

# ON OUR WAY HOME:

FINDING A RESTING  
PLACE WITHIN

4 Night/3 Day Retreat in Taos, New Mexico  
Antara Retreat Center  
Led by Jan Birchfield  
May 3-6, 2018



Rock and debris will eventually slow down or block the current of a river. To help a river flow more freely, we remove whatever is impeding its flow. Similarly, the source of true nourishment lies within us, not in the external world, and is always available to us. However, it is often hard to know this, because our access to this bounty is often obscured or blocked.

This retreat is an opportunity to anchor to a deeper substratum within, finding an inner place where we can begin to take refuge. Together, we work with the obstacles that are in the way of our relationship to the interconnected substratum at the core of our being ~ our most essential Self.

We begin where you are. You are both the portal to the sacred *and* sacred. We work with whatever you bring to the table ~ your faith or lack of it, your lineage or rejection of lineage, your relationships, work, disappointments, struggles, dreams, recurring themes or images, and the ground of your everyday life.

Inner work does not happen overnight. It is a process, a commitment, and ultimately a gift. When we sit together and deepen our commitment to ourselves and each other, we develop resilience in the face of uncertainty and we move closer to the true Source of all that we long for ~ compassion, joy, peace, harmony, hope, integrity, humility and true service.

OUR TIME TOGETHER WILL INCLUDE



a framework for understanding the layers of the self

ancestral work

meditation and chant

shamanic journeying

sweat lodge

fire ceremony



## MEET JAN

Jan's work weaves psychology, spirituality, shamanic and contemplative practice. She has an undergraduate degree in philosophy and a Ph.D. in Counseling Psychology. She had the honor of working under the tutelage of the late David LaChapelle, drawing on his broad and deep knowledge of spiritual traditions and practices from around the world. In 2007, David initiated Jan into a shamanic practice. She then attended the Four Winds Residential Energy Training Program to augment this work.

In 1995 Jan co-founded the Center for Advanced Emotional Intelligence. In 2011, she founded Contemplative Leadership Development and opened a retreat center in Taos. She serves as an advisor for Silent Leaders, a nonprofit organization in South Africa that brings contemplative leadership practices to the underprivileged. She presently blogs for the Huffington Post, Huffington Post/Brazil, and Thrive Global. She has written several articles for Forbes and recently published a book titled Silent Leaders.



## W H E N

The retreat will begin on Thursday night, May 3rd. We will have an opening session at 5:30 and dinner at 7:00.

We will end on the evening of May 6th. *We ask that people stay to the end, so that we can hold a tight container for all.*



## W H E R E

Antara Retreat Center  
417 La Lomita Road  
Taos, New Mexico 87571  
[antarataos.com](http://antarataos.com)



## M E A L S

We will share three meals daily. The amazing Dillon Tisdell will serve as our Chef. If you have food allergies or restrictions please let us know.

## HOUSING

There are a number of Air B and B options and a Bed and Breakfast within walking distance of us. Please contact me for information on housing. We do have one casita that will be available for rent at the cost of \$125 a night.

## COST OF RETREAT

*(including 10 meals)*

\$800 *(limited scholarships available)*

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