

# Life Renewal

“A Journey to Authenticity and Abundance”

## - PARTICIPANT BROCHURE -

Thank you for your interest in participating in the Life Renewal workshop, an intensive recovery and renewal experience designed by women, for women.

Life Renewal is an awakening. It is a journey to freedom and fulfillment. It's about looking back so as to move forward in an entirely new way. Your Life Renewal experience will involve re-examination of the past, redefinition of self, and a rebirth of empowerment and passionate self-advocacy.

Life Renewal is designed for those women who find themselves stuck in the past, trapped in emotional conflicts and past wounding, dissatisfied by life, lacking joy and spontaneity, and engaged in chronic dysfunctional living. It is for those struggling with depression, anxiety, relationship and intimacy problems, addiction and relapse issues, and the pain of inauthentic living. It is for those wanting dearly to be set free, to live in the present, and to fully thrive at last.

### Workshop Goals:

- ⊗ Improved self-image
- ⊗ Greater compassion for self
- ⊗ Reduction in self-destructive behavior
- ⊗ Freedom from the bonds of trauma
- ⊗ Reclamation of disowned parts of self
- ⊗ Reduction in repressed, stored emotions
- ⊗ Greater expressiveness of emotions
- ⊗ Improved ability to be in the present
- ⊗ Greater sense of freedom
- ⊗ Enhanced capacity for intimacy
- ⊗ Enthusiasm about moving forward
- ⊗ Improved ability to advocate for self
- ⊗ Relapse prevention strategies
- ⊗ A renewed vision for the future
- ⊗ Increased creativity in addressing life's problems

### Group Size:

In the interest of creating the most powerful and personalized experience for each participant, with the greatest opportunity for individual growth, group size is limited to a maximum of six participants.

In light of this small group size, it is recommended that participants sign up early. Should your desired workshop dates be filled, names will be automatically added to the following month's workshop.

### Workshop Hours:

Sunday	7 pm – 8 pm	Welcome group
Monday	9 am – 4 pm	Group work
Tuesday	9 am – 4 pm	Group work
Wednesday	9 am – 4 pm	Group work
Thursday	9 am – 4 pm	Group work
Friday	8 am – 2 pm	Group work, Graduation & Closing



### **Other Daily Activities:**

- ⚙ Days will begin and end with yoga and/or meditation.
- ⚙ Other activities vary daily and include: journaling, hikes, guided labyrinth walks, films and group discussions, occasional guest speakers, and 12 step meetings.
- ⚙ Please know that most evenings will involve assignments for the next day's session.

### **Workshop Fees:**

Please choose the package that works best for you: Join us for the workshop only (Monday through Thursday 9 am – 4 pm and Friday 8 am – 2 pm) or stay for the full retreat experience in our cozy bed & breakfast environment. If possible, we do recommend that participants opt for the full retreat, in light of the intensity of the work and the power of a cohesive and consistent group experience.

**\$1750** Workshop only  
Tuition includes lunch Monday through Friday

**\$2300** Workshop + Room and Board  
Includes all meals and snacks, from Sunday evening snack through Friday lunch.  
Includes all activities listed above.

**\$130** Additional (Friday) night room and board  
Includes Friday night lodging, dinner Friday and breakfast Saturday morning.

Optional one-on-one counseling and coaching sessions are available upon request throughout the week at a reduced rate.

Other services made available at additional cost include massage, craniosacral therapy, acupuncture, and trips to the Geothermal Hot Springs.

### **Refund/Cancellation Policy:**

Full payment is due at time of registration. 50% refund will be issued for cancellations at least 30 days prior to the event, no refund thereafter

**Travel:** Full travel information, including shuttle bus phone numbers, can be found on these websites: [www.tapestrylodgeandcoaching.com](http://www.tapestrylodgeandcoaching.com) and [www.kingsleygallup.com](http://www.kingsleygallup.com).

**Weather & Dress:** Casual dress is the norm.

***“We must embrace the pain of the past and burn it as fuel for our journey.”***  
**Kenji Miyazawa**

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- REGISTRATION FORM -

The setting for this intensive five-day workshop is Tapestry Lodge in picturesque Pagosa Springs, Colorado.

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### REGISTRATION

Name \_\_\_\_\_

Title \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone ( \_\_\_\_ ) \_\_\_\_\_ Fax ( \_\_\_\_ ) \_\_\_\_\_

E-Mail \_\_\_\_\_

Dietary Requests \_\_\_\_\_

Because enrollment for this workshop is very limited, we can only hold space for you upon receipt of full payment. Mail Registration Form with check payable to:

**Life Renewal Workshop  
Tapestry Lodge  
960 County Road 335  
Pagosa Springs, CO 81147**