

Learn, heal and grow at

# THE SCHOOL OF LIFE THERAPEUTIC RETREAT: HEALING EMOTIONAL PAIN

28<sup>th</sup> November – 1<sup>st</sup>/2<sup>nd</sup> December 2024

27<sup>th</sup> March – 30<sup>th</sup>/31<sup>st</sup> March 2025

**THE  
SCHOOL  
OF LIFE**

ES RACÓ D'ARTÀ

IN-  
PERSON  
EVENT



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# What to Expect

The School of Life is dedicated to helping you to learn, heal and grow. Most of the time, this can be done via our books, films, online classes and online psychotherapy.

But there is also immense value in occasionally cordoning off a dedicated period in which we can leave day-to-day pressures behind and go and work on our emotions with other people, in a beautiful physical location, so as to make genuine and deep progress towards greater liberation, self-understanding and freedom.

That's why we launched The School of Life Retreats, unique four day experiences that run throughout the year and are intended to do nothing less than expand and enhance our psychological lives.

In the company of kind and like-minded fellow participants, you will be able to build up your mental well-being under the guidance of gentle, experienced and compassionate psychotherapists.

The result will be a lighter, more serene and more creative sense of self – and a feeling of having finally broken through barriers that stood in the way of flourishing. A Retreat is the ultimate way to care for yourself and, by implication, all those who love and depend on you.





## Healing Ourselves

All of us carry scars from difficult events in the past. It might be something that happened relatively recently – a break up or a professional reversal – or else a difficulty that unfolded long ago – a painful dynamic in childhood or an event in adolescence.

Awkwardly, if we leave our sufferings unaddressed, they have a habit of giving rise to symptoms that spoil our lives day to day: anxiety, isolation, shame or hopelessness. Sometimes the symptoms become physical – insomnia, fatigue, restlessness or panic attacks – and defy all the normal medical remedies, as though our bodies were bearing witness to buried griefs.

Our Retreat is designed to offer a holistic approach to healing a range of emotional pains and distress. During your stay, you'll work with The School of Life psychotherapy team and take part in a variety

of experiences – therapeutic groups, journaling, art therapy, music therapy, dance and movement therapy, and EMDR (Eye Movement Desensitisation and Reprocessing) among others – that together deliver a complete regimen of healing.

During mealtimes and other short breaks in the day, we will always have a choice to get to know the other participants on a more personal level — or else take time to ourselves to let our thoughts percolate.

Throughout, your mental well-being will be enhanced by two elements: the beautiful natural surroundings which offer ideal conditions for self-recovery and renewal; and the company of warm-hearted fellow participants, who foster a feeling of self-acceptance and belonging.

# Overview

Day 1 —

Understanding Emotional Pain

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Day 2 —

Resources and Resiliencies

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Day 3 —

Finding Pathways to Healing

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Day 4 —

Reflections

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Day 5 (Optional) —

Creative Integration

Day 1 —

## Understanding Emotional Pain

On the first day, we'll focus on putting our pain into words. After introducing ourselves to one another, we'll be invited to talk about our reasons for joining the Retreat and our hopes for the days ahead.

With the guidance of a psychotherapist, we'll try to identify the common threads among our accounts: the factors that have contributed to our challenges, the strategies we've devised for coping with them and how we would like to approach the future with maximal compassion and resilience.

In the afternoon, an art-inspired, self-affirming activity will encourage a deeper exploration into how we came to be who we are today, appreciating that

our identity transcends mere life events, encompassing our worldview and the values that hold significance for us. This empowering experience encourages us to recognise and embrace the qualities we value in ourselves, many of which may have emerged from challenging moments.

Later in the day, we'll be heading outdoors to be refreshed by contact with nature. We'll learn to immerse ourselves in the present moment and pay close attention to the natural world as a means of arriving at more insightful and balanced perspectives on our inner struggles.





Day 2 —

## Resources and Resiliencies

Our second day is centred on summoning up, and bolstering, our psychological resources for coping with difficulties.

The day begins with focus on the body. Through a series of meditative, relaxing exercises, we'll reconnect with our physical selves: tuning into their signals and learning to decipher the messages they send us. To understand how trauma and stress are registered in the mind and body, an experienced EMDR psychotherapist will then teach us some advanced therapeutic techniques aimed at visualising our emotional struggles, zeroing in on our strengths and taking stock of our inner resources.

