

Mindfulness day retreat

Join Michael Atkinson, mindfulness expert, as he leads this wonderfully relaxing day retreat.

The day will involve indoor mindfulness practices, private reflection, group discussion and a silent walk around the grounds of the wildlife centre or the nearby beach. There will be breaks for you to explore on your own, as well as to sample the wonderful cafe which hosts great views across the reserve's lake and the sea.

The theme of the day is impermanence and letting go.

Last updated: October 1, 2026