

Holos Institute Presents...

THE HEALING JOURNEY:

Cultivating the Wisdom of Body, Psyche, and Spirit



A six day residential intensive set in the beautiful Sangre de Cristo mountains of Northeastern New Mexico
26 ceus available for MFT, LSCWs, and LPCs (BBSE ce provider # 2610)

with Jan Edl Stein, MFT and Diane Haug, MA, LPCC

MONDAY JUNE 7 - SATURDAY JUNE 12, 2010

**OCAMORA RETREAT CENTER
OCATE, NEW MEXICO**

This land-based retreat, held in a beautiful and remote setting in the mountains of northeastern New Mexico, offers a return to natural rhythms and to our own inner landscapes and a safe, supportive setting for reconnecting with the inherent intelligence of the body, psyche and spirit. The retreat incorporates the powerful practices of both Grof Holotropic Breathwork and the time-honored shamanic journey in which we seek out the healing influences of animal and spirit guides and cultivate the power of inner vision. Our deep journey experiences will be supported and enriched through the use of council, mindfulness practice, self-expression through art, writing, guided time in nature, and sacred ritual. The intention is to listen to the subtle wisdom of Spirit, awaken our creative spark, and discover ways to embody this inner knowledge in everyday life. As much as possible, we will utilize this magnificent land for deep nature experiences that are intended to open the senses and discover an enlivening connection with the natural world.

This retreat is open to anyone interested in personal regeneration, enhanced creativity and wellness, and heightened spiritual awareness. . It is an excellent adjunct to therapy, as well as a powerful method of self-care for helping professionals. No previous experience is required.

• *The Setting* •

OCAMORA is a 265-acre retreat center nestled in a high valley on the eastern slope of the Sangre de Cristo range in northern New Mexico, two hours northeast of Santa Fe and an hour east of Taos. It occupies a mile-long valley composed of irrigated agricultural and lightly forested land, beautiful pastures, creek, year-round spring, organic apple orchard and garden, abundant wildlife, and mountain wilderness. For over 20 years Ocamora has offered its extraordinary landscape as a retreat, meditation, and educational center during the warm and stunningly green summer season. The facilities, built around a 100 year old ranch complex, offers guests an intimate and homelike experience in a setting of charm and rustic elegance.

ACCOMMODATIONS include both single and shared rooms in a beautiful adobe Cloisters' complex, as well as private rooms (shared porch) and cabins in the orchard. A shared bathroom is available for guests in the Cloisters, while a solar bathhouse and outhouses serve those staying in the orchard. There are also a few large tents with air mattresses, bedding, and battery lamps in the orchard. In addition to original ranch house, Ocamora includes a dining/ art pavilion, a meditation sanctuary, library, and outdoor hot tub for soaks under the magnificent night sky. Meals are hearty, gourmet organic and often include foods grown in Ocamora's garden. Optional massage by integrative body worker will be available.

• **Retreat Leaders** •

Jan Edl Stein, MFT (Lic. #25863) is the director of Holos Institute and a Jungian oriented psychotherapist with a deep interest in ecopsychology and the healing power of spiritual practice. She leads workshops and retreats in meditation, shamanic journeying and shamanic psychotherapy. She has taught at numerous venues including the Institute of Transpersonal Psychology, Saybrook Institute and Sonoma State University. Jan has maintained a private practice for over 20 years in San Francisco and Marin, which includes clinical supervision, individual and couples psychotherapy. Her spiritual explorations include a long involvement in the yoga of Sri Aurobindo and the Mother, Vipassana meditation, and shamanic traditions.

Diane Haug, LPCC is a licensed mental health professional and certified practitioner of Grof Holotropic Breathwork. Her background includes a decade of working with adults and children dealing with life-threatening and terminal illness, as well as a seven year cycle living alone in a wilderness setting. Her intimacy with the natural world has informed her interest in shamanism and the the wisdom traditions of earth-based cultures; she has a wide variety of experiences with healers from North America, Brazil, Peru, and Ecuador. As a senior member of the Grof Transpersonal Training staff, Diane currently teaches GTT training modules including Shamanism and The Art of Integration. She is currently an adjunct faculty member with Southwestern College in Santa Fe, New Mexico.

• **Contact Us** •

For more information about Holos Institute and further details of this retreat

- visit www.holosinstitute.net
- contact Jan at janedl@earthlink.net or 415.751.1307

For more information about the Ocamora Retreat Center:

- visit www.ocamora.org
- contact Diane at dianeh@newmexico.com or 505.757.2939

• **Registration and Fees** •

The group will be limited to 18 participants. Early registration is highly recommended. The cost of the retreat (inclusive of tuition, lodging, meals/ exclusive of travel) is as follows:

| Registrations Received | Deluxe Single Room in Cloisters Single Orchard Cabin | Single Orchard Room | Double in Cloisters | Tent/ Yurt |
|------------------------|--|---------------------|------------------------|---------------|
| before April 1 | \$1325 | \$1200 | \$1050 | \$900 |
| after April 1 | \$1450 | \$1325 | \$1200 | \$1000 |

!!!!!! refer a friend and take \$50 off of your registration fee !!!!!!

Please contact us to arrange for alternative payment plans if needed.

A nonrefundable deposit of \$200 reserves your space. Balance of payment is due by May 7, 2010.

After May 7, fees refunded for cancellations - minus deposit - if your space can be filled.

Detailed information (directions, packing and preparations) will be sent approximately 30 days before the event.

While travel arrangements are participant's responsibility, we help organize ride sharing and will support you through the planning process.

Kindly consider making a donation to our scholarship fund which will allow students and interns to attend at a discount. Your donation is fully tax deductible.

To register, please complete the following, including your check payable to HOLOS INSTITUTE and send to:

You may also pay via PayPal - email for more information

Holos Institute - Public Programs
316 Third Avenue
San Francisco, CA 94118

The Healing Journey Retreat
June 7- 12, 2010 Ocamora, NM

name: _____

email: _____

address: _____

phone: _____

city _____ state _____ zip _____

housing preference: (please specify) _____

dietary retrictions / special needs: _____