Warrior Monk

A Transformative Retreat

The Whidbey Institute, Whidbey Island, Washington

DEC 29-JAN 2 | MAR 23-MAR 27

A Rare Journey Into Authentic Spirituality & Psychological Awakening

Invite a life of balance and enhanced purpose during this five-day, immersive retreat.

Warrior Monk calls participants to heal inner conflict, restore balance, and develop into evolved, soulful seekers, powerfully engaged in the world.

The work happens in an elegant container of wonder and beauty using a noble alchemy of practical mindfulness, spirituality, and depth work. Restorative practices meet participants where they are and prepare them for a deeply integrative journey into the life they want to live.

Compassionate, skilled facilitators serve as dynamic guides through experiential, psychological processes that explore our spiritual essence. They model spiritual and mindfulness teachings from the great wisdom traditions and translate them into practical tools, useful beyond the retreat.

Those seeking to explore the questions, *Who am I? Where am I going?* and *With whom?* are invited to join us on their journey to add more joy and presence to their lives—and to live an integrated life of purpose.

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.

Upcoming Retreat Dates

~December 29-January 2
~March 23-27

Location

Whidbey Institute,
Whidbey Island, WA
whidbeyinstitute.org

Cost

$675. The initial fee covers meals and lodging.

We ask for an additional tax-deductible tuition contribution at the end of the retreat, based on your value received and desire to support the work.

Learn more at warriormonk.org

Space is limited to 20 participants

Register at warriormonk.org/registration/

For registration, contact Michael Fortune: michaelfortune@awakeninglife.org • (541) 224-1322
For retreat questions, contact Dan McKee: danmckee@awakeninglife.org

The Warrior Monk retreat is presented by the community of Awakening Life, a non-profit 501c3 learning foundation.