

Schedule for 2014 Summer retreat: Live Your Best Life, Be Your Best Self

Day 1, morning session, 10am-noon: **The abc's of the status quo:** Looking at how your **attitudes, beliefs, inner conflicts, dysfunctional defence mechanisms, expectations, fears, guilt** feelings and old **habits** keep you from moving into the life you really want to live.

Day 1, evening session, 8pm-10pm: Exploring how the **philosophy of ruthless compassion** can help you develop greater self-acceptance, self-love and self-forgiveness, and motivate you toward positive growth and change. Learning how to shift the **abc's** and create new, positive ways of seeing and doing.

Day 2, morning session, 10am-noon: **Listening to your heart, getting out of your head:** learning how trusting your “inner wisdom,” that's heart-centred rather than based in the intellect can enable you to know what it is that will truly make you happy in life.

Day 2, evening session, 8pm-10pm: **What makes your heart sing?** Visualizing the things that feed your soul, fill your heart, challenge your intellect and give you a sense of meaning and purpose in life. Discovering your authentic nature and finding the freedom to become your “**optimal self.**”

Day 3, morning session, 10 am-noon: **Companions on the journey:** Exploring the state of your relationships. Whom do you love, who loves you, and how do you show each-other love and care?

Day 3, evening session, 8pm-10pm: **Fully empowered relationships:** Moving beyond dysfunctional models of relating, including people-pleasing, co-dependency, tolerating frustration, disrespect or disappointment, into a state of openness to giving and receiving love, true intimacy and fulfilment in relationships. Discovering how the philosophy of **ruthless compassion** will enable you to get your true needs met in relationships.

Day 4, morning session, 10 am-noon: **Is your work working for you?** How do you spend your time each day? Are you making the best use of these hours? Exploring the beliefs, fears and expectations that keep you stuck at work and looking at how to move to the next level, work-wise.

Day 4, evening session, 8pm-10pm: **Job, career or passion-project?** Transforming the work you do into the work you love to do. Exploring how you can shift your daily work into your life's work; bringing a sense of excitement, challenge, creativity and deeper meaning into your daily activities.

Day 5, morning session, 9am-noon: **Releasing the genius within you:** Discovering your true creative genius, whether in art, science, technology, people-skills, athletics or problem-solving. Tapping into your deepest, heart-based wisdom so you can live a fuller, richer life.

Day 5, afternoon session, 2:30pm-4:00pm: **Finding the flow:** Exploring how using the philosophy of ruthless compassion will enable you to love yourself and others unconditionally, engage in mutually meaningful and fulfilling relationships, find your passion in work and life, and be your best, most authentic self.

Day 5, Farewell session, 4:30-5pm: **Remembering:** As we say good-bye to the other people and to this beautiful place, we take with us everything we've learned and remember to practice the skills that we've discovered on this retreat. We make the choice to put into place new habits that will promote our growth and move us forward into being our optimal self and living our very best life.