

2022 Winter Retreat

February 4th - 6th, 2022

Unbreak Yourself: Parts-Work as a Spiritual Practice

We are all broken in one way or another by the difficulties in life and while trying to mend ourselves we often build emotional patterns that do not serve us well. In this retreat you will learn how to begin the “unbreaking process” which not only offers a structure for self-healing but also a way to harvest your deepest inner gifts.

‘Parts work’ is a method of understanding how to relate to ourselves in a way that honors the complexity of our inner world and allows us to build inner harmony. In this retreat you will be introduced to a unique system of emotional and spiritual healing that will allow you to uncover your most authentic and joyful self.

General Schedule (subject to change)

Friday

4:30 PST / 5:30 MST / 6:30 CST / 7:30 EST

Introduction and Overview with Novice Isa

In this session Isa will explain the system of self-knowledge and healing that we will be using throughout the retreat. You will gain new insight into your mind and emotions and begin developing the skills you need to unbreak yourself.

Saturday

8:30am PST / 9:30am MST / 10:30am CST / 11:30am EST

Meditation and Communion: One of the Adept Teachers will lead a guided meditation on the theme of inner healing. Meditation will be followed by a mystical communion, people of all faiths and non-religious people are welcome.

9:15am PST / 10:15am MST / 11:15am CST / 12:15pm EST

Session: Inner Gifts and Core Needs with Novice Isa : In this session Isa will teach you how to identify and connect to Inner Child parts that represent both natural gifts and core needs. In doing so you will learn how to relate to these aspects of yourself with love and appreciation.

12:30pm PST/ 1:30pm MST / 2:30pm CST / 3:30pm EST

Small Groups: Small groups are a powerful way to connect to other participants, reflect on your experiences and ask questions. Small groups will often include spiritual exercise that will help you integrate the things you are learning.

2:30pm PST / 3:30pm MST / 4:30pm CST / 5:30pm EST

Session: Love and Boundaries with Novice Christi: In this session Christi will help you understand the connection between generous love and healthy boundaries.

Sunday

8:30am PST / 9:30am MST / 10:30am CST / 11:30am EST

Meditation and Communion: One of the Adept Teachers will lead a guided meditation on the theme of inner healing. Meditation will be followed by a mystical communion, people of all faiths and non-religious people are welcome.

10:30am PST / 11:30am MST / 12:30pm CST / 1:30pm EST

Session: Finding Your Center with Novice Katherine: In this session Katherine will show you how to find and hold a place of groundedness and stability while continuing in the healing process.

1:30pm PST / 2:30pm MST / 3:30pm CST / 4:30pm EST

Small Groups: Small groups are a powerful way to connect to other participants, reflect on your experiences and ask questions. Small groups will often include spiritual exercise that will help you integrate the things you are learning.

3:00pm PST / 4:00pm MST / 5:00pm CST / 6:00pm EST

Session: Divine Parents with Novice Daniel: In this session Daniel will help you connect to Jesus and Mary as sources of comfort, support and examples of divine parenting.