



REWILD WOMEN

PROGRAM, READINGS, WHAT
YOU NEED TO KNOW



WHAT CAN YOU EXPECT?

- beautiful, private natural environment that will support you in the process
- guided practices of yoga
- guided workshops that will help you uncover and answer most important questions in life
- having time to be alone, with yourself
- beautiful, fresh and good food
- nature walks and your own art creation
- hopefully an experience you will repeat each year.

PROGRAM LAYOUT

DAY 1

Landing, grounding, and letting go. Because you will have the luxury of focusing 3 days only to yourself - something you need to get used to and we need to show how.

DAY 2

Remembering who you are with and in nature, with and in your body, within your deepest self.

DAY 3

Recognizing the power of your inner critic in your life and start trusting your wild, natural self

MIND, BODY AND SOUL

The paradox is that we need a break in order to deeply explore what we really need: this important question has not one superficial answer. The question is a door to new questions, questions that are born in a deep sense of care and love towards ourselves. What is my body needing, beyond some stretches, a workout or healthy food? How is my mind, and what is my mind needing? And, what about my heart, the emotional dimension of the self? Have I looked lately into the room of the heart to make contact with my feelings or do I have this part closed and neglected? What about the soul? Whatever this word means, to each of us we know that some needs and longings come from this aspect of the self that is all about bringing meaning to what we do and what we are.



DAY 1: FRIDAY

12.00 - 12.30: gathering at the location, refreshments

12.30 - 14.00: embodiment practice, connecting with space

14.00 - 15.30: lunch and settling into the house

15.30 - 17.00: Workshop on exploring your needs

17.00 - 18.30: time for nature walks and journaling

18.30 - 20.00: dinner

20.00: Introduction to noticing dreams and journaling

DREAMS

Sometimes, as we wake up in the morning, we remember vaguely an image or a sensation coming from the dreams we had during the night. We stop then, for a second, trying to catch that escaping feeling, a piece of information which seems to have, certain meaning for our lives. But we are in a hurry, we need to go to our work or to any other of the many activities which fill our days nonstop.

What a pity.. that dream could have been another call from your soul, a new invitation to enter into a dialogue with it. And because of our constant rushing from one thing to another, we are missing the opportunity to open up to the wisdom of our unconscious mind.

“The purpose of learning to work with the unconscious is not to resolve our conflicts or deal with our neuroses. We find there a deep source of renewal, growth, strength, and wisdom. We connect with the source of our evolving character; we cooperate with the process whereby we bring the total self together; we learn to tap that rich lode of energy and intelligence that waits within”.

(Robert A. Johnson, from Inner Work)



DAY 2: SATURDAY

7.00 - early wake-up, time for journaling

8.00 - 9.00: embodiment and breathing practice

9.00 - 10.00: breakfast

10.00 - 11.30: Workshop in nature

11.30 - 13.00: Workshop on what is your inner compass - values today.

13.00 - 14.30: lunch

14.30 - 16.00: Nature time with individual assignments

16.00 - 18.00: Sharing and deepening time

18.00 - 19.30: Dinner

19.30 onward storytelling

SABOTAGE

The Inner Critic is a self (or subpersonality) that developed to protect us from being shamed or hurt. It is extremely anxious almost desperate, for us to succeed in the world and to be accepted and liked by others. It wants you to be OK and you to follow the rules that you have grown up with. For instance, if the rule is that you have to be competent and self-assured, the Inner Critic will review your behavior and find any signs of incompetence or insecurity. Even if any objective observer would think we had done a great job, our Inner Critic, knowing what was going on inside of us, is able to find the flaws either in our performance or our inner attitude. And it will communicate this as absolute pronouncements: you are a slob, you are no good, you look like shit.

The Inner Critic has the tendency to grow until it is out of control and begins to undermine us and to do real damage. No matter how much you try, you cannot please your Inner Critic. No matter how much you listen to it and try to change yourself in the way it wants, it follows you and grows



DAY 3: SUNDAY

7.00 - early wake-up, time for journaling

8.00 - 9.00: embodiment and breathing practice as a ritual

9.00 - 10.00: breakfast

10.00 - 11.00: Nature time with an assignment

11.00 - 13.30: Workshop on self-sabotage

13.30 - 15.00: Celebratory lunch

15.00 - 17.00: Ending and taking home our "box of recognition"



QUESTIONS YOU MIGHT HAVE

BOOKS THAT MIGHT INTEREST YOU

Why do I keep feeling exhausted?

My body hurts, is changing - is it telling me I need to change?

I am not sure what my next step in life will be?

REWILD WOMEN, Claris Pinkola Estes

GODDESSES IN EVERY WOMEN, Jean Shinoda Bolen

BRAVING THE WILDERNESS, Brene Brown

WHAT YOU NEED TO BRING WITH YOU

This is a mountain valley, so bring comfortable clothes, be dressed in layers for chillier evenings and have your warm pajamas. Bring your good hiking shoes, but also some comfortable slip-on.

You need to bring a handbook for your journal, everything else we will take care off. Just bring yourself, with and open heart and mind.

WHAT YOU ALSO NEED TO KNOW...

This is A SAFE PLACE, YOUR INTIMATE RETREAT. You will not have to share your deepest thoughts with the group, if you will not be comfortable with it.



It is about what will not be there and what you will not be able to do, because you will be by yourself, in nature, exploring your inner world.

Be brave enough, and allow yourself this to get recharged, empowered and awaken that wild woman inside of you.

REWILD YOURSELF

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