



Integrating Transformative Experiences

HOW TO BRING CHANGE HOME

COMPLETE THE CIRCLE OF CHANGE TO NOURISH YOUR EVERYDAY LIFE

Have you noticed that the world and times we live in are saturated with **constant and often unpredictable change**? From events as large as the pandemic, climate crisis, and political turmoil down to the numerous catalysts for transformation in our individual human lives, we find ourselves in constant flux. Alarmingly, **the vast majority of this constant change is not being absorbed**, and the consequences are becoming increasingly obvious.

Through the lens of Rites of Passage, integration or the **“Incorporation” after a transformative event is vital to healthy human development**. However, within our current culture it is often the least supported aspect of change. **Join us for a 4 day and 4 night experiential inquiry into individual and communal practices of integration**. Together we will explore: What practices support the integration of our lived experiences into our bodies? How can we incorporate large and small changes into our habitual ways of being? And finally, what is the role of “community” in supporting our full cycles of transformation?

September 7 - 11*

River Root Farm
Deming, WA

\$750 - \$1295, Sliding Scale
Additional Financial Aid is Available

* Program includes two preparatory Zoom calls prior to the in-person September retreat



LED BY



Facilitator

Gretchen “Grae” Gerlach has been guiding Rite of Passage experiences for 8 years. Her work emphasizes somatic embodiment, sustainable practices of “whole-being well-being” and reciprocity with the natural world.



Facilitator

Sam Balka fell in love with rites of passage work because of its offering to reach up to the stars and its requirement to look forward and plant our feet. He has been immersed in the world of wilderness initiations for 7 years.



Host & Guest

Jenny Macke is Executive Director of Rite of Passage Journeys. The land she stewards on the Nooksack river, ancestral home of the Nooksack people, is the base for this course. It is a fertile place for exploration of inner and outer relationships.

Register at RiteofPassageJourneys.org • 425.485.7396