



Facilitators Eileen and Patrick Howley invite you to

EXPLORING YOUR WAY OF BEING:

A PERSONAL GROWTH WORKSHOP

A WEEKEND OF MEDITATION & SELF-REFLECTION JULY 9-11, 2019

This weekend will nourish your emotional self! You will awaken to new parts of you! You will feed your body and soul with a specific self-reflection language for observing your thought/feeling/perception process. There is no need to work on changing or fixing anything. The main invitation is to take the time to simply notice and explore "your way of being" during the weekend.

This workshop is for people who want and need a safe place to explore various issues in a deeply caring listening community. Participants want to grow mentally/emotionally/spiritually and typically "know" there is more to life. Meet participants who are on the same journey of self-discovery. It is a precious opportunity to talk in a confidential setting about what we experience as impediments and growth opportunities in our personal and/or professional lives.

This workshop is influenced through Pat Howley's career experiences with Joyce and John Weir; Carl Rogers; Eugene Gendlin; Ken Wilber; Michael Murphy; George Leonard; Dan Brown; and Junpo Kelly Roshi.



STRUCTURE

- 2-3 hour group meetings with brief presentations (Tuesday through Thursday)
- Designed for space to "be with" yourself in a retreat setting
- Time provided to practice meditation, eat meals together, read resources, and walk on the nearby beach

CONDITIONS

Carl Rogers (1986) stated the following conditions "constitute the "growth-promoting climate" of any relationship:

- Empathy
- Genuineness/Congruence
- Unconditional Positive Regard

LOGISTICS

DATES
TUESDAY TO
THURSDAY
7/9-7/11

LOCATION
MATUNUCK, RI*
*PLEASE REGISTER OR CONTACT
FACILITATOR FOR SPECIFIC
ADDRESS

LODGING (IF NEEDED)
ADMIRAL DEWEY INN

ORGANIZERS WILL MAKE
ARRANGEMENTS FOR
INTERESTED REGISTRANTS (WE
HAVE NEGOTIATED FOR A
DISCOUNTED RATE FOR
PARTICIPANTS. THE INN
PROVIDES LODGING AND
DELICIOUS BREAKFASTS. THE
INN IS A SHORT WALK AWAY
FROM OUR MEETING LOCATION.)

COST
\$195

CONTACT & REGISTRATION
INTEGRALSCHOOLHOUSE.NET

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