

## ***The Journey to Reconnect with the Self***

Yoga & Meditation \* Guided Round-Table Discussions \* Healthy Plant-Based Meals

With Jennifer Briere, Jennifer Allen and Guest Facilitators

Date: Sept 29<sup>th</sup> – Oct 5<sup>th</sup> 2023

Deposit: \$450

Final Payment: \$400 (total cost \$850)

Duration: 6 days

*The Journey to Reconnect with the Authentic Self is a long-studied, perennial task. How do we go about reconnecting with the Self? What tools can we have at our side to help us do this? What can it feel like, and what can we experience when we take this journey and tighten the connection to our Self? In Italy, amidst the serene and rolling Tuscan countryside, we will step out of the daily demands of life together and step into a framework of reflective groupwork. And when exploring the historic area of Montepulciano, you'll surely spark your eros for life.*

*"If you really take eroticism in the mystical sense of the word, it's actually a closeness with the divine. It's about transcendence and it's about otherness." Esther Perel*

Each day will start with a yoga and meditation session. Explore the kundalini yoga style with a teacher who will adjust the series to beginner, medium, and advanced levels.

Being easy on the digestion leaves more energy for deep conversation and reflection on our topics. We will be providing delicious, plant-based vegan meals and refreshing teas each day and night. Two evenings, we will also enjoy meals out at local Italian eateries.

The focus of our days will revolve around our theme "*The Journey to Reconnect with the Self.*" We will explore the teachings of important leaders in spiritual, emotional, and physical practices through videos, books, and quotes. The facilitators will host guided round table discussions on the topics to dive deep and allow connections between participants to bloom. Some of the 'thought leaders' and their focuses who we will use to launch discussions include Brenee Brown on vulnerability; Gabor Mate on the authentic self and compassionate inquiry; Esther Perel on the love-eroticism polarity; Joseph Campbell on the hero's journey, and more.

*"There is the type of friendship where we are companions on the journey – we connect, we help each other support the truth in one another, with a mutual sense of having the other's best interests at heart. A real friend challenges you where you can't see yourself and loves you in the process. He or she can accept you as you are and at the*

*same time encourage you to keep growing and expanding. And you give each other encouragement to take the risks needed, becoming more vulnerable to one another and more transparent to your limitless nature. A real friendship has at its roots the willingness to see the truth, and that's the gift you give to the world." – Unknown*

Each day there will be free time to explore the beautiful town of Montepulciano. Walking and hiking paths around the Tuscan countryside abound. There are also opportunities to visit olive oil tastings, art galleries, craftsman shops, thermal bath spas, historical tours, beautiful scenic look-outs, and more. We will schedule some opportunities, and other opportunities can be available at your own desire.

*Included:*

- Yoga & Pranayam every morning, delivered for all levels.
- Community breakfasts, lunches, and dinners. Two of the dinners included will be hosted at local Italian restaurants
- Morning classes on topics such as vulnerability, compassionate inquiry, the love-eroticism polarity, the hero's journey, and more.
- Afternoon leisure time to explore the town of Montepulciano, nearby activities & the surrounding natural environment.
- Evening round-table discussions with dinner.

The inclusive fee for this week is \$850 USD (or 805 Euro).

*Excluded:*

- Any airfare, bus, or taxi fees to arrive in Montepulciano by Friday at 4pm. Please reach out to us or visit the following site for assistance: [TripSavvy-Montepulciano](https://www.tripsavvy.com/montepulciano). Close to the program dates, we can help connect participants interested in sharing taxis together.
- Departure from Montepulciano the following Thursday.
- Lodging, which is available in Montepulciano for budget through luxury. We have friends who own guest houses, and also have a friend who is a travel agent, to help you.
- Any extra food or shopping expenses.

## ***The Journey to Reconnect with the Self - Registration Document to Sign***

Hello! We are looking forward to having you join us for this one-week program. We are looking forward to sharing together nourishing foods, reflective & insightful conversations in the stunning environment of Tuscany.

\*Please fill out all information, and check all boxes, below!

Legal name:

Phone Number/s:

Email:

Address:

Mailing Address (if different from physical address):

Emergency Contact:

Birthdate:

Special Requests (dietary requirements, disability, etc.):

Anything else you would like us to know?:

Payment Type (card or wire transfer):

I agree with the "Payment and Cancellation Policy" statement here:

The \$450 deposit is due at the time of registration. The balance of \$400 is due on or before Aug 15<sup>th</sup>, 2023. Wire transfer is preferred to minimize costs to the organizers for the final payment payment, however a Square invoice can also be sent. If you need to cancel for any reason before Aug 15<sup>th</sup>, 2023, then any money paid above \$450 will be returned. Cancellations are not allowed after Aug 15<sup>th</sup>, 2023. If the program does not reach a minimum of 10 participants by Aug 15<sup>th</sup>, 2023, then the program may be cancelled and all money will be refunded back to you within 14 days.

I am aware that the topics in the week's workshops are meant to provoke thought and conversation. I acknowledge that participation in conversations is expected, but it is never required to reveal anything I don't desire to. Facilitators aim to create an environment of

support and sharing. I agree that being personally challenged does not equate to an attack, and I agree to participate in creating the supportive environment.

I acknowledge that the facilitators are coordinating plant-based vegan meals. I take responsibility myself to communicate about and avoid foods that may cause me allergic or otherwise negative reactions.

I acknowledge the following regarding yoga, meditation, and all physical activities included in the programming:

I understand that I must be mindful of my own limitations with respect to yoga and meditation. I understand that, as with all forms of exercise, the effects of yoga may not be noticeable immediately. I acknowledge it is my responsibility to inform the instructor when I begin a class of any injury or other condition that might affect my ability to participate. During a class if at any time I feel that instructions or class activities present any risk of injury to me, or if I feel tired or otherwise unable to perform class activities, I will inform the instructor and refrain from activities in question. I understand it is my responsibility to consult with a physician prior to and regarding my participation in yoga and meditation. As I participate in activities offered by the hosts and special guests, I understand that the offerings of this program are not a substitute for medical attention, examination, diagnosis, or treatment. I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights against Jennifer Briere, as well as any employees, representatives, facility ownership, and special guests ("all Parties"). I have signed this Agreement freely, voluntarily, under no duress. I accept that neither the instructors, nor the hosting facility, are liable for any injury, or damages, to person or property, resulting from my participation in this programming. I agree to indemnify and defend "all Parties," against all claims, causes of action, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may in any way arise from my or my family's use of or presence upon the facilities used during the program. I agree to pay for all damages to the facilities caused by my or my family's negligent, reckless, or willful actions. My signature below is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver.

I hereby grant permission to record my name, likeness, image, voice, and/or sound during the program or during my time in Montepulciano, and to place these recordings in the public domain. As a result of being public domain, anyone may freely modify, reproduce, display, and/or distribute them without limitation and without my approval, with no monetary compensation to me.

I agree to not record any group or “round-table” discussions, or any part of the programming, on my own personal devices because I do not know who may or may not have given permission to be recorded.

I am aware that the program includes and excludes the items listed in the Program description in page 2. I may receive assistance to reach out to services in Italy and Montepulciano, but the facilitators take no responsibility to contact, pay for, or assume any liability for those services.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_