

THE MEN'S CENTER LOS ANGELES



UP AGAINST THE WALL WITH NOWHERE TO TURN?

21ST ANNUAL SACRED PATH FALL RETREAT

OCTOBER 23RD
THRU 26TH



DISCOVER THE STRENGTH
IN SURRENDER.
FIND THE HEALING IN SUPPORT.
EXPERIENCE THE POWER
IN GIVING TO ANOTHER.

*Don't wait for your life to begin,
to change or to get better.
Become part of the Expansion.*

THE RETREAT BEGINS NOW!

THESE ARE TRYING TIMES to say the least. We face many challenges today including a recessive economy, job uncertainty, relationship and parenting issues, mood disorders, compulsive and addictive behaviors as well as aging and health concerns to name a few. Where do you look and to whom do you turn for support in dealing with what you are confronting in your life these days?

For over 20 years the Sacred Path Men's Retreats have endeavored to provide an opportunity for men of all ages to find the answers to the questions they are dealing with. Our returning Veterans that have been on the front lines in Iraq and Afghanistan are not the only ones that have been in need of a foxhole. If you're feeling like you've been on the frontlines with little cover or support, consider joining the Vets that will be with us on retreat. Many men are seeking to put their lives back together and the Sacred Path men's community is here to help.

Hundreds of men have passed through the portals of Sacred Path and a self-selected group of men will convene for this retreat to lend support to each other on the quest for conscious manhood. **Will you be one of them?** A staff of 20 will host all the participants who will have signed-on for this special occasion.

The fall retreat will feature inspirational discourse, profound talking stick council gatherings, the intimacy of tribe meetings and the breadth and depth of the breakout sessions. The workshops will focus on men and their relationships including how to improve them or dissolve them with dignity. We'll deal with issues surrounding recovery, not only involving sobriety but also recovery from life crises such as unhealthy dependencies, infidelity and divorce. Together we'll meditate, do Yoga, sit in the stone people's lodge and create spirited movement of our minds, bodies and souls. We'll focus on issues surrounding frustration and disappointment as well as endeavor to understand what to do with our anger and longing while we learn from failure, loss and grief. And we'll celebrate our accomplishments, successes and the Mindful connection to our inner joy.

Ultimately, the community of men that will convene for this conference will gather to explore what it means to be a good man. Ample opportunities will be offered for participants to explore their psyches in large and small group formats. The workshops, featuring a wide range of experiential topics, will provide men with forums for self-encounter and offer the opportunity to engage with others for the purpose of productive and healthy self-development and personal expansion.

I'm looking forward to meeting with you on the Sacred Path as we gather on the mountain in October,

Dr. Stephen Johnson