

sunday continued

Jim Johnston CCEP and **Kristina Kincaid CCEP** are in private practice in New York, and on the faculty at the New York Living Core Program. They are co-directors of the Virginia Living Core Program in Bluemont, Va.

Pathwork Overview and Key Concepts A Multi-Media Presentation
Kent Peterson and Gary Vollbracht
9:30 am - 12:45 pm
(see description and bios under Saturday)



Dream Sharing
Phyllis Koch-Sheras
9:30 - 11 am
Begin your day by sharing your dreams and exploring dreamwork techniques, including using dream language, role-playing, dream journaling. Instructions for remembering and incubating creative and healing dreams will be provided for use the night before.

Phyllis Koch-Sheras, PhD, is a clinical psychologist and co-author of several books on dreams. She is founder of the Creative and Healing Arts Institute and is currently in private practice in Charlottesville, Va.



Walking the Path of Love A Sufi Journey
Zakira Beasley
9:30 - 11 am
Reflections on one woman's journey on the Sufi path, a conversation of remembrances, of loss and being found, of dreams and awakenings, a simple story. Zakira will share from her experience of the Sufi path, spanning four decades and two continents.

Zakira Beasley works for an internet news delivery service, helps refugees learn English, and enjoys being a grandmother. She lives with her husband near Charlottesville.



Advanced Pathwork Studies
Tom and Wendy Hubbard
11:15 am - 12:45 pm
Advance Pathwork Studies is a two-year course designed for any serious student of Pathwork who has completed four years in the Transformation Program and wants to understand ideas and methods of Pathwork more deeply. It is a pre-requisite for those interested in Pathwork Helper Training. Explore whether APS is right for you. (see Tom and Wendy's bios above)



Receiving the Gifts of Sacred Chant
Heena Reiter
11:15 am - 12:45 pm
We will sing and meditate, using sacred phrases, in English and Hebrew, to concentrate our

attention. As we chant these melodies and words, and then enter into silence, their deep transformational power will soothe, guide, enlighten and inform our consciousness. No previous knowledge of Hebrew is necessary.

Heena Reiter, a rabbinic student in the ordination program of ALEPH: Alliance for Jewish Renewal, is a practitioner-teacher of spiritual direction, Hebrew prayer, Biblical Hebrew, chant, song and meditation in Jewish and interfaith settings.



Using Breath Toward Spiritual Opening
Julia Jensen / 2:45 - 5:45 pm
Learn simple breathing techniques to allow an opening for positive spiritual energy to heal an aspect that is ripe for improvement and enhancement. Each Breathwork session is unique, as we allow spirit to lead us into our individual spiritual paths. (see Julia's bio above)



Spiraling Inward through Authentic Movement
Simona Aronow
2:45 - 5:45 pm
Begin a journey of self-expression and self-discovery through Authentic Movement — a process that allows movement to emerge without expectation, from the inner wisdom of the body.

Simona Aronow, MA, ADTR, CMA, NCC, brings over 25 years of experience in movement and bodywork as a means of self-awareness, expression and transformation. She is a registered dance/movement therapist and certified in Laban Movement Analysis, Kestenberg Profiles and massage therapy.



Preview of the Pathwork Transformation Program
John Bayerl and Cindy Haney
2:45 - 5:45 pm
The Pathwork Guide provides a roadmap for finding the real self and this event will give you a taste of what this path can illuminate within your being. (see John's bio above)

Cindy Haney is a Pathwork Helper, teacher in the Transformation Program, and artist who enjoys bringing the transformative power of the expressive arts into her Pathwork practice with individuals and groups.



The Art of Soul Whispering
Darlene Rollins
2:45 - 5:45 pm
A Soul Whisperer listens deeply to each of life's experiences, seeking to unite with the wisdom of the Soul's purposes. Whispering is an art of harmonizing the personality, and awakening forgiveness and compassion within the larger understanding of the story of one's life, freeing the life of dysfunction and suffering. (see Darlene's bio above)

sunday continued

Keynote Address
Seeing the Whole in One
Discovering the Dreaming Dreamer and Sneak Preview from Leap 3 Movie
Chuck Hillig / 8 - 10 pm

The idea that "all separation is illusory" lies at the core of the great religions and spiritual philosophies. After we inquire into the startling implications of non-dualism, we will explore ways of living a fully authentic life in the light of who we really are... pure Consciousness.

