

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.

2024 Fall Retreats

Warrior Monk 23-27 October 2024

Claymont Retreat Center, Charles Town, WV

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.

Limited to 20participants

Cost for Retreat: 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: Claymont Retreat Center - \$600



What Matters Most

30 Oct - Nov 3, 2024 Claymont Retreat Center, Charles Town, WV

A depth-oriented retreat specifically for those who've experienced Warrior Monk. Limited to 18 participants. Please inquire, if interested.

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.

Register at warriormonk.org/registration/

To learn more about the retreat or with questions about registration contact

Dan McKee at

danmckee@awakeninglife.org