

What to expect -

Thursday, July 10, 2025

Check-in at the Colonial Inn. Plan on arriving at Hyacinth Farm around 3 pm.

Gather, tour the grounds, establish connection and safety, followed by a preview of our time together as well as the beginning of our Self-practice Self-reflective Mindful exercises.

- Highlights - Needs Assessment, Related Child Experiences, Identifying a problem for focus.
- 6:00 pm Dinner is served featuring southern specialties as well as vegetarian and gluten-free options.
- Mary Rocap, a local musician, will join us.
- At 8 pm, we will return you to your room at the Colonial Inn.

Friday, July 11, 2025

9:00 am - 5:30 pm. Our day begins at the fire pit, with ritual and connection. Breaking for lunch at noon and later in the afternoon for self-reflection, journaling, nature walks, and swimming.

- The time in-between is spent with exercises that will help us deepen our professional self-awareness and intuitive connection with nature.
- Self-Practice Self-Reflection, both small and large group experiential exercises, involve Problem Analysis Forms and written Self-Reflections to deepen our understanding of our Coping Modes.
- Time each afternoon for self-reflection, a walk around the grounds, or swimming.
- Casual dinner will be in town (V/GF options available). After dinner you will have an opportunity to walk around the village's main street.

Saturday, July 12, 2025

9:00 am - 5:30 pm. Again, we welcome our last day at the fire pit with ritual and connection. Opportunities for large and small interactive learning take us through the morning. Lunch will be at noon, and later in the afternoon we can journal, self-reflect, swim or gather with colleagues and friends.

- Exercises will help us connect our intuitive spirituality with nature and engage our fears emotionally and mindfully. Self-Practice Self-Reflection exercises will connect us with our Vulnerable Child, rescripting our heart-mind connection.
- Empowering our Health Adult Mode with guided reflections, deepened awareness, and interactive experiential exercises, our desire is that you will leave the Retreat with a transformed professional sense of self and a greater sense of connection with yourself and with others.

10 Modules (16 Hrs), Didactic/Dyadic
Large and Small Interactive Groups
\$1,500

(*accommodations separate)

Limited accommodations at the Colonial Hotel, Hillsborough, NC (<https://colonialinn-nc.com/>) – a beautifully renovated historic hotel in downtown Hillsborough are available for special pricing for those who book early



EARLY BIRD
SPECIAL -
BEFORE MAY
10TH
\$1,250