I will not die an unlived life.
I will not live in fear of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid, more accessible,
to loosen my heart
until it becomes a wing, a torch, a promise.
I choose to risk my significance;
to live so that which comes to me as seed,
goes to the next as blossom
and that which comes to me as blossom,
goes on as fruit.

— Dawna Markova, Author of Open Mind
In May of 2010 and again in March of 2011, in the mountains of Dahlonega, Georgia and high above the ocean of Santa Barbara, California, women from all walks of life gathered together to celebrate and challenge themselves in their bodies and spirits. At a critical juncture in their lives, these women found not only a weekend to share with other women but a powerful metaphor, discovering pathways they might never have otherwise explored. Their time together created a groundswell of community and creativity that continues to nourish each of the participants even now.

At every phase of life's journey, women are besieged with choices and conundrums in their families and relationships, in their sexuality, in work, in social and political activism, and especially in self-care. They often confront the simultaneous challenge of both nurturing others and recreating themselves. Because they may be too overextended to imagine their own potential, it becomes difficult to consider a transition or change in their lives. They literally work harder and give more. In Chinese medicine, this process of being overloaded is called "empty fire." Many might be too depleted to stop for self-care, and paradoxically, move faster. In fact they go so fast that often they lose the ability to imagine other possibilities-- for giving care, taking respite, or being in the world.

If women have the courage to be authentic, they may need to explore other choices, new spiritual paths, or different relational approaches. It can be both challenging and confusing for themselves as well as their loved ones. But until they are fed and renourished, it may be hard for them to continue to grow or give.

POSSIBILITIES IN WHOLENESS was designed for women who are professionals, artists, teachers, caregivers, sisters, daughters, mothers, friends—in short—those who give day after day generously and consciously--but rarely nourish themselves. POSSIBILITIES offers a time to stop and feed the imagination. It provides a tangible metaphor to carry what develops from the weekend into daily life.

We invite you to consider the opportunity to take your personal, professional, or spiritual growth to another level of possibility.

You will have the chance to imagine what potential exists for you to be more alive, more vibrant, more aware in your body and in spirit, and more powerful in your capacity to use the strength and wisdom you have in the service of change.
With exquisite attention to safety, confidentiality and fun, POSSIBILITIES will be a chance for you to find the places that seem immovable and to open to the potential for more creativity and authenticity. It will address the exciting potential that is held inside vulnerability, and may challenge you to embrace what you might fear the most: your own rich potential.

Using music, movement, art, journaling, metaphors, spirituality, and group process, the weekend will be a timely adjunct to participants' ongoing inner work, and individual spiritual journeys. It will be a way for women together to move each other forward-- powerfully, joyfully, deeply-- and to share in an amazing community of one another.

Perhaps you rarely invest in yourself. You may give to others in your profession, your personal relationships and your families, but find it inconceivable to fly to a destination, and invest the time and money for an experiential weekend just for yourself. But perhaps, this is not a luxury. It could be a vital way to replenish your work and relationships, and your inner life.

We have looked all over the country to find a place close enough to a major airport, that would be both intimate, temperate and beautiful, and we hope you will join us at this gorgeous site in Craigville, Massachusetts on the seaside of Cape Cod.

Craigville Retreat Center is nestled amidst the village of Craigville, established in 1872, on a bluff above Nantucket Sound. The Retreat Center is surrounded by magnificent salt marshes, Red Lily Lake, and a beautiful private beach. Guests have use of nearby tennis courts, lawns, and volleyball nets.

[Link to website]

www.craigvilleretreats.org
Led by nationally recognized psychotherapists

Joanna Colrain, LPC

and

Mikele Rauch, LMFT

Since 1983, Mikele Rauch, LMFT, has worked with individuals and groups, bringing authentic movement, bodywork, art and music to the process of mindful psychotherapy. She is a founding member of the core facilitator team for the MaleSurvivor.org Weekends of Recovery for male survivors of sexual and clergy abuse. Her book Recovering the Soul after Religious Abuse: the Dark Heaven of Recovery, speaks about how to reclaim the deepest parts of the self, rediscover the sacred within or without the institutions of religion, and create meaning again. Mikele lives, works, and does her art in Brookline, Massachusetts. www.MikeleRauch.com

Joanna Colrain, LPC, CGP, lives and works in Decatur, Georgia. She has been in practice for 32 years, working with individuals, couples and groups. She enjoys healing work that helps people to feed the soul, validate the authentic self, and build community within and across cultures. She provides supervision for therapists who want to bring mindfulness, collaboration and the use of self to their work. Joanna has published articles and manuals in the areas of supervision, treatment of trauma, group therapy, and working with refugees. www.JoannaColrain.com

In a time of global struggle, we continue to commit ourselves to individual growth and healing as the basis for communal and global harmony. So we gather as a community to empower each other and celebrate our journeys.

Mikele and Joanna

When I dare to be powerful - to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.

Audre Lorde

REGISTRATION FEES

$670 before May 16

$745 after May 16

This year we’re offering a further discount for returning attendees:

$630 before May 16

To register, print page 5 of this document, complete information, and mail. Please contact us if you have any questions!