Continuing from exploration into the body, we will take a walk toward the majestic mountains. Enjoy a

dip in the heated outdoor pool and fully embrace the natural beauty around you. These activities provide further opportunities to understand our bodily reactions and emotional responses, allowing us to immerse ourselves in the mysteries of nature and its evocative challenges.

The afternoon session will address the challenges posed by experiences of shame, a powerful emotion that can block the path to healing. An experiential letter writing activity will allow us to express feelings of hurt in a thoughtful and considerate manner.

As the day winds down, we'll celebrate the importance of play, sharing stories that highlight the playful side of life and helping us connect with our true selves in our unique ways.

Day 3 —

## Pathways to Healing

With the background of The School of Life's bespoke music, at the start of the day we will engage in gentle dance and movement therapy exercises to convey and share deep emotional experiences in a non-verbal manner.

What follows is a series of inspiring and emotionally resonant activities designed to propel us forward along the pathways of healing.

It involves releasing the weight of past judgments, moving towards self-appreciation, and expanding our self-understanding and compassion for others as well as ourselves.

We will engage in meaningful discussions about the purpose and meaning of life, sharing our insights and experiences.

We will go for a mindful walk, deepening our connection with nature and ourselves.





## Day 4 — Reflections

After breakfast, we'll share a reflective space together and conclude with some final remarks capturing our experiences and what they have taught us.

There will be an opportunity for opening up about those individuals with whom we have exchanged particularly deep connections, as well as with the group as a whole.

We'll also have some time alone to reflect on the Retreat and write up some notes to remember in a journal.

The day ends with a closing ceremony, where each participant is invited to convey their experience of the Retreat through a creative medium of their choice.

These presentations will amount to a testament to all we have learned and experienced together.



## Day 5 (Optional) — Creative Integration

For those choosing to extend their stay and further integrate the Retreat experience, we have planned a series of playful and creative activities.

Through music and play, we will reflect on the Retreat's impact and the insights it has offered us.

The day will conclude with mapping out our commitments, ensuring that we carry the lessons and insights from the Retreat into our daily lives.

# Timetable Days 1-2

Book your retreat here: [theschooloflife.com/online-psychotherapy/retreats](https://theschooloflife.com/online-psychotherapy/retreats)

If you have any queries you can contact us at: [therapy@theschooloflife.com](mailto:therapy@theschooloflife.com)

## Day 1

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### Morning Session

11.00 – 12.00 Welcome, Orientation, Setting the Context

12.00 – 13.00 Introductions Using Art Therapy

13.00 – 13.45 Lunch

### Afternoon Session

13.45 – 14.45 Understanding Emotional Pain  
*(online session with Alain de Botton)*

14.45 – 15.30 Reflective Walk

15.30 – 16.30 Lying Confessions

16.30 – 17.15 Break

17.15 – 18.15 Emotional Timeline

### Evening Session

18.15 – 18.30 Messages of Judgement

18.30 – 19.30 Who Am I?

19.30 – 20.30 Dinner

20.30 – 21.30 The School of Life Cards & Games  
*(optional)*

## Day 2

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### Morning Session

7.45 – 8.45 Breakfast

8.45 – 10.45 EMDR: Accessing Strengths

10.45 – 11.30 Break/Individual Sessions

11.30 – 12.45 Tuning into the Body

12.45 – 13.30 Mindful Walk

13.30 – 14.15 Lunch

### Afternoon Session

14.15 – 15.30 The Experience of Shame

15.30 – 16.45 Experiential Letter Writing

16.45 – 17.30 Break/Individual Sessions

### Evening Session

17.30 – 19.30 The Importance of Play

19.30 – 20.30 Dinner

20.30 – 21.30 The School of Life Cards & Games  
*(optional)*

# Timetable Days 3-4

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## Day 3

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### Morning Session

7.45 – 8.30	Breakfast
8.30 – 10.30	How Music Can Heal Us, Dance & Movement
10.30 – 11.00	Group Drawing
11.00 – 12.00	Break/Individual Sessions
12.00 – 13.00	Mindful Walk
13.00 – 14.00	Lunch