Chuck Hillig worked as a licensed psycho-therapist in California for 30 years. He is the author of five books on non-dualism, and his writings and interviews have been published in nine languages. He will be appearing in the upcoming movie *Leap 3.0*.

monday.....

Essential Goodness Meditation
Laurie Harris / 7 - 8 am
When we remember our basic goodness, we can release shame and take our place in the world with confidence.

Laurie Harris is an adult educator for the College of the Albemarle in North Carolina, dedicated to lifelong learning, and a student and teacher of the Pathwork.

Awaken!
Donovan and Susan Thesenga
9 am - 12 pm
This session offers an invitation to turn our attention to the background awareness that is behind all doing, thought, feeling and sensation, and an opportunity to question our fixed ideas about who we are. Through silent and guided meditation and shared inquiry, we may glimpse our true nature as this open, accepting and loving Presence of Being that is always and already here.

Donovan and Susan Thesenga founded Sevenoaks, have published three books, and are now teaching the non-dual wisdom of Awakening.



Transition and Transformation: Another Step / Kathryn and Norton Fishman
9 am - 12 pm
Growth and evolution

happen—dramatically and unexpectedly in a burst of transformation. Trust and wonderment allow us to better weather the transition and influence the outcome. We will demonstrate and share channeled guidance.

Kathryn Haun Fishman is a retired psychic in the process of integrating the learnings from Spirit to the human Being.

Norton Lee Fishman is a medical doctor who practices integrative medicine, and who still has an open mind while struggling with his own process of transition to transformation.



The Healing Power of Sand Play
Cindy Haney and Megan Powell
9 am - 12 noon
Our human tendency

is to identify with parts of ourselves, often remaining unaware of vital life energy and wisdom held by parts of us that are "in shadow." Using the dynamic modality known as Sandplay, we will create and explore a sacred, three-dimensional representation of our inner landscape and its different selves, discovering previously hidden inner aspects. (see Cindy's bio above)



Spiritual Partnership
Russ Crescimanno
9 am - 12 pm
A spiritual partnership is forged when we consciously choose to learn to relate from the authentic fullness of the Self. We know we come with dysfunctional baggage, but are willing to examine and work it through so we can live and relate from the integrity of the Self. It is the willingness to engage this learning, and do this work, that makes our partnership both deep, and spiritual.

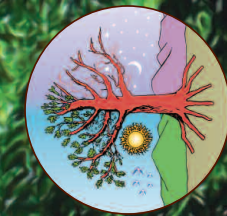
Russ Crescimanno, PhD, a professor emeritus at Piedmont Community College, has taught courses in how society shapes human consciousness for forty years. He is also a student of meditation and self realization and the author of *A Relationship is a Living Thing*.

Seed Planting Healing Circle and Closing Ceremony
Sid del Cardayre, Karen Millnick, Alex Comer and Kent Peterson
12:15 - 1 pm



Non-Profit Org.
U.S. Postage
PAID
Madison, VA
Permit No. 6

Sevenoaks Retreat Center
403 Pathwork Way, Madison, VA 22727-9732
tel 540-948-6544 fax 540-948-3956
email: sevenoaks@sevenoaksretreat.org
www.sevenoaksretreat.org



