

Breaking Through:

cultivating personal, cultural and planetary stories for a new era

April 17 - 19, 2015 at Wellspring Conference Center, Germantown, MD

"Can we begin to restore the health and integrity of the local earth? Not without restoring the local earth." ~ David Abram

We have always lived by a story that told us how we got here, why we are here, and what God and the Universe were up to. Today, the old stories of our separation from nature, of body from mind, of spirit from matter, and of human superiority and domination, have brought us to a place where Earth and culture are unraveling. New stories (with ancient roots) of connection, humility, and mystery are emerging as shoots of green break through the crust of winter.

We are living in a time between stories - a time of Restoring. In this retreat we explore this in-between realm -- letting go of old story, abiding in the unknowing, searching for hints and glimpses of emerging new story, and committing to live it.

To cultivate new story for ourselves as individuals and members of a planetary community, we will:

immerse ourselves again in the body and spirit of Earth by wandering solo on the land, to listen to the stories that meadow and creek, hawk and snake, ancient rocks and trees tell us -- these guardians and guides to the wildness and imagination of the Earth;

reconnect with our own bodies, coming home to ourselves through the practice of yoga, the in-breath of listening, the threshold of allowing, and the out-breath of releasing. Our body wisdom helps us to invite, cultivate, and welcome new story;

explore the inner world of myth, of archetype and nighttime dream, writing and sharing stories of what we hear; and

gather to share stories and for movement and ceremony, and delicious, vegetarian home-cooked meals.

Note:

Yoga sessions are designed for mixed levels; novices and beginners are welcome.



Retreat Leaders

Vivian Campagna, Julie Gabrielli, and Jim Hall share a fascination with the power of story to heal, reconnect, and create our world. We bring years of dedicated studentship and mentorship through yoga, the arts, and outdoor exploration.

Wellspring Conference Center is set in the beauty of Dayspring – 200+ acres of woodlands, meadows, ponds and stream valleys, with permaculture market garden and silent retreat center, and located in Maryland, less than 20 miles From Washington, DC. The retreat begins with supper at 6 pm on Friday and concludes with lunch on Sunday. Fee, including lodging, meals and program, is \$290 (single room), \$250 (double room). To reserve your place register with a \$125 deposit on the Wellspring website below.

Space is limited and this retreat will fill quickly. Register online at wellspringconference.org