### Afternoon Session

14.00 – 15.15	The Meaning of Life
15.15 – 16.30	Letting Go of Judgments
16.30 – 17.30	Free Time/Individual Sessions

### Evening Session

17.30 – 19.00	Love and Self-Love
19.00 – 19.30	Messages of Appreciation
19.30 – 20.30	Dinner
20.30 – 21.30	The School of Life Cards & Games ( <i>optional</i> )

## Day 4

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### Morning Session

7.45 – 9.15	Breakfast/Check Out*
9.15 – 10.00	The Circles of Reflection
10.00 – 10.45	Commitments and Qualities Meditation
10.45 – 11.00	Break
11.00 – 13.00	The Ending Ceremony
13.00 – 14.00	Lunch

### Afternoon Session

14.00 – 14.30	Closing Remarks
14.30 – 15.00	Feedback
15.00 – 16.00	Personal Goodbyes

\* Check out for those departing.

\*\* Optional Day 5 extension: for participants staying on, spend the afternoon choosing from activities like outdoor / indoor pool, spa with sauna and steam room, treatments, outdoor walk, or journalling.

# Timetable Day 5

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## Day 5 (optional)

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### Morning Session

7.45 – 9.00 Breakfast/Check Out

9.00 – 10.00 Creative Meditation

10.00 – 11.00 Musical Game

11.00 – 12.00 Break/Individual Sessions

12.00 – 13.00 'Pick a Card'

13.00 – 14.00 Lunch

### Afternoon Session

14.00 – 15.00 Meditative Walk

15.00 – 16.00 Commitments and Compassion Map

# Room Options

Each participant will stay in a luxurious room with a double bed and ensuite bathroom.

Please head to our [Retreats webpage](#) and check out our dedicated Eventbrite pages for ticketing and room options, fees and further information.

Please contact us for more information:

[therapy@theschooloflife.com](mailto:therapy@theschooloflife.com)



# The School of Life Therapeutic Services



ALAIN DE BOTTON is the founder and Creative Director of The School of Life. Alain was born in Zurich, Switzerland and now lives in London. He is a writer of essayistic books that have been described as a ‘philosophy of everyday life.’

He’s written on love, travel, architecture and literature, including the titles *How Proust Can Change Your Life* and *The Consolations of Philosophy*. His books have been bestsellers in 30 countries and his latest, titled *The School of Life: An Emotional Education* was published by The School of Life Press.



DESA MARKOVIC is the Clinical Director at The School of Life Therapy service. Desa has created this unique therapeutic Retreat experience and will lead this Retreat. She is a psychotherapist specialised in working with sexuality and relationships. Desa published articles, chapters, and a book on various psychotherapy topics, and has presented her research at numerous national and international conferences. She held senior academic and management roles at several training institutes in London. She currently sees clients and supervises in private practice and teaches on different levels of psychotherapy & counselling courses.



ROBERT CUMING is the Head of Therapeutic Services at The School of Life. He has a background leading teams within the psychotherapy and wellbeing sector and also practices as a psychotherapist. He is passionate about building strong teams and enabling people to be the best they can be. He runs a private practice in Hertfordshire with a focus on: relationships, couples and is a practitioner in EMDR and attachment focused EMDR, which seeks to reduce the emotional distress of trauma and PTSD.

# Meet The School of Life Retreat Team



DESA MARKOVIC  
*Clinical Director*  
Psychotherapist



ROBERT CUMING  
*Head of Therapeutic Services*  
Psychotherapist



ANNA CUTTERIDGE  
Psychotherapist



MATTHEW CLARK  
Operations Manager

## About The Venue

# ES RACÓ D'ARTÀ



### ADDRESS

Es Racó d'Artà  
Camí des Racó. Ctra.  
de Cala Mitjana Km 1.5  
Mallorca, Spain

Es Racó d'Artà is a unique enclave located near the Mallorcan town of Artà.


A place that was born as a dream of its creators who, inspired by the environment, nature and the essence of the island, have turned Es Racó into their most personal legacy.

A melting pot of colours and textures, a thousand and one smells and flavours, music created by the sounds of nature, in connection with art and architecture through respect and sustainability.

A destination to discover and be inspired in every little corner.

To explore more of Es Racó d'Artà, click [here](#).



 **ADDRESS**

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