2010 Sevenoaks

Health and Healing

jamboree

Register Now

www.sevenoaksretreat.org

Contact Us

Telephone 540-948-6544

email: sevenoaks@sevenoaksretreat.org

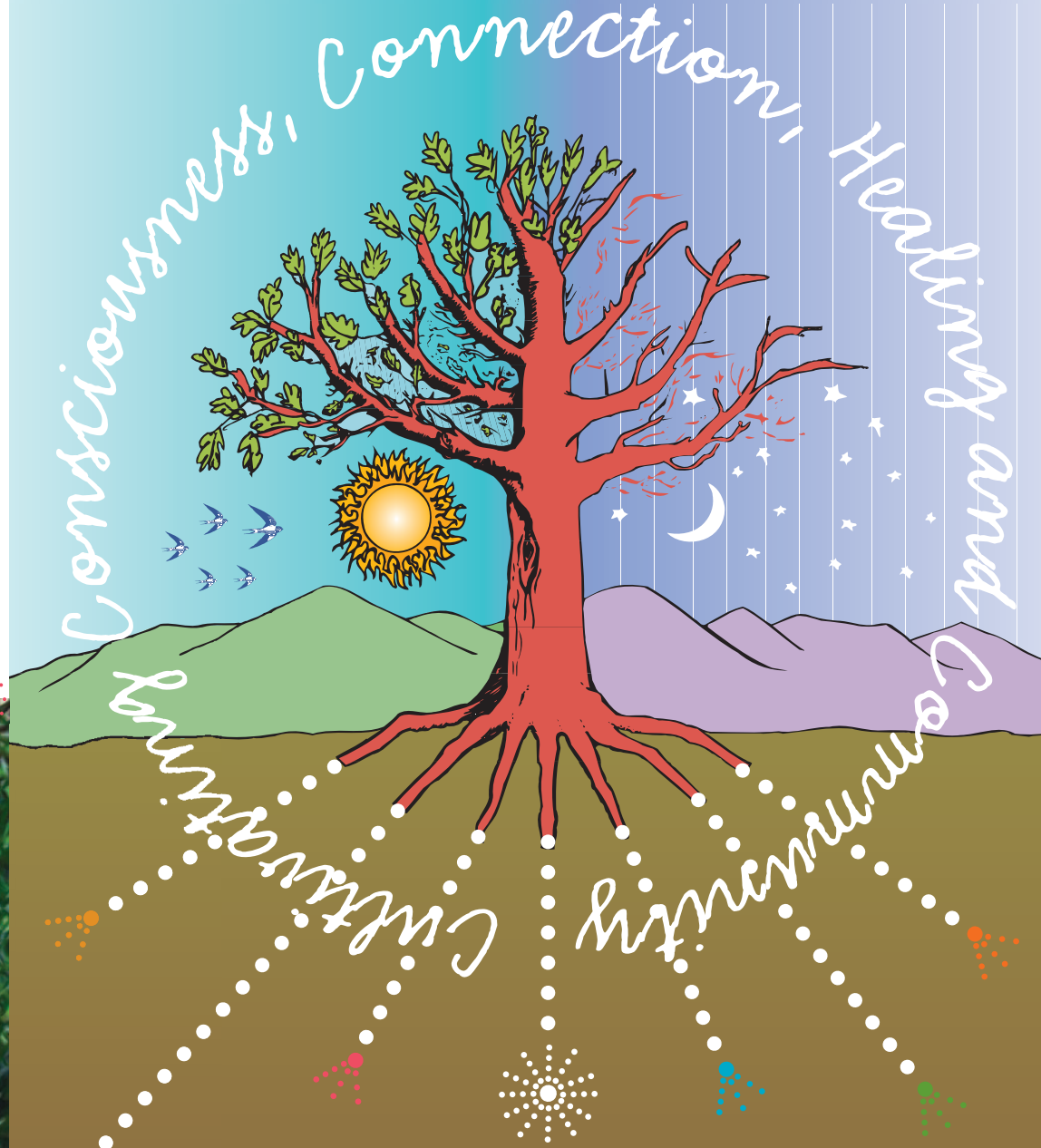
Connect

Provide your email address

at www.sevenoaksretreat.org

May 28 to 31, 2010 • Memorial Day Weekend

Sow the Seeds of Personal Growth



2010 Sevenoaks Health and Healing

jamboree

A Four Day Celebration on Memorial Day Weekend
Cultivating Wisdom, Insight, and Healing
Featuring 35 Stimulating Events

May 28 to 31, 2010
Sevenoaks Retreat Center
www.sevenoaksretreat.org

Dear Friend,

Join us for our second Health and Healing Jamboree inspired by a collective longing for community and the desire to cultivate wisdom, insight, and healing from many spiritual paths.

