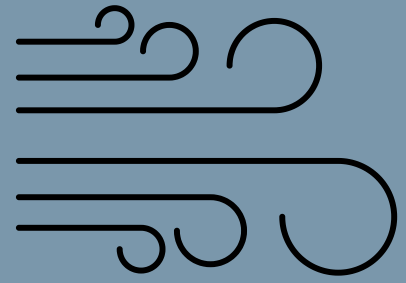


# CONSIDERING A RETREAT?



## **SOME QUESTIONS TO ASK YOURSELF:**

1. What is my budget?
2. Am I willing to travel? How far?
3. Do I want a small or large group experience?
4. Is there a specific life or work issue I want to tackle, or is this just for rejuvenation?
5. Do I want meals included, or am I willing to bring food/cook?
6. Do I want to go alone, or bring a friend?
7. Do I want to produce or learn something, or am I just going for an immersive experience?
8. How important is the weather?

## SOME REPUTABLE RETREAT CENTERS:

- Almost anything on the Courage and Renewal website. These are certified facilitators who advertise together on a common website. They are trained in a specific group process that allows people to find their inner wisdom - very good if you're seeking discernment or rejuvenation, and will grow your listening skills.
- Esalen Institute in Big Sur, California: One of the birthplaces of the "Human Potential Movement" with classes on creativity, neuroscience, leadership, spirituality, citizen diplomacy. Many price points, including sleeping on the floor in a dorm room!
- Hollyhock Leadership Institute on Cortes Island, BC. Their motto is "Inspiring personal growth for social transformation." Very similar programming as Esalen, but with more of a focus on leadership/organizational life.
- Omega Institute for Holistic Studies in upstate New York. Focused on somatics, healing, and spirituality. Similar in philosophy to Esalen and Hollyhock.
- Ghost Ranch in New Mexico: Focused on spirituality and the arts. Christian roots with an interfaith focus.
- Whidbey Institute, Whidbey Island, WA. Hosts some of its own programs, but is mostly a space for outside practitioners to bring their work. Has yearly weekends for solo retreatants to use the space.

