

# Who am I? Where am I going? And, with whom?



Warrior Monk is an experiential training designed to be truly integral – enhancing and intertwining one’s spiritual, emotional and psychological healing and growth.

**April 19–23  
2017**

In a powerful and elegant container, we practice a wide variety of transformational mind and heart-opening work, borrowing practical and grounded wisdom from many traditions. Blending intensive personal work with full immersion in retreat-like space grounds and reinforces deep growth and healing. Together, the participants and co-gender staff create a powerful and supportive cauldron for the work.

**at the Whidbey Institute  
Whidbey Island, WA**

*Group size limited to 24*

For 20+ years, we’ve consistently heard of the lasting impact of this work in people’s lives. We’ve learned well how to offer this work with safety, sweetness, fierceness and fun. Please consider joining us.

Participants pay for meals and lodging (\$570) and are asked to make a tax-deductible tuition contribution based on the value received and interest in supporting the work.

## **Transform How You Engage Life**

Learn how you create and sustain your ongoing reality with judgments, distractions, and doubt. Unwire old, reactive patterns and learn how to better use the mind for being present with and to what matters most.

## **Self-Acceptance and Blessing**

Through awareness training and forgiveness work, access deeper compassion and appreciation of self and others.

## **Purpose and Calling**

Explore your current purpose and mission—from who you authentically are—in this stage of your life.

## **Practical Mindfulness**

Experience and embody the state of being that helps you consistently find your way back to the present and what’s truly important.

## **Everyday Life as Sacred**

Get clear on what sacred means to you, and use it to craft an intentional, sacred life.

*Dan McKee leads the Warrior Monk training. He brings an extensive background as student, teacher and leader in many models and traditions: spiritual, philosophical and experiential psychology. His focus and gift is in creating a grounded learning environment rich in compassion, awareness, safety and humor.*

