

Introducing *ST talks* Retreats *Awaken and Discover 2024*

At Domaine du Rodier

Hosted by Samantha Tipples

Integrative Psychosexual, Trauma and Addiction Therapist



Women's Sexual Wellness 16th-19th September 2024

Guiding you through a dynamic journey of women's sexual wellness, harmonising mind, body, and soul.

Where we redefine sexual wellness by focusing on exploring relationships with values, the body, sexual anatomy, desire and arousal.

Learning how to reconnect with your own sexual self. It is through connecting with ourselves that we can connect with others.

The aim is to provide a space purely for yourself, eliminating the outside distractions of your usual setting, nurturing yourself with kindness.

A women's only retreat.

Featuring Marina Tricard, Psychotherapist

ST talks Mission Statement

Insightful connection through conversation.

New perspectives for an enhanced awareness and understanding.

Brain, Body, Balance 20th-23rd September 2024

Brain, Body, Balance will discuss the self as one mental, emotional and physical being in the pursuit of alignment.

Cultivating your life balance and introducing self-nourishment by addressing the concept of focus and fun. Discussing nutrition, neurodiversity, stress and insomnia and the brain alongside your sense of fun. Your relationships with others, couples and at work and the impact on your inner self.

Re-examining pain and pleasure. The physical and emotional distress, connecting with the brain. Identifying what pleasure is in your life and what affects it, including sexual dysfunctions.

The busyness of everyday life affects everyone differently, curb concentration, creativity, decision making and stifle joy. A break can introduce self-reflection, even if our minds wonder it allows a valuable time for rest and recuperation.

The retreat is suitable for individuals, couples, friends or groups.

Featuring workshops by:

Dr Wayne Kaspers - Integrative Consultant Psychiatrist

Laura Kaspers - Director of Pain Recovery Program

Dr Rachel Gow - Psychologist



SAMANTHA TIPPLES LTD

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ST talks Retreats

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PROGRAMME

Embrace a schedule carefully orchestrated where parts flow complimenting each other using a variety of methods. All elements of the retreats integrate experiential techniques with workshops and activities using modalities to engage your senses.

The bespoke workshops are delivered in a holistic manner in conjunction with other techniques such as mindfulness and yoga. Delivered in an informative, innovative way but also with a sense of fun. The schedule allows time for you to relax, to use the Chateau facilities at your leisure and connect with other guests attending.

Immerse yourself within the activities inspired by *ST talks*, alongside yoga and meditation featuring Corrina Cohen, Yoga Teacher and Sound Healing Practitioner, as well as enjoying the surroundings of the Chateau.

The cost of each Retreat is £3,000 per person and inclusive of:

- 3 nights' accommodation at the Chateau Domaine du Rodier in a double ensuite room
- Daily breakfast, lunch, afternoon tea and 3 course dinner prepared by our private chef
- Tailored workshops
- Wellness activities including yoga and mindfulness
- Access to all Chateau facilities, including 15-meter outdoor heated swimming pool, hot tub, snooker, TV room, WIFI, tennis courts, gym, and 75-acre gardens
- Guests are responsible for arranging their own transportation

The price is for a double room for single occupancy. A guest can be invited to join you on the Retreat. Rooms can be shared at a cost of £2500, per person.

ST talks practice is rooted in a holistic and humanistic approach, offering a non-judgmental, sex-positive environment. *ST talks* welcomes people of any gender identity, race, ethnicity, nationality, sexual orientation, neurotypical or religion.

The retreat on the 16th-19th September is for women only.

Guests must be over 18 years of age to attend.

ST talks Retreats includes a telephone consultation prior to your arrival.

We hope that you will join us for these retreats and look forward to seeing you.

ST talks desire is that people can connect with themselves
and through this better connect with others.