More than 35 presenters include Pathwork Helpers and teachers of Authentic Movement, Sensory Awareness, Breathwork, Sufi traditions, Eco-Psychology, Barbara Brennan School of Healing practitioners, spiritual channels, Awakened teachers, Native American traditions, and musicians. There will be a sweat lodge, NIA, yoga, T'ai Chi, Core Energetics, and opportunities to learn the Zen of fly fishing.

Choose to participate in one, two, three, or four days of deepening your wisdom, insight, and healing.

Enjoy delicious meals, overnight accommodations, ceremony, music, dance, dialogue and nourishment!

We wholeheartedly welcome you to join us as we expand our collective circle to include you, and as we cultivate consciousness, connection, healing, and community.

With Blessings,
Kent Peterson, Sid del Cardayre, Karen Millnick and the Board of Trustees

www.sevenoaksretreat.org • 540-948-6544 • sevenoaks@sevenoaksretreat.org

Registration

Program and Meals Price for one day: \$110
Price for two days: \$210
Price for three days: \$300
Price for four days: \$350

Overnight accommodations at an additional cost: \$55 per person per night for a shared room; \$25 per person per night for camping.

Register online for a four-day discount package: www.sevenoaksretreat.org

To register for one, two, or three days, or for lodging, call our office: 540-948-6544.

Reference Key to Programs

We've included color-coded titles throughout this brochure specifying particular areas of interest as shown in this key.

- Pathwork
- Contemplation & Inner Experience
- Energy, Breath & Movement
- Healing
- Nature & Eco-Psychology
- Community

friday



**Relationship Survival Skills
Tom and Wendy Hubbard**
10 am - 1 pm;
2:15 - 5:45 pm

Wish you could find your way to a deeper relationship? We will teach five basic skills to avoid the pitfalls of relationship and to help us through tough times. You will have an opportunity to practice these skills. Join us for this practical and pleasurable journey deeper into love.

Tom and Wendy Hubbard are Pathwork Helpers, teach in the Transformation Program, and offer workshops and individual sessions. They bring the fruits of a 30-year marriage and 15 years of Pathwork.



**Balance: Aligning Work, Home, Family and Personal Growth
Kent Peterson / 2:15 - 5:45 pm**

Today too many of us feel overwhelmed by demands, multiple responsibilities, economic uncertainty, too little time and not enough support. Come engage in a Work-Life-Balance self assessment. Grow new perspectives, learn simple strategies and gain powerful tools for leading a more balanced life, and finding greater vitality and joy.

Kent Peterson MD is a national leader in preventive medicine, workplace wellness and productivity. A consultant to many corporations and government agencies. Kent is a devoted father, loving husband, spiritual seeker, and Apprentice Pathwork Helper.



**Zen and the Art of Fly Fishing
Jeff Stewart Dixon**
Friday 4 - 6 pm
Saturday 7 - 9 am
Saturday 4 - 6 pm
Sunday 7 - 9 am

Come discover the delightful and enlightening past time of fly fishing. We'll explore all the usual techniques—casting, wading, fly selection, fish location—but with a little Zen thrown in.

Jeff Stewart Dixon has been on the spiritual path for over 20 years. He's done some awakening finding and not just awakening seeking. He has sat with and learned from teachers in the Zen and Advaita Vedanta traditions and has been on the fishing path since he was 12.



**NIA A Joyful Practice of Presence
Bev Wann / 4 - 6 pm**

Our bodies, in stillness and in motion, bring us home to ourselves. Connect with the aliveness and intuitive wisdom of this moment through the powerful and fun practice of NIA. No previous experience is needed.

Bev Wann is a Brown Belt NIA Instructor, Life Coach and Leadership Development Consultant. Her passion is helping others find joy, ease and fulfillment through practices of presence.



Ceremonial Opening and Connection Adventure

Sid del Cardayre, Brenda and David Gillinson, Michelle Basile, Karen Millnick and Kent Peterson
7:30 - 10 pm

saturday



**Wake Up with Joe!
Morning Meditation
Joe Johnson / 7-8 am**

Joe Johnson is a Pathwork Transformation Program graduate, grandfather and trained Bio-Energetic healer with a lifelong interest in mythology and comparative religion.



