

Warrior Monk

a transformative retreat for everyone

A truly experiential and integrative retreat experience

Participants join staff in co-creating a safe, compassionate, connected and powerful community, where we experientially incorporate old and newly created practices of the world's wisdom traditions—East and West, ancient and modern, spiritual and psychological.



Over four days and nights we weave together teaching, mindfulness, depth-process work, movement, play, and heartfelt and supportive sharing to create a cauldron for each individual's desired growth.

The work is in service to our aspirations to live in greater presence; more open-hearted and compassionate, with wise discernment and strength of purpose.

A deep immersion experience that participants consistently and paradoxically describe as timeless and restorative, yet intense, stirring and life-changing. Quiet and tender peacefulness, contrasted at times with raucous joy and fun. The rhythm is one of ecstasy to mature-sobriety and back again – mirroring this human experience of being fully alive.

Reflections from Warrior Monk participants

2024 Retreat Dates

March 13 - 17, 2024 Whidbey Institute, Whidbey Island, WA

October 9-13, 2024 Claymont Retreat Center, Charles Town, WV

Cost for Retreats:

The initial fee covers meals and lodging at the retreat center. Following the retreat we ask for an additional tax-deductible tuition contribution, based on your value received, ability to pay and desire to support the work.

Meals & Lodging Fee:

Whidbey Institute - \$850 - \$900

Claymont Retreat Center - \$600

This retreat is led by
Dan McKee

Dan McKee leads the Warrior Monk retreat with a small team of women and men. Dan has taught and led mindfulness and transformational retreats for nearly 30 years.

[An interview with Dan](#)

[Register at warriormonk.org/registration/](https://warriormonk.org/registration/)

*Space is limited to 20 participants at Claymont,
and 24 participants at Whidbey*

To learn more about the retreat or with questions about registration contact
Dan McKee at
danmckee@awakeninglife.org