STalks Retreats

Awaken and Discover 2024

SCHEDULE

	Day 2	Day 3	Day 4
	0700 Yoga	0700 Yoga	0700 Yoga
	0800 Breakfast	0800 Breakfast	0800 Breakfast
	0930 Workshop	0930 Workshop	1000 Departure
	1100 Coffee Break	1100 Coffee Break	
	1130 Workshop	1130 Workshop	
	1230 Lunch	1230 Lunch	
	1400 Workshop	1400 Workshop	
	1530 Afternoon Tea	1530 Afternoon Tea	
Day 1	1600 Activity	1600 Activity	
1500 Arrival	1700 Free Time	1700 Free Time	
1700 Tour of the Chateau	1900 Dinner	1900 Dinner	
1900 Canapes and Dinner	2030 Group Introductions	2030 Group Discussion	2030 Group Discussion
	2100 Mindfulness	2100 Mindfulness	2100 Mindfulness
2130 Free Time	2130 Free Time	2130 Free Time	

“Health is a state of complete harmony of the body, mind and spirit.”
~ B. K. S. Iyengar



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DOMAINE DU RODIER

Situated in the heart of rural Southern France, this location offers a true haven for relaxation, restoration and rejuvenation. The retreat revolves around 5 acres of beautifully landscaped gardens and 70 acres of woodland and farmland with plenty of hidden corners for peace and quiet.

Facilities include a 15m heated swimming pool, tennis court, full-sized snooker table, hot tub, outdoor table tennis and television room.



The estate is divided into the main house, inspiring elegance and evoking tradition and nostalgia from its past. The guest house reflects simplicity and rural beauty. The chateau dating back to the 15th century has been gracefully restored and transformed into an elegant retreat. The Chateau boasts 8 beautifully decorated ensuite bedrooms (7 with air conditioning) and a large selection of reception rooms. There are a further 4 high quality double ensuite bedrooms in the Grange. All of the rooms have ensuite facilities and are completed to the highest standard.



ST*talks* Retreats

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FOOD

Nourish your body and mind with menus created in connection with discussed topics, and ingredients carefully selected aligning with workshop content.

Breakfast, lunch, afternoon tea and dinner are included daily.

All meals provided are thoughtfully prepared by Mariano Veyssiere Anguiano. Mariano is a distinguished private chef whose culinary journey is marked by a passionate pursuit of excellence and a profound love for food and people. He will craft exquisite dishes using fresh, organic, and locally sourced ingredients.

The food you experience during your stay is extremely important to us. Please inform us of any special dietary requirements when making your reservation.

CHEF



Mariano Veyssiere Anguiano

Mariano found his calling in the culinary arts, graduating from a prestigious culinary diploma program in Spain. His culinary odyssey began in the rustic charm of a wood oven, where he developed his skills amidst the interplay of flours, yeasts, and fire.

This early experience ignited his passion for cooking and set the stage for a career characterised by continuous learning and professional growth. His formal education started in Argentina at the International Gastronomic Institute, followed by an advanced Master's program in restaurant management in Spain.

Throughout his academic and professional training, Mariano strategically chose to apprentice at only the finest and most professional restaurants. This meticulous selection process provided him with invaluable experience across a diverse range of culinary environments, from bakeries to one of the best Japanese restaurants in Puerto Portals, where he mastered the art of sushi. His professional journey has taken him through numerous kitchens, ultimately leading him to serve as a private chef in luxurious villas across the Balearic Islands.



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Samantha Tipples

Integrative Psychosexual, Trauma and Addiction Therapist,
EMDR Practitioner and Mindfulness Teacher

Samantha's therapeutic approach is deeply rooted in a holistic philosophy, which combines conventional psychological therapies with innovative and body-centred techniques, supported by the latest insights from neuroscience. She is proficient in addressing dual diagnoses and complex needs and delivers therapy to individuals, groups, couples, and works with families and significant others.

Samantha has a Diploma in Integrative Psychosexual Therapy from The Centre for Psychosexual Health (CPH), an ISAT Diploma in Sex Addiction from the Laurel Centre, and is a member of COSRT and ATSAC. She is accredited by FDAP and NCAC. Samantha qualified in Experiential

and Psychodrama Therapy Training Methods from Onsite Workshops, Tennessee. She is an EMDR Practitioner Level 1-4 from Worcester University, a member of EMDR Europe and a Certified Heart Math Coach. Samantha is a registered Therapist with Pink Therapy, specialising working with Gender, Sex & Relationship Diversity (GSRD) clients. She is a Mindfulness-Based Cognitive Therapy (MBCT) Teacher and trained in Trauma Sensitive Mindfulness at The Oxford Mindfulness Foundation, Oxford University Mindfulness Centre.

