



# FALL INTO PLACE: The Power of Release & Renew

August 20, 2011 | 9am-6pm

In nature, Autumn is the transitional season from the active heat of summer to the quieter cold of winter. It is a celebration time of new harvests mixed with the sweet melancholy of the imminent arrival of harsher weather; a time to discard what is unnecessary, to lighten the load and go inward. A similar process occurs within us physiologically and energetically during this time. Our body is at the peak of its metabolism and strength; at the same time it begins the natural detoxification process of discarding what no longer needs and recycling what can continue to be use for nourishment. We find ourselves harvesting the fruits of our efforts either with contentment or disappointment, and facing our good and bad strategies used to reach our goals. Most of us begin to feel drained of vitality during this time, either with success or failure, but burn out anyhow.

## IN THIS RETREAT, YOU WILL:

- take an important journey into making a complete inventory of yourselves.
- come away with clearer direction and more sustainable strategies to proceed with any lost intentions or projects.
- be supported through the process of forgiving, accepting, replenishing, in order to inspire our minds, bodies, and souls to live more fully.
- with these tools come peace and freedom that will allow our lives to fall into place.

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## Retreat Schedule

### 9 - 9:30AM - Opening Circle

Arriving and connecting with your energy.

### 9:45 - 11:00AM - Writing Exercise

Drawing the map of resilience. How are you spending your energy? Identify your energy boosters? How do you manage your energy?

### 11:15AM - 12:00PM - Move Your Body

Breath, Laugh and Play with Feldenkrais to avoid taking yourself so seriously in order to build flexible goals.

### 12:00 - 1:00PM: Lunch

Cost: \$95 before July 31 | \$120 after

### 1:00 - 2:00 pm: Open Your Mind

Group hypnotherapy to help you to slow down and find a sustainable pace for your goals.

### 2:00 - 3:00PM - Writing Exercise

Walking the road of resilience. How can you improve the management of your energy?

### 3:15 - 4:00 - Restorative Yoga

Restoring your adaptability and flexibility.

### 4:00 - 5:30PM - Feed Your Soul

Molding your soul resilience with clay.

### 5:30 - 6:00PM - Closing Circle



**FOR MORE INFORMATION AND TO REGISTER:**  
**Call:** 310-559-7200 or **Email:** [info@raksasala.com](mailto:info@raksasala.com)