

Awakening & Embodiment Retreat

Mindful and somatic approaches to healing & transforming trauma



Come and learn about nondual awareness and acquire skillful inquiry tools designed to dissolve the most stubborn and painful self-limiting beliefs. Scott Kiloby's work, developed and refined at the Kiloby Center for Recovery, is cutting edge, perhaps one of the most accessible, direct and penetrative forms of inquiry. This retreat will be a combination of talks by Scott and lots of experiential work so that you will be armed with Scott's tools once you leave the retreat. If you aren't familiar with Scott's work, read about it here: www.kiloby.com.

Scott, along with a few of his facilitators, will focus on helping participants recognize the peaceful and liberating nondual awareness that is the foundation for all experience. He will offer specific tools to untangle the thoughts, emotions and sensations that create suffering in all forms. This retreat is perfect for the spiritual seeker who is stuck in oscillating back and forth between "I got it" and "I lost it" as well as any aspirant who is getting sidetracked on the spiritual path by depression, anxiety, trauma or addiction. The result of Scott's work is a clear mind, open heart and a sense of creativity, ease and flow with life as it shows up in the moment.

Thursday, August 16 - Sunday August 19

Check in: Thursday 5:00 - 7:00 pm Depart: 1:00 pm Sunday Cost: \$600/person

The cost includes lodging for 3 nights at beautiful zen inspired retreat center near Asheville in the Blue Ridge mountains: <http://bendofivylodge.com> Includes all meals Friday through Sunday (with vegetarian and vegan options)

Commuter Rate: \$350 meals and program only

Space is limited to 20 people...so register soon. First deposit of \$250 (non-refundable) due at registration, remainder of cost (\$350) due July 16th. There's an early registration discount (before June 16): \$550 - entire amount to be paid in full upon registering

To register go to: NaturalRestForAddiction.com click on Live Events

For more information contact Danna McLintock at danna.mclintock@gmail.com or call **828-564-6937**