Samantha's approach combining traditional therapeutic interventions with alternative methods enabled her to develop innovative presentations and experiential workshops to the corporate and educational sectors. This led to the creation of *ST talks* including Samantha speaking at events, delivering workshops and offering retreats.

ST talks connects groups of people with common interests in interactive spaces to explore topics through deep discussions.

ST talks provides workshops and trainings on psychosexual and neurodivergence topics as well as wellbeing: such as healthy relationships, sexual health, sexual wellbeing, sexual violence, trauma, addiction, stress and resilience, sex education for adolescents and neurodiversity in the workplace, to name a few.

ST talks Retreats

Gathering small groups of people with a shared interest to intricately explore a topic.



ST *talks* Retreats

Awaken and Discover 2024



Corrina Cohen, Arise Wild
Yoga Teacher and Sound Healing Practitioner

Corrina is the visionary behind Arise Wild - a wellbeing brand offering Yoga, Sound Therapy and Retreats worldwide. Arise Wild is a sanctuary dedicated to embracing a lifestyle of wellness through mindful movement, connection, creativity, and adventure.

In 2018, Corrina completed her first 200h YTT in Rishikesh India, continuing her studies with a 500h YTT in Goa and is registered with Yoga Alliance, with expertise in various styles such as Hatha, Vinyasa, Yin, and Nidra.

Corrina's expertise is further enriched by additional studies. Notable courses include MBCT at Oxford University Mindfulness Centre, Reiki L2, and L2 Integral Sound Healing with The Sound Healing Academy. Corrina believes that growth comes from continual learning.

Her approach to teaching incorporates the core elements of movement, meditation, breathwork and self-inquiry, with a focus on how practices feel rather than how they look. She will always guide her students to listen to their bodies and move at their own pace. For Corrina, yoga is a way of life, embracing balance and harmony both on and off the mat.

Her current offerings include online private sessions tailored to specific needs; community classes; special events; adventure and wellness retreats; and corporate wellbeing sessions for businesses looking to integrate mindful practices into the workplace. She has collaborated with renowned organisations such as IKEA, The National Trust, and The Wildlife Trust.

Overall, Corrina aims for all her clients to leave any yoga, sound, or retreat experience with a sense of lightness and release, enabling them to move into the world with greater ease and a profound sense of inner freedom.



STalks Retreats

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Marina Tricard

Psychotherapist and Mental Health Counsellor

Originally born in Kazakhstan, she immigrated during the fall of the Soviet Union with her parents aged five to Miami, Florida starting a new life in America. Marina studied at Nova Southeastern University, receiving a bachelor's degree in psychology and a minor in forensic psychology. Marina was certified in Hypnotherapy with "The Florida Society of Hypnotherapy". Alongside training in crisis counselling working at switchboard of Miami and working with patients suffering from chronic mental disorders.

Marina attended Ferkauf Graduate School of Psychology at Yeshiva University and received a master's degree in Mental Health Counselling. During her time in New York, she worked as a substance abuse counsellor in one of the best

intensive outpatient detox centres. Upon completion, she moved to Paris and attended the Sorbonne Paris V for research in clinical counselling. Marina researched if the increase of stressors, related to immigration like assimilation, affects the consumption of alcohol in North Americans who have moved to Paris. Marina has 10 years' experience working in Paris with a variety of clients and presentations including some that have expatriated their countries and started developing issues due to the move. She has also worked with adolescents in the French public school system for 8 years.

Marina works with individuals and adolescents. Some of her areas of expertise are Stress/Anxiety, Trauma, Depression, Chronic mental health disorders, Anger management, Work related issues, Life Transitions. Her work with couples and families includes, Relationship issues, Affair Recovery, Conflict resolution, Divorce or separation mediation and Family dynamics.

She believes that a therapeutic relationship is like any relationship. That you need to find the right therapist that fits your goals and provides you with the tools you need.

Her philosophy is that Counselling is practiced in the form of the wellness model and that wellness refers to a holistic approach in which mind, body, and spirit are integrated. She feels wellness is more than the absence of disease saying it incorporates optimal functioning in one's daily life saying it is done by catering to an individual's challenges, goals, and needs through psychoeducation and other modalities.

