dull ache inside of me that needed healing. So, I decided to seek 'supervision' of a different kind and stop 'kidding' myself and start 'being kinder to myself.' I embarked on my holistic journey, attending many Mindfulness Retreats, being very 'present' and fully understanding the meaning of the concept; to then flying to Pittsburgh to train in Dancing Mindfulness with Dr Jamie Marich and completing my NLP Training with Dr Richard Bandler (learning only from the best). I got 'it,' not just the certificates, but the wake-up call, 'I woke up,' finally, embracing and making peace with all the experiences, the challenges, the gains and the losses. I drew on all of the above and started my own healing journey, and to help others cultivate theirs and take control, in total realisation, on their journey to nurturing nourishment for their mind, body and soul, promoting healing, wellbeing and mental resilience.

What's on offer...

The Re-Treat Programme is packed with activities to enable individuals to explore and access their inner child and artist within, throughout the day as follows (children should wear comfortable loose clothing):

- 09:00 Welcome, Housekeeping and Introductions
- 09:15 Grounding and Meditation – Noble Silence commences
- 09:30 My Heart Matters – Clay Heart Making – This activity is conducted in Noble Silence, which helps the individual to be 'present' with the clay and themselves, using all the 5 senses to create their hearts and decorate them.
- 10:30 30 Mins Comfort Break and Reflection time.
- 11:00 My Heart Matters Book Work – Working through the emotions of their inner child and journaling, using the book as a tool for the children and young people to express their feelings and wishes, identifying with them and how to manage them with their own coping strategies. The book also acts as their own emotionally Key Performance Indicator (KPI)
- Mindful Self Compassion – Affirmations and Mirror Work using the work done in the My Heart Matters Book, exploring their negative emotions and how to turn them around positively, within, strengthening their inner child with positive emotions.
- 13:00 1 Hour Lunch conducted in Noble Silence
- 14:00 2Just DANCE – Mindfulness in Motion (MiM). Guided dance, working through the emotions and feelings of the individuals. Headphones used.
- 15:00 Grounding & Meditation with Clay Hearts – the group is brought together and anchored to their personal hearts using NLP and Guided Meditation as one of their coping strategies.
- 15:30 End of session

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What is in a Re-Treat...??

A retreat gives the children and young people the opportunity to step back from their daily lives to find a moment of rest, to get in touch with themselves in a holistic way and simply find inner peace. Our Re-Treats offer all of the above with the extra 'treats' using expressive arts-based practice. It is a way for the children and young people to take time out for themselves to assess their place in the environment, helping to bring a sense of clarity to the challenges they face, and how to manage them. Our Re-Treats offer a structured programme that is conducted holistically for the children and young people to be able to access 'their' space, within the calming surrounding created, that nurtures nourishment of the mind, body and soul, promotes healing, wellbeing and the mental resilience they need to develop a better life for them TO JUST BE...

What are the benefits...??

There are many benefits for everyone, from the children and young people to parents and educators. The Re-Treats are an ideal solution for parents for Inset days and holidays, which helps prepare their children mentally, reducing any anxieties for the new term of school, and for the educators, in all aspects of PHSE, SEND, Behaviour Management and much more.



More importantly, the benefits for the children and young people is invaluable. Many studies carried out have identified the benefits of Mindfulness in a school context. Here are a few that have identified this:

Emotional Wellbeing

- **Napoli, Krech & Holley (2005)** - The children showed significant decreases in both test anxiety and ADHD behaviours and also an increase in the ability to pay attention.
- **Broderick and Metz (2009)** - Decreases in negative affect, and increases in calm, relaxation, self--acceptance, emotional regulation, awareness and clarity.
- **Schonert--Reichl and Lawlor (2010)** - Increase in scores on self--report measures of optimism and positive emotions. Teacher reports showed an improvement in social and emotional competence for children in the intervention group, and a decrease in aggression and oppositional behaviour
- **Joyce et al (2010)** - The 10 week program delivered by teachers lead to a significant reduction in self--reported behavioural problems and depression scores, particularly in pupils with clinically significant levels of problems before the intervention.
- **Liehr and Diaz (2010)** - There was a significant reduction in depression symptoms for those in the mindfulness group and a reduction in anxiety for both groups, in the immediate post--treatment follow up.
- **Lau and Hue (2011)** - There was a significant decrease in symptoms of depression and a significant increase in wellbeing among the young people who received the intervention.