**Nature Walk
Alex Comer / 7 - 8 am**

Alex Comer has been a hand drummer and organic gardener for over fifteen years and connects to Spirit through rhythm and nature.



**Heart Healing Laughter Yoga
Jon Graznak and Leigh Meredith**
9:30 - 11 am

Growing from the work of an Indian cardiologist, this breathwork form uses our natural laugh as exercise and a gateway to deep meditation. We'll examine not only how laughter heals our physical hearts, but also take time to enjoy the feel-good neurochemicals that are released when we laugh.

saturday continued

Leigh Meredith's knowledge of the pure joy that laughter brings enhances her effectiveness as a teacher and speaker. She treasures witnessing lives lighten up as people practice laughing. In addition to his passion for sharing laughter, **Jon Graznak** works in Substance Abuse recovery. An enthusiastic and engaging teacher, Jon revels in the present moment awareness that the practice of Laughter Yoga brings. Leigh and Jon are certified Laughter Yoga teachers.



**Pathwork Overview and Key Concepts
A Multi-Media Presentation**

Kent Peterson and Gary Vollbracht
9:30 am - 12:45 pm

Enjoy this entertaining, fast-paced "who, what, why, where, when and how" introduction to Pathwork. Learn about key Pathwork tools, including daily review, emotional process work, Core Energetics, working with a Helper. (see Kent's bio above)

Gary Vollbracht's journey has led him to years of study, teaching, and sharing, including the Lutheran Church, a Catholic Seminary, roles of Hospital Chaplain Intern, massage therapist, and coach, and most recently his passionate engagement with Pathwork.



**Unraveling the Mystery of Who We Are
A Peek into Our Ancestral History for Healing and Blessings
Donna Evans Strauss**
9:30 am - 12:45 pm

As outlined in her upcoming book, **Blessings From A Thousand Generations: What Our Ancestors Teach Us About Healing Our Family Today**, this journey can help heal our problems and relationships. How have events from generations long past affected us today? And how do we heal?"

Donna Evans Strauss is the founder of the Grace Touch Technique and the Living from Grace program. For 18 years, she developed curriculum, taught, and mentored students of the Barbara Brennan School of Healing. She is also a Pathwork Helper with a private practice in Doylestown, Pa.



**Brain as Healer
Helen Gatling-Austin**
9:30 - 11 am

We will explore new research on the adaptive power of the brain and its ramifications for health and happiness.

Helen Gatling-Austin, a physical therapist and pain specialist, combines her years of Buddhist practice with current discoveries in brain science.



**T'ai Chi for Health: Meditation in Motion
Hiromi Johnson**
9:30 - 11 am

T'ai Chi is a mind-body practice that originated in China as a martial art. This low-impact, weight-bearing, and aerobic exercise promotes flexibility, balance, stress reduction, and a sense of well-being. You will learn a modified short form.

Hiromi Hangai Johnson is the founder of Hiromi T'ai Chi, a non-profit organization dedicated to teaching T'ai Chi Ch'uan and related martial and healing arts, located in Charlottesville. Hiromi is a student of Grandmaster Wang Fu-Lai and a certified instructor of the International Cheng-Ming Martial Arts Association of Taiwan.



**Experiencing Now: Enhancing Sensory Awareness
Pat Meyer-Peterson**
11:15 am - 12:45 pm

Beneath our ordinary reality, there is a deeper level of experiencing that can be reached through the senses. Treat yourself to a taste!

Pat Meyer-Peterson studied Sensory Awareness with Charlotte Selver for over 25 years, and is past president of the international Sensory Awareness Leaders Guild. She practices Zero Balancing, Zen Shiatsu and therapeutic massage in Charlottesville, Va.



**Deepening Recovery Through Pathwork
Julia Jensen**
11:15 am - 12:45 pm

The Pathwork facilitates a deeper experience of the 12 Steps through spiritual growth. In this way, our shortcomings are made more conscious, and our desire to "Let Go and Let God" can transform our path to one of fulfillment.

