

Stewarding Soul

"We can know our soul only through a primary act of self-love, which is not to love ourselves as if we were objects to ourselves, but rather, the dedicated work of being present to our depths."

-Robert Sardello

- ❖ A 9-month process-oriented offering that includes four weekend retreats.
- ❖ Each weekend is consciously set at the beginning of a season, and offers three months of inquiry based practices for daily living to invite and embody an aspect of Soul longing to be integrated into our lives at this time.
- ❖ Through mask making the first weekend, we are seeded with a creative container for this nine-month birthing process.
- ❖ Each weekend offers explorations in movement, writing, storytelling, dream work, sound/voice, painting and writing process, and engagement in circle/ceremony/ritual space to deepen into Soul.
- ❖ The invitation is to take this as a special time in one's journey to tend and commit to the Soul's deepest longings and call.
- ❖ We are held, and hold the space for each other in the group, as we engage in the fullness and flourishing of soulful living.

2013 - full

Dates for 2014 are as follows:

- Friday, January 31 – Sunday, February 2nd, 2014
- Friday, May 2 – Sunday May 4, 2014
- Friday, August 1 – Sunday, August 3, 2014
- Friday, October 31 – Sunday November 2, 2014

Please note: a commitment to all four weekends is required. Should you need to miss one due to unforeseen circumstances, you can be updated into the practices, to continue in the process.

\$1,000 (\$900 early price paid by January 10, 2014). Payment plans also available.

Call or email to inquire. pennyallport@gmail.com or 604 803 4607 or at 604 885 4663

"The dream of your life has been dreamed from eternity. You belong within a great embrace that urges you to have the courage to honour the immensity that sleeps in your heart."

- John O'Donohue