

# Accessing Our Inner Wisdom

*Using Images, Metaphors and Myths as a Path of Transformation*



As we collectively face the unknown, the ability to be more spacious with the unpredictability in our world is more important than ever. In moments of spaciousness—as well as stillness—we are able to slow down and connect with our inner wisdom *and* sovereignty, both powerful restorative antidotes to these times.

Our six-day expressive arts retreat offers potent reflective practices that deepen the capacity to listen, receive inner guidance and then step into a more embodied resonance with ourselves. During the course of our retreat, we will also be building community, strengthening our sense of belonging.

Working with images, metaphors and myths, we begin by writing our life story as a myth or fairy tale. By creating a magical and rich story, one can view their history with fresh eyes. Another cornerstone of our process is the visual and kinesthetic method of creating tissue paper collages, which invites the symbolic language of the unconscious to express itself, ushering in insights that offer us greater levels of awareness.

The other compliments of our retreat—expressive movement, journaling and meditation—are also doorways of inner wisdom reflection.

Our hope is at the end of the retreat you will have deepened your heart knowing, become more permeable to beauty, and will return home with newfound inspiration along with a stronger relationship with your own inner wisdom, creativity and sovereignty.

We are very excited to be offering this year's retreat in California at Cornerstone, a private retreat center situated in a beautiful countryside setting right in the heart of wine country.

**WHEN:** Saturday, October 4 – Thursday, October 9, 2025

**WHERE:** Cornerstone, Sebastopol, California

**COST:** Cornerstone: room, board, all meals and art supplies: \$2,400

Off property stay: \$2,025, all meals and art supplies. (This rate reflects a \$375 housing credit)

**CONTACT:**

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