

Crossing the Threshold

Weekend Retreat: Immersion (first night 4 hours, second day 8.5 hours)

First night (4 hrs)

Introductions – Welcome, housekeeping, Mindful Engagement, TIC 5-5:30	30 min.
Orcas, Wolves, Invocation: What called you here? 5:30-6:30	60 min.
HJ story map and Archetypes overview 6:30-7:15	45 min
Pre-WoW instructions & 10 min break 7:15-7:45	30 min
Writing on the Wall- Gatekeeper 7:45-8:45	60 min
Post WoW instructions and Grounding 8:45-9	15 min

Second day- 8.5 hrs

Unconscious Preparation (Where did you come from?/Thresholds/ First Birth Story) - Child/Innocent 9-9:45	45 min.
Processing of WoW Gatekeeper/Love Warrior 9:45-10:15	30 min
BREAK 10:15-10:30	15 min
Great Mother (integrating light and shadow, Love Warrior) 10:30-11	30 min
Gatherer Exercise/Birth Pie- Conscious Preparation 11-12	60 min
Break 12-12:15	15 min

Tigers & V/J dialogue (Huntress & Love Warrior)	12:15-1	45 min
Lunch	1-2	60 min
Hearts Question (Huntress/Love Warrior)	2-2:45	45 min
Inanna storytelling/art (all the archetypes!)	2:45-4:15	90 min
Break	4:15-4:30	15 min
Closing Ritual & Final Closing (Gatekeeper, Love Warrior)	4:30-5:30	60 min