



2012 Schedule of Inner Work

"Breathing Into the New Year - Welcoming 2012"

A 1-day Integrative Breathwork Workshop

January 28, 2012

8am - 8pm

[San Pedro Center](#)

\$225

(Includes lunch, dinner and all supplies)

It's here! We've arrived! Surf's up and we're riding the wave called "shift in consciousness" - is your surf board waxed? Are you ready to hold steady, go with the flow, and be a light in the world while working your process? Continue integrating your Higher and Lower Selves and allow Spirit to support your Loving in the World?

Join us for a 1-day Integrative Breathwork workshop where we will gather with like minded seekers of Higher Consciousness. Integrative Breathwork is a powerful modality of self-discovery, personal transformation and healing. Its origins are based on ancient spiritual and aboriginal traditions, Eastern spiritual philosophies and Western Depth psychology. It is a transpersonal approach that allows the exploration of your Inner life where psychological and spiritual healing in a non-ordinary state of consciousness is possible.

Deep Memory Process®
Session Work
February 12 - 13, 2012
Guelph, Ontario

The SoulCollage(c) Process
March 2, 2012
6pm - 9pm
San Pedro Center
\$50

\$35 if you attend the Integrative Breathwork on Saturday March 3

"Breathing Into Spring"
A 1-day Integrative Breathwork Workshop
March 3, 2010
8am - 8pm
San Pedro Center

\$225
(Includes lunch, dinner and all supplies)

4th Annual!
"Reclaiming the Gifts of the Inner Child"

with Brenda Monger, LMT

April 26 - 29TH, 2012

Melbourne Beach, Florida

\$395

(Includes workshop and meals)

Lodging is separate.

Location and lodging details to be announced

In childhood, we all have difficult experiences that shape beliefs and behaviors. As children, we cannot understand how external factors and painful experiences influence and shape our core beliefs and behaviors. Many of these beliefs and behaviors remain mostly unconscious. When we experience events such as abuse, divorce, deaths and other traumas, parts of us can stay stuck in the past, replaying the traumatic event. As a consequence, we learn coping skills and behaviors that mask our pain and keep us from being completely authentic and therefore fully engaged in life. Using techniques from regression therapy and Shamanism, we will go back into the past and retrieve the lost parts of ourselves, bring them back into the present, and discover the gifts that went away with them.

You will further integrate your experience through group sharing, sacred artwork and Integrative Breathwork.

You will learn and experience:

Typical reactions of the Inner Child to stress and trauma

How to access the Inner Child

The effects of "soul loss" and "soul fragmentation and how to heal it

Helping the Inner Child resolve past imprints

Integrating the Inner Child into the Adult Self

Creating SoulCollage® cards to reflect your Inner experience

Discovering the Gifts of the Inner Child

Integrative Breathwork

Collaging the Divine Feminine
using the SoulCollage(c) Process

May 11, 2012

San Pedro Center

6pm - 9pm

\$50

\$35 if you attend the Integrative Breathwork on May 12

"Remembering Her"

(An honoring of Mothers)

A 1-day Integrative Breathwork Workshop

May 12, 2012

San Pedro Center

8am - 8pm

\$225 or \$350 for Mother and Child

(includes lunch, dinner and all art supplies)

6th Annual!!!

Breathing into the Past: Healing Your Shadow Wounds

with Brenda Monger, LMT

June 26 – July 1, 2012

San Pedro Retreat Center

\$1295

(includes lodging, meals and all supplies)

When we are children, we naturally learn how to identify with the "ideal" parts of ourselves such as politeness and generosity which are usually reinforced by society through family, teachers, churches, etc. Learning what is "good and proper" behavior causes us to bury in the shadow what is "shameful and sinful" and doesn't fit our accepted image such as the negative emotions and behaviors - shame, addiction, jealousy, rage, lying, greed, suicidal and homicidal tendencies, etc. These buried shadow qualities lie just underneath our awareness, masked by our more accepted selves.

"The ego and the shadow, then, develop in tandem, creating each other out of the same life-experience."

Connie Zweig

Because the shadow is so deeply buried and unconscious, it is difficult to recognize in ourselves. Psyche, who is always tending towards wholeness, tries to "see" it by projection onto others.

In this highly self-experiential workshop using breath, music, imagery, and regression techniques, you will uncover aspects of your shadow and how it causes some of your current complexes, issues, and problems. Bringing awareness is only the first step in this journey into your soul. We will move into healing, resolution and integration of these "shadow wounds" to release new energy and find the gifts that lie hidden within them. Discovery of these gifts will assist you in your ongoing spiritual and psychological growth.

Topics to be covered:

Shadow and how it affects your life today

Life review of Shadow Wounds

Owning Your shadow

Trauma and how it affects the Soul

Unblocking "frozen" inner states caused by past trauma

Shadow and physical body symptoms

Letting your "past life" shadow characters emerge and experiencing their stories

"Breathing Into Fall"

A 1-day Integrative Breathwork Workshop

August 4th, 2012

San Pedro Center

The Ancestor Key

(Unlocking the Past and Healing Your Family Tree)

with

Muriel McMahon, Jungian Analyst

October 26 - November 1, 2011

Melbourne Beach, FL

\$695

(includes workshop, all lunches, dinners and art supplies
Lodging and location details to be announced)

Repetitions of familial patterns influence who we are today - whether we are conscious of them or not. Unhealed traumas and unfinished business, commitments and decisions, secrets and information withheld can have a profound impact on our psychological well being. These legacies left behind remain in the "ancestral or family field" in the form of psychological complexes and belief systems that are passed down through generation after generation.

By unlocking the past and deeply exploring the ancestors who have gone before us, we can learn to avoid the traps that these invisible patterns have played out in our lives.

In this workshop, you will journey towards the ancestral world using ancient story, rhythm, regression techniques and dreams. This introduction to Ancestor work will also consist of a Traditional ceremony to re-member and honor loved and forgotten ones in your family tree.

In this workshop you will learn how to work with patterns and beliefs that have been passed down through your family tree in order to give clarity and understanding to who you are today.

Knowledge of your family tree is very helpful to this process but is **not necessary** for you to attend.

"Breathing Into Winter"

A 1-day Integrative Breathwork Workshop

December 8, 2012

San Pedro Center

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