

Mother Retreat

Dates TBA
Wainwright House, Rye, New York

The Mother Retreat is held typically from 10:30am Thursday morning through 6pm Sunday evening. We spend 4 days in seclusion at the beautiful Wainwright House overlooking Long Island Sound in Rye, New York.

In early January 1998, a large group of us decamped to the Rio Caliente Spa outside Guadalajara, Mexico for our first Mother Retreat. The intensity and depth of the work that we did there was life-shifting. Participants reported outstanding results in many, sometimes unexpected realms of their lives. We asked ourselves questions and experienced a sense of deep release, of increased possibility in our lives and of peace both within ourselves and with the women who birthed us.

We expect each 4-day Mother Retreat to be as profound and liberating as the first. We intend it will open us to new relationships with ourselves and others by examining that first and most important relationship ~ the one with our mothers. In between you'll have the opportunity to eat healthy food, get to know some great women, be in nature, relax, rejuvenate, release what you no longer need and align your intention to have a remarkable life.

The cost of the Retreat is \$1475 (\$1325 to review) which includes 3 nights in a mansion nestled in gardens overlooking the water, 10 gourmet meals and the chance to unburden yourself from thoughts, feelings and body sensations that no longer serve you. To let us know you plan to attend the Mother Retreat please give us a check for \$500 as soon as possible as space is limited. You do not have to be a Life Works graduate to participate in this retreat, so your friends and family members are welcomed to join you.

There is preparation to be done and materials to gather to prepare for this Retreat that you will receive as soon as we receive your deposit. The fee includes the course, all materials, shared room, all meals from Thursday lunch through Sunday lunch. Send check payable to Life Works to address below. All reservations are due now and balances must be paid by one month prior to the beginning of the retreat.

"The more a daughter knows the details of her mother's life - without flinching or whining - the stronger the daughter." The Red Tent by Anita Diamant

Life Works

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