

# Warrior Monk

A Transformative Retreat for Everyone

Claymont Retreat  
October 11-15, 2023

Whidbey Institute  
November 1-5, 2023

## *A Rare Journey Into Authentic Spirituality & Psychological Awakening*

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

The Warrior Monk retreat supports participants in healing inner conflict, restoring balance, and further developing into their desired authentic self.

The work happens in a safe, powerful and 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 mindfulness, depth-work and play. Wisdom from many great traditions into practical tools, useful well 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; focused on what truly matters most.



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.

### *Retreat Dates*

We will host two retreats in 2023.

- October 11 – 15, 2023  
Claymont Retreat, Charles Town, WV
- November 1 – 5, 2023  
Whidbey Institute, Whidbey Island, WA

Learn more at  
[wariormonk.org](http://wariormonk.org)

### *Cost*

The initial fee covers meals and lodging at the retreat center.

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.

*Retreat Center Fee:*

*Whidbey - \$880*

*Claymont - \$570*

Space is limited to 20 participants

Register at [wariormonk.org/registration/](http://wariormonk.org/registration/)

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

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