Mail to: Joanna Colrain, LPC
150 E. Ponce de Leon Ave.
Suite 350
Decatur, GA 30030

FEE INCLUDES WORKSHOP FEE, ROOM, MEALS, AND ALL MATERIALS

For more information, contact

Joanna Colrain at 770-220-4059
or Mikele Rauch at MikeleRauch@gmail.com
617-271-6694
REGISTRATION: POSSIBILITIES IN WHOLENESS 2012
August 31-September 2, 2012

Please PRINT:

Name: _______________________________________________________________________________________________
Address: _____________________________________________________________________________________________
Address Line 2: _______________________________________________________________________________________
City: ____________________________________  State/Province: __________ Zip Code/Postal Code: _________________
Phone: Day: (_______)___________________________ Night (_______)-_________________________
Cell:  (_______)-______________________          Birthdate:  ______/_______/___________
Email: _______________________________________________________________________________________________
Are you currently in therapy?  ___no  ____yes     ___individual     ___group     ___both ___had therapy in past

In case of emergency, please call: (this is required of all participants and is NOT a release for confidential information)
Name:  ____________________________________________________________________________
Phone(s): __________________________________________________________________________

I understand that my registration is subject to a short phone interview with Mikele Rauch or Joanna Colrain.
Please initial______________
I am available for a phone interview generally during the following times:
__________________________________________ day / time range at Phone:  ______________________________
or
_________________________________________ day / time range at Phone:  _______________________________

Travel:
Please do not purchase travel tickets until you have completed the phone interview. If you are traveling into Boston, MA or Providence, RI by airplane, please let us know if you would like to share a rental car, a ride, or have any other transportation needs. If you wish, we will try to connect you with someone who is traveling to the weekend, and with your permission, share your email address so you can arrange to travel together. Directions to Craigville Retreat Center are on the website:
www.craigvilleretreats.org

The retreat is from 3:00 on Friday, August 31 to 3:00 on Sunday, September 2, 2012.
Craigville Retreat Center may be available on Thursday night, but we will let you know for sure in the phone interview. Please let us know your travel plans, and whether there is any way we can help you get to the retreat.

Payment
Regular Registration:  $745.00  if received _______ (Option 1)
Early Registration Discount:  $670.00  if received BEFORE May 16, 2012 (Option 2)
Previous Attendee Discount:  $630.00  if received BEFORE May 16, 2012 (Option 3)
You will receive confirmation of your registration by email. In order to hold your registration, you must send a deposit of at least $150 at the time of your registration. If we do not receive any payment with your registration, we will not consider you registered. The balance of the fee will be due by June 16, 2012. We must receive your complete payment by February 26, 2011 in order to receive the early registration discount.

Fee includes: all workshop sessions and materials, room for Friday and Saturday nights, and all meals and snacks from Friday dinner to Sunday lunch. There will be generous snacks on Friday afternoon for hungry travelers.

Rooms: All rooms are doubles or triples.

Cancellation Policy: For cancellations in writing received before June 16, a fee of $50 will be charged and all other payments will be returned. For cancellations in writing received after June 16 and before August 10, a fee of $150 will be charged and all other payments will be returned. For any cancellations received August 10 or later, all payments will be forfeited.

Questions? I’ll be glad to help! Call Joanna at 770-220-4059.
I am choosing Option ______  AMOUNT ENCLOSED BY CHECK: $______________

(You will receive confirmation of registration within one week of receipt and we will schedule the phone interview with you. Please do not make travel reservations before the interview.)

Please make payment to Joanna Colrain-POSSIBILITIES and mail with this form to:

Joanna Colrain, LPC       150 E. Ponce de Leon Ave       Suite 350       Decatur GA 30030
“I had a meaningful experience at the Possibilities retreat. It was a pivotal weekend for me and an important investment in my personal growth. I was "holding" myself a little too tightly, and needed to break-out of my stuckness. The giftedness of the facilitators drew me out and inspired me to sing, dance, pray and play all my Possibilities. Highly recommended for anyone seeking to explore the Possibilities within.”

"My Possibilities in Wholeness weekend contributed to my on-going journey of gently moving toward an awareness of myself from the inside out. Meeting in a beautiful, simple setting in a small group with two dynamic and caring facilitators touched a part of me that yearns for opening a way to go from mourning to morning. The creative projects we shared are important reminders of our emotional resilience at the heart of the empathy I felt.”

“The Possibilities weekend was my first women's retreat and I approached it with the intention that I would get out of it what I needed. Joanna and Mikele made sure everyone felt safe throughout the great variety of activities they had planned, I felt fine opting out of anything I wasn't ready to do, and all the women made it a very comfortable time for me. The weekend was a profound experience for me even though I still can't express exactly why. I just know I was a changed person by the time I left on Sunday afternoon, and I continue to confidently work on reaching MY Possibility.”

“Safe! Supportive! Powerful!!! My Possibilities experience came at a critical time in my life's journey when I had just been inexplicably abandoned by my 10-year partner in life and business. The work we did that weekend was so powerfully healing that I came home with true HOPE and PEACE about LIFE! I say “we” because each person present contributed exponentially to the power of this experience. I am forever changed, clothed in my new garment of possibilities and forever grateful to each woman involved.”