



Time of Transition

5 day program in Mexico

with **Atum O'Kane**

November 2-7, 2010

Let go of your old identity and lay the groundwork for a new sense of self. Life changes are times of passage and initiation. The tension of the "in between" time is often tinged by the sadness of letting go, the difficulty of living with uncertainty, and the anticipation of new beginnings. Work with teachings from various traditions, including Jungian psychology and Alchemy to detach from old roles and expectations. Use personal ritual in the journey of completion, passage and rebirth. Meditation, storytelling and small group sharing encourage development of intuition, discernment and creative imagination.

Thomas Atum O'Kane, Ph.D is a graduate of the Guild for Spiritual Guidance. He holds a M.A. in Psychological Counseling and a Ph.D. in Transpersonal Psychology. Atum has been a senior teacher in the Sufi Order International, where he served as secretary general for 12 years. He leads workshops, retreats, and pilgrimages in North America, Europe and the Holy Lands.

The retreat center is located on a beautiful beach in a fishing village an hour and a half north of Puerto Vallarta. Swimming pool and jacuzzi on the premises. Delicious meals of local fish, fruit, vegetables and native cuisine.

Fees per person before 8/15/2010 (After 8/15/2010: Add \$50):

Standard Double: \$900 or Deluxe Double: \$995
Standard Single: \$995 or Deluxe Single: \$1095

Deposit required: \$ 200 per person
Balance due by 9/15/2010

1st come, 1st served: limited rooms available per category
Cancellations: \$100 fee until 9/1/2010; thereafter, no refunds

contact information:

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madhuracuadra@gmail.com

415 239 8663

Make check payable to:
Madhura Cuadra

send completed form to:
22 Miramar Ave, San Francisco, CA,
94112

Registration Form:



Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Specify room type desired & cost _____ Amount enclosed _____