

*Calling Back Your Spirit –
Embrace the natural richness of fire, air, water and earth*



Yellowstone Hot Springs Retreat to Harvest, Reflect, Create & Balance - where the waters meet the big sky! We invite you to stop...have space in nature to listen and feel the whispers of your soul. Just be. Experience the richness & peacefulness in this lush fall retreat.

When: November 13- 15, 2026 * Friday evening through Sunday noon

Place: Yellowstone Hot Springs, Gardiner, Montana

9 miles north of Yellowstone National Park Northern Entrance

Cost: \$300 commuters (early bird pricing, after Aug. 31 \$350)

\$560 cabin single (early bird pricing, after Aug. 31 \$610)

\$645 suite single (early bird pricing, after Aug. 31 \$695)

\$475 shared suite (early bird pricing, after Aug. 31 \$525)

Registration Link: <https://forms.gle/XU3NniUhMYg8v4d5A>

Leaders: Deborah Lynch, Courage & Renewal Facilitator-in-Preparation and
Susan Kaplan, Courage & Renewal Facilitator

Questions? deblynch@protonmail.com or info@susankaplanmsw.com

Join us for this autumnal retreat at the peaceful Yellowstone Hot Springs in Montana's Paradise Valley, northern entrance to Yellowstone National Park. We will draw upon our reciprocal relationship with nature to release stress, rebalance and play in such a peaceful, majestic location and express gratitude for life itself.

Change is the way of life that has an ebb and flow of perpetual transcendence. Rest and rejuvenation is also part of natural cycles.

Drawing from the powerful [Courage & Renewal®](#) approach, particularly centering our conversational guidelines. Together we'll co-create a trustworthy space to be authentic and time for you to listen to your own inner teacher (this inner place of knowing).

This Circle of Trust (COT) is distinguished by principles and practices intended to create supportive communities of reflection and belonging that help people move towards personal and societal wholeness.*

Through large group, small group, and individual reflection, along with wisdom stories, creative expression, poetry and body-awareness practices, you will experience...

- Invitation to participate in a way that is meaningful for you
- Personal time to wander and commune with the natural beauty and express your own creativity, i.e. daydreaming, water coloring, journaling, or walking Yellowstone River
- Clearness Committee®, based on a 300 year old tradition, is for anyone facing an important crossroad in their life. This process is respectfully supported through a confidential and enlightening process.
- Reflection on what it means to you to find the scared in this setting, and
- Exploring how this liminal space between late fall and early winter support you in your journey of life

*Read more about [Courage & Renewal®](#) approach and concepts from [Parker J. Palmer's](#) book, *A Hidden Wholeness*.

All are welcome! Given the time of year, you are also invited to find a sense of interconnectedness despite divides that might exist in our nation and world. We hope you join us. Join us under the big Montana sky to gaze up at the Milky Way on a clear, starlit night.

Leaders:

	Susan Kaplan, MSW, has been a Courage & Renewal Facilitator since 2009, Certified Nonviolent Communication Trainer, Forest Bathing Guide and Forest Therapy Intervention Practitioner, Hatha Yoga Teacher, Jewish Mystic, and Storyteller & Story Listener. Susan loves walking with her dog and is a member of the Humboldt Street Writers Group, who published a book, <i>An Anthology from Another Bunch of Writers You Never Heard Of!</i>
	Deborah Lynch is a Courage & Renewal Facilitator-in-Preparation. She enjoys working with international and US-based groups as a community director for a non-profit spiritual organization. She loves connecting talents and people by providing interactive events where people share their skills, insight and experiences. In her free time, she enjoys combining art and technology to create interactive websites.