Julia Jensen is a Pathwork Helper, a teacher in the Transformation Program, and a certified healer. She works with groups and individuals in the Pathwork, as well as working with energy as it moves through the body and auras.



**Boys at War / Men at Peace
Don Harvey / 2:45 - 5:45 pm**

In this event, we will access our inner killer, and slay the "dragon" within us. Through ritual and the Pathwork process we will transform distorted energy into its essential aggressive nature.

Don E Harvey is an Apprentice Pathwork Helper who is a nature-loving man of Heart, and he cares very deeply about the healing of our planet thru the healing of each individual.

saturday continued



**Living the Freedom of Love
Opening to the Power of Brotherhood
Erena Bramos**
2:45 - 5:45 pm

This workshop is an invitation to open to the longing which lives in all of us to meet the World as lover. Open up to accepting the Truth of who we are, the Truth which is reflected in all we meet in our brothers and sisters.

Erena Bramos is a Pathwork Helper and teacher. A Pathworker since 1982 she is delighted to be sharing from the many riches she has received on the journey to the deep relationship with the Divine.



**Pain and Stress Relief for People and Pets
Sandy Rakowitz**
2:45 - 5:45 pm

Learn simple, feel-good techniques to use in your daily life for you, your family, horses, dogs, cats and other critters. Tellington TTouch and Essential Oils can help you deal more effectively with anxiety, chronic and acute pain.

Sandy Rakowitz owns and operates One Heart Healing Center in Charlottesville, VA with 20+ years in the Wellness field.

**Ch'i Kung for Health
Hiromi Johnson / 2:45 - 3:45 pm**

Ch'i Kung (Qigong) was developed over 4000 years ago in China specifically for protecting health, promoting vitality and prolonging life, while cultivating spiritual awareness and insight. Participants learn a short set of standing and walking Ch'i Kung postures. (see Hiromi's bio above)



Brenda and David Gillinson in Concert: The Eternal Thread, Songs for the Heart and Soul / 7:30 - 10 pm

Music has the power to open the heart and change consciousness. These songs were written from, and inspired by, a love for Divine Spirit.

Dave and Brenda Gillinson are award-winning songwriters from Virginia who have been writing and playing music together since they married 17 years ago. They are members of the clergy in Eckankar, a non-traditional religion with a worldwide following.



Live Auction with Sheila James
7:30 - 10 pm

Sheila James lives in California, graduated from CA PTP in 1997 and remains a committed student of the Pathwork, translating its wisdom for the world of conflict resolution in her divorce and family mediation practice. As auctioneer, Sheila invites your participation through a winning combination of humor, play, Pathwork principles and interactive competition.

sunday



**Morning Meditation: A Salutation to This Day
Megan Powell / 7 - 8 am**

Megan Powell is a passionate advocate for the art of self-discovery and personal unfoldment. She is a Pathwork Helper Apprentice and has been experimenting with Vipassana meditation and Kripalu yoga.



**Natural Communion
Darlene Rollins / 7 - 8 am**

Natural Communion is a state of consciousness that is simple to cultivate and allows us to enter more deeply into Nature's mysteries and reconnect to her as a realm of being that interacts, guides and supports us.

Darlene Rollins is a Pathwork Helper, minister, eco-psychologist, and nature mystic. She is keeper of the Earthwork Center, an intimate retreat center for deep communion with Self and Nature.



**Sweat Lodge
John Bayerl and Alex Comer**
8 am - 12:45 pm

The sweat lodge has been a spiritual anchor at Sevenoaks for decades. Join John and Alex for an experience of purification and deeper receiving of what Mother Earth constantly offers. (see Alex's bio above)

John Bayerl is a Pathwork Helper and long-time teacher in the Pathwork Transformation Program at Sevenoaks. He also has a Pathwork practice in the Washington, D.C. area.



**God, Sex and Core Energetics
Jim Johnston and Kristina Kincaid**
9:30 am - 12:45 pm

According to the founder of Core Energetics, Dr. John Pierrakos, "The universe manifests within us as three great forces: Love, Sex, and Eros. When these forces are united, we transcend our personal reality and experience our deepest expression of God." Explore these powerful forces, and the evolutionary process that is Core Energetics.