Learning

- **Semple et al. (2010)** - Significant improvements were found on measures of attention and reductions in anxiety and behaviour problems compared to those who had not yet had the programme.
- **Beauchemin, Hutchins and Patterson (2008)** - Participants who completed the program demonstrating decreased state and trait anxiety, enhanced social skills, and improved academic performance. The authors hypothesised that mindfulness meditation decreases anxiety and negative self belief, which, in turn, promotes social skills and academic outcomes.
- **Schonert--Reichl and Hymel (2007)** - Teachers noticed improvements in 9 to 13 year-- olds' behaviour, attention and focus.
- **Flook et al (2010)** - Those with lower pre-- course self--regulation were observed to experience greatest improvements in behavioural regulation, meta--cognition and executive function.

Mental Health

- **Bogels et al (2008)** - evaluated the impact of mindfulness on a group of adolescents diagnosed with attention and behaviour--control deficits. They reported significant increases in personal goals, sustained attention, happiness and mindful awareness; changes that were ratified by their parents
- **Biegel et al (2009)** - When compared with a control group, the young people who received MBSR self--reported significantly reduced symptoms of anxiety, depression, and somatic distress, global assessment of functioning and increased self--esteem and sleep quality.

- **Mendelson et al. (2010)** - The intervention included yoga--based physical activity, breathing techniques and guided mindfulness practice designed to help children manage arousal and stress levels. Some significant reductions were found on measures of involuntary response to stress and there was a trend for greater trust in friends.
- **Bootzin and Stevens (2005)** - There were significant reductions in mental health distress and improvements in sleep, both in quality and time for young people who completed the course. Although substance use increased during the intervention for all who took part, after 12 months those who completed the course showed decreased substance use while those who did not continued to increase substance use.

Physical Health

- **Gregoski et al (2011)** - Breathing awareness meditation produced greater reductions in systolic blood pressure than did regular Life Skills Training or Health Education programmes. Participants taught breathing meditation also showed greater reductions for 24 hr diastolic blood pressure and heart rate compared to the Life Skills group.

Social and Emotional Learning

- Mindfulness programmes can be seen as a subset of social and emotional learning (SEL) programmes, with which they very much share goals and to some extent techniques. SEL programmes generally attempt to develop students' social and emotional skills, attitudes and capacities, including self--awareness, the ability to manage the emotions, optimism, persistence and resilience, empathy and the ability to make

relationships, all of which are also goals for mindfulness, through providing a spiral curriculum of explicit learning opportunities.

How much does it cost...??

The 1 Day, Re-Treat My Heart, offers the full programme of activities for the whole school day, within the school setting. The session starts from 09:00 am to 15:30 pm. Please note the timings will be in line with school timetable.

The cost is on an individual basis at £50 per person. A 50% deposit is required to secure the booking, with a minimum of 10 and a maximum of 20 children or young people per group.

We appreciate and understand that each child is unique in terms of the ability or desire to engage and the level of support they will need. We have a strong track record for engaging complex individuals in all settings. Therefore, we take our Re-Treat programme and the wellbeing of the children very seriously. We feel, for best results, each group should attend a minimum of six sessions, which will promote routine, practice, consistency, stability and trust, both in themselves and socially.

Please [BOOK HERE](#) for Re-Treat My Heart

How to get in touch...

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I have a current DBS, Public Liability Insurance (£5M) and Personal Indemnity Insurance (£2M).

Thank you for your time. If you have any further questions regarding our Re-Treat, please do not hesitate to contact me.

Kind regards



Geeta Pendaer
Founder 2Justbe

"When the student
is ready the teacher will appear.
When the student is truly ready...
The teacher will Disappear."

— Tao Te Ching

Surrender to what is.
Let go of what was.
Have faith in
what will be...

"In today's rush, we all think too much —
seek too much —
want too much —
and forget about the joy of just being."

~Eckhart Tolle

"When 'I' is
replaced with 'we'
Then illness
becomes wellness"

"I
AM
ENOUGH..."

Justbe®

Pause • Reflect • Breath



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