



ECOLOGY *of* AWAKENING

Living Resiliency

EMBODYING OUR TRUE NATURE THROUGH THE LAND, COMMUNITY AND BODY-MIND HEALING



July 20 – 22, 2018

PRIVATE RESERVE, OCCIDENTAL, CA

Kerry Brady & Brad Kammer

In order to create truly regenerative earth and thriving human communities, it is essential that we find ways to support ourselves, individually and collectively, to be clear and effective instruments of change. Living Resiliency is designed to increase our innate resiliency, strengthen our ability to navigate change and build our capacity to stay present and available, to ourselves and each other. It is for those looking to support themselves as well as those looking to integrate reliable skills into the work they are already doing in their lives and communities. In order to do this vital work, we bring ourselves to the land, to immerse in the rhythms and cycles of nature, within and without.

The retreat takes place at a stunning private reserve in the rolling coastal hills of Occidental, CA, marked by coastal prairie meadows, old growth Fir, Oak woodlands and a luscious waterfall and swimming hole. During our time we will draw on somatic therapies, relational practices, mindfulness, deep ecology and earth-based wisdom to deepen into our wholeness and remember our place within the larger unfolding web of life. Our time will weave between didactic talks, community dialogue, experiential process, solo time on the land, listening meditation, council practice, ceremony and other time tested processes that support active engagement with life, inside and out.