

MASTERS MEN'S RETREAT

***BRINGING HEAD, HEART, AND GUTS
INTO FULL-BLOODED INTEGRATION***

A 5-Day Residential Men's Group in Hawaii in 2018

March 5th – 11th

with Robert Augustus Masters, PhD



This group is for men ready to fully face whatever is obstructing their well-being and their capacity to function optimally in every area of their life.

In the group you'll learn to embody a manhood as strongly empowered as it is vulnerable, as emotionally attuned as it's alive, as passionately present as it is loving, a manhood that cannot help but serve the highest good of one and all.

My approach is intuitively integral, working with body, mind, emotion, and spirit through a spontaneously structured mix of cutting-edge psychotherapy, bodywork, emotional opening, shadow-work, and relational and spiritual deepening.

This is conducted in the spirit of becoming more intimate with *all* that you are — high and low, dark and light, masculine and feminine. There'll be plenty of rawness, plenty of revelation and deep opening and breakthrough, plus a sense of safety that's solid enough to provide a powerful container (both crucible and sanctuary) for whatever work needs to be done.

The group is limited to 8 men only.

Areas covered include:

- Fully embodying your masculinity
- Facing and making wise use of your shame
- Coming fully alive, including emotionally
- Softening without any loss of power
- Stripping your anger of its aggression without robbing it of its passion
- Deepening your courage
- Bringing your shadow (whatever you've disowned in yourself) out of the dark
- Facing and working through your core wounds
- Dream exploration (using dreams as portals for healing and awakening)
- Shedding your armoring without abandoning your boundaries
- Freeing your sexuality from the obligation to make you feel better
- Getting your inner critic off your back
- Deepening your sensitivity without losing your balls
- Cutting through your fear of your raw masculinity
- Cultivating healthy challenge
- Developing more transparency
- Finding a source of strength in your vulnerability
- Relating not *from* your conditioning, but *to* it
- Accessing a warriorhood rooted in both love and power
- Deepening your ability to be in truly healthy relationships

PREREQUISITES

1. Previous work with me (in-person or through a Skype session).
2. Have read my books *To Be a Man* and *Emotional Intimacy*, and heard my audio program *Knowing Your Shadow*.

LOCATION

Kahumana Retreat Center. This is part of Kahumana, a farm-based community set on over 50 acres in the beautiful Lualualei Valley on the sunny west side of Oahu. Great beaches are nearby. For more info, go to <http://www.kahumana.org>.



LOGISTICS

The group is residential; participants will stay at the Kahumana Retreat Center. Check-in is the afternoon/evening of March 5th. Check-out is the morning of March 11th. The all-inclusive fee includes tuition, accommodation (6 *nights*), all taxes, and 3 meals/day:

Single Twin Room (3 available): \$2550

Shared Double Twin Room (1 available): \$2250

Shared Double Twin Suite (1) w/large sitting area + private entrance: \$2400

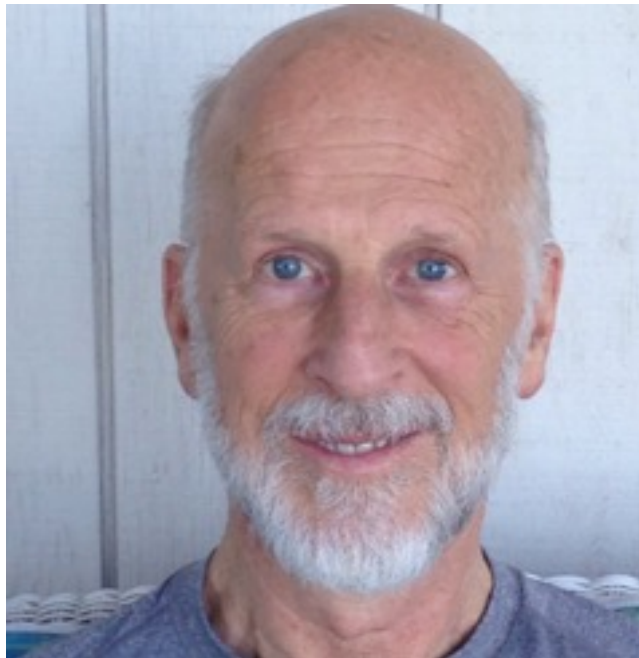
Master Queen Suite (1) w/large sitting area + private bathroom: \$2850

A deposit of \$500 is required, non-refundable after November 1, 2017. The

balance is due January 1, 2018. The group begins after lunch at 2pm March 6th and ends at 4pm March 10th.

If you're interested in attending and haven't worked with me before, the first step is to complete our application form: <http://robertmasters.com/client-application/>

The next step is to have a session with me (either in-person or Skype), to do some in-depth work and to make sure that the group is right for you. My usual fee is \$300 per hour, but for these sessions my fee is \$225 for 50 minutes in-person or \$150 for 30 minutes via Skype.



Robert Augustus Masters, PhD, is a relationship expert, psychospiritual therapist and trainer, with a doctorate in psychology. His books include *Transformation Through Intimacy*, *Spiritual Bypassing*, *Emotional Intimacy*, and *To Be a Man*. His work blends the psychological, emotional, physical, and social with the spiritual, emphasizing deep embodiment and the development of relational maturity. At essence his way of working is about becoming more intimate with *all* that we are — high and low, dark and light — in the service of the deepest possible healing, awakening, and integration. For more, visit <http://robertmasters.com>.

When I need my own therapy I call Robert. So, speaking as his client, having been a psychotherapist myself, I have often said of Robert: "He gets a year's worth of work done in about an hour." The subtitle of his men's groups ("Bringing Head, Heart, and Guts into Full-Blooded Alignment") is not hyperbole. This is what Robert does, better than anyone I have ever seen in 35+ years.

(Bill Kauth, cofounder of the ManKind Project)