Marina is registered with the British association for Counselling and Psychotherapy (MBACP), a Practicing and Registered Member of Addiction Professionals and a member of Fédération Française de Psychothérapie et Psychanalyse. She is fluent in English, French and Russian.



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Dr Wayne Kampers MBChB. LMCC. MRCPsych.

Integrative Consultant Psychiatrist

Cofounder & Director of Residential Pain Recovery Program in South Africa

Consultant Lead for 2 London Intravenous Ketamine Assisted Therapy Treatment Programs with a Ketamine Assisted Therapy Maintenance Program using oral Ketamine Lozenges

Expert in Psychiatric Pharmacogenetic Testing & Cannabis Based Medicinal Products

UK Medical Clinical Advisor to Silverbell Global

Dr Kampers is a medical doctor highly specialised and experienced with a broad range of expertise and clinical skills in General Practice, General Adult and Elderly Care psychiatry. He has always had a curious and inquisitive mindset, especially about what he considers the *blind spots* in Western Medicine, specifically Chronic Primary Pain, Medically Unexplained Symptoms; undiagnosed and

untreated ADHD, particularly *overfocused* ADD in women and female hormonal mental health issues in the perimenopause and menopause.

He focusses on the impact of mental health issues on the autonomic nervous system, this disconnection, and the fracturing of sense of self. He has extensive experience in Ketamine Assisted Therapy and its role in individuation and the rediscovery of sense of self.

He believes mental, physical, and spiritual wellbeing are all equally important, going hand in hand. His approach focuses on *mind-body-spirit optimisation*, and he assesses individuals as a whole and in context. He is a mind-body and trauma informed expert clinician, who uses a biopsychosocial and evidence-based approach in all of his assessments. He needs to know the *why*, so his patients can understand his diagnostic and treatment approach bespoke to them.

He coordinated and chaired The Pain Edition of the Masters Series and chaired the panel on Chronic Primary Pain in the Sheldonian Theatre at The Masters Series Oxford, September 2023. Dr Kampers is one of the most forward and lateral thinking psychiatrists in the UK and his approach values integrity, perseverance, and curiosity. He integrates traditional medical and psychiatric approaches and works closely with complementary healthcare practitioners and trauma informed expert therapists and coaches. Thanks to a progressive career spanning three continents, patients can be assured of an approach that is international in outlook and sensitive to different cultures, expectations, and norms.



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Laura Kampers

Cofounder and Director of online Pain Recovery Program

Pain Reprocessing Therapist

Integrative Mind-Body Coach; incorporating Mindset, Somatic and Intuitive Coaching methods

I am a firm believer in the intrinsic interaction between mind and body. I have experienced it myself in my daily life, and I have witnessed it in the lives of others. The processes of the mind and body are interdependent and inter-related, so my holistic approach is concerned with all aspects of my client's life; my coaching style considers the whole person.

My mindfulness philosophy and pain reprocessing training promote the type of awareness where I show my clients how to pay attention to their thoughts and feelings - teaching them how to process difficult and uncomfortable emotions. It is in fact these

emotions that cause and perpetuate pain. I have a curious, experiential, and experimental mind set and through my own journey of pain I have identified the power of listening to my inner voice and trusting my intuition, both key ingredients for helping my clients achieve fulfilment and success.

I am a certified Pain Reprocessing Therapist and Pain Recovery Coach; this area of work has always held a special interest for me as I have been personally affected by the debilitating effects of chronic pain and unexplained symptoms.

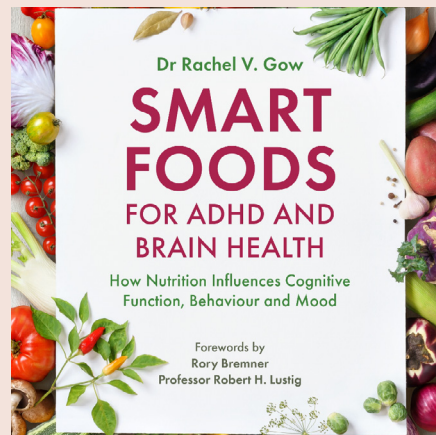
Some coaches focus on cognitive work, while others focus on emotional work. My holistic approach to chronic, persistent pain covers every aspect of my client's life. I combine all my coaching skills and style with pain reprocessing therapy to teach people how to not only decrease their pain, but to heal their bodies.

