

ROOTS AND ROUTES: TRACING OUR STORIES, MAPPING OUR JOURNEY

Join us for a renewing one-day retreat as we embark on an exploration of our inner landscape, uncovering the roots that shape who we are and the routes that guide us forward.

Throughout the retreat, we will engage in reflective practices, guided meditations, and soulful conversations, creating a sacred space for introspection and connection. Together, we will honor the courage it takes to show up for ourselves and those we care about, acknowledging the challenges and triumphs along the way.

Through storytelling and sharing, we will map out the terrain of our souls, tracing the threads of our experiences and aspirations. We will explore the intersections of our identities, values, and passions, recognizing the unique pathways that guide us towards living more authentic lives.

As we navigate the inner landscape together, we will cultivate compassion, clarity, and renewal, honoring the wisdom of our hearts and the interwovenness of our stories. This retreat is an invitation to journey inward, to listen deeply to our inner compass, to embrace the fullness of our being and all that we carry with us on our journey towards wholeness.

Facilitators:



Vidya Shah



Paula Cornell