I help my clients understand the unique connection between the mind and body, and then teach them how to put into practice very specific tools and techniques which allow them to break the pain cycle they are locked into. I know how transformative this work is myself and being able to help people return to the pain free lives they once had is truly amazing.



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Dr. Rachel Gow

Psychologist & Mental Health Expert

Rachel Gow, Ph.D. is a neuropsychologist specialising in child and adult mental health. She has specific expertise in ADHD, Autism, Depression, Anxiety and related learning and behaviour conditions, and she has worked in the field of Nutritional Neuroscience for many years.

In addition, Dr. Gow is a Registered Nutritionist (under the category of Science). She was a Guest Researcher at the National Institutes of Health (NIH) Washington DC for 4 years (2012-2016) running a dietary (omega-3 essential fatty acids versus placebo) intervention, clinical research trial which recruited adults with ADHD. In 2018, she worked as Director of Research & Development for The Amen Clinics in Costa Mesa, California.

Dr. Gow is a psychology lecturer at St Mary's University, Twickenham, and a visiting lecturer in clinical neuroscience at the School of Life and Health Sciences at the University of Roehampton. She has a private consultancy clinic which provides a unique and comprehensive avenue to psychological health by adopting a personalised, science-based, integrative approach with interventions for the whole family. Dr. Gow has lectured at various institutes including London Metropolitan University, the University of Surrey and the University of Bournemouth. Dr. Gow was awarded a Ph.D in Child Neuropsychology from the Institute of Psychiatry, King's College London; a Master of Science in Psychological Research Methods (Distinction) from Birkbeck University of London and an under-graduate Psychology degree First Class with Honors from the University of Kingston, London (accredited also by the British Psychological Society).

Collectively, she has approximately 20 years of psychological research and experience. She has published approximately 23 peer reviewed book chapters and scientific papers, and her first book "Smart Foods for ADHD and Mental Health" was published by Jessica Kingsley Publisher (part of the Hachette Group) in February 2021. Dr. Gow has given interviews for various television (GMTV, BBC2, Sky News and Channel 4) and radio shows as well as featuring in other media outlets. She was named as a "Leading Lady" by Time & Leisure Magazine. In 2024, Nutritious Minds Trust was granted charitable status by the Charities Commission (Charity Number: 1206658) and provides a range of support and services to children and young people with neurodiverse conditions from low-income families.



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LOCATION

Domaine Du Rodier
46170 Castelnau Montratier
Sainte Alauzie
France

BY CAR

Chateau, Domaine du Rodier is 60 minutes from Toulouse Airport.

BY PLANE

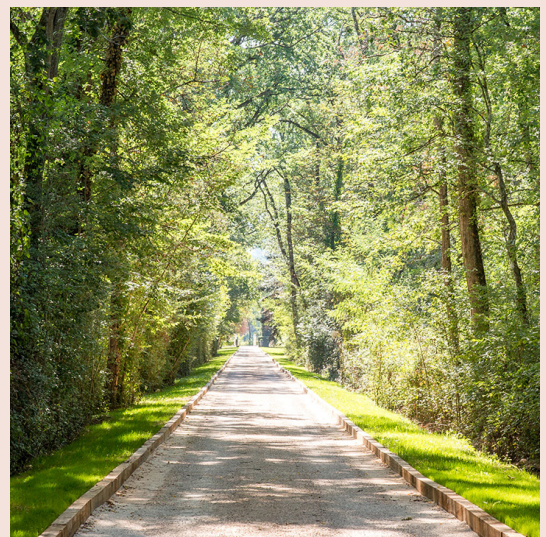
Toulouse Airport has daily flights from the UK with British Airways and Easyjet.

BY TRAIN

Paris to Toulouse TGV direct trains are 4 hours and 30 minutes.

BY BOAT

St Malo Ferry Terminal is a 7 hour drive from Chateau, Domaine du Rodier.



TAXIS

The nearest taxi company is in Castelnau-Montratier.
Philippe Andrieu
Tel. 00 05 65 21 85 84

There is also a company in Cahors offering group transport who can organise pick-ups.
Raynal Voyages
Tel. 00 05 65 23 28 28
Email: transport@raynal-voyages.com

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