

# **MASTERS MEN'S RETREAT**

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

**A 5-Day Residential Men's Group in Hawaii in 2019**

**January 28th – February 3rd**

**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 10 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

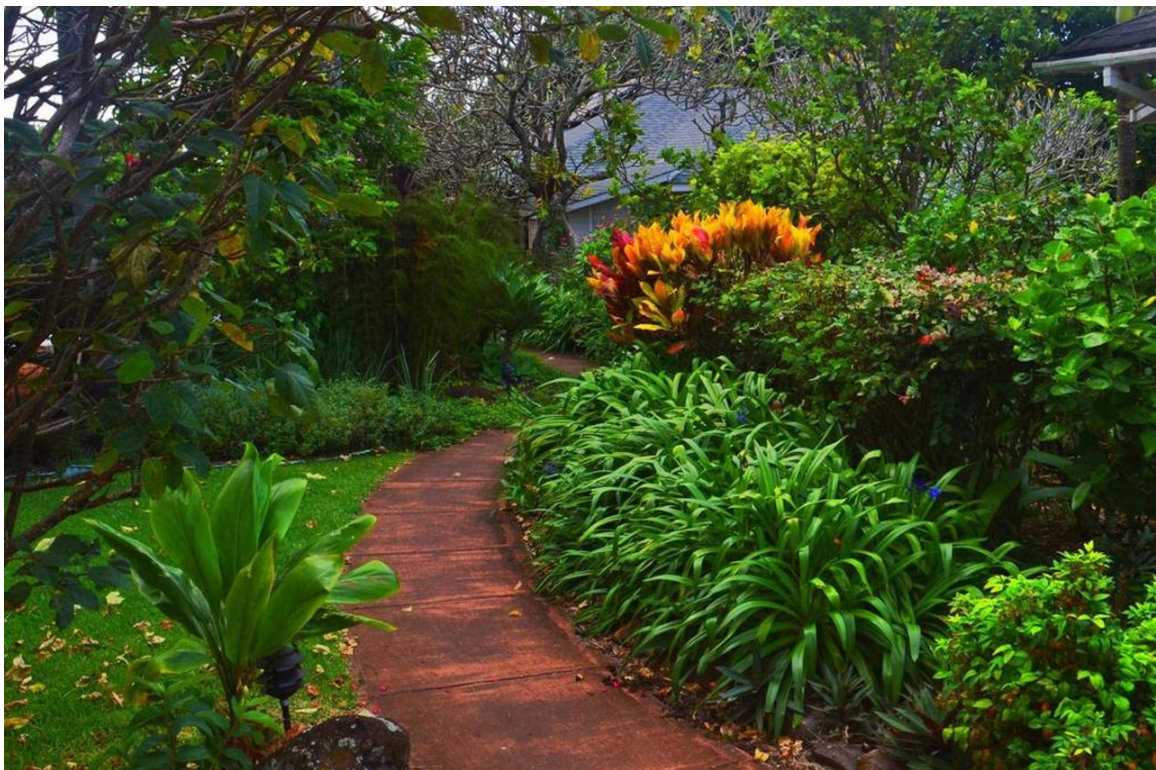
## **PREREQUISITES**

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

## LOCATION

Banyan Tree Bed and Breakfast Retreat in Makawao, Maui. Its lush, peaceful, wonderfully treed two acres include a plantation house, cottages, a large yoga studio, hot tub, and a 50-foot salt water swimming pool. The fun and funky town of Paia with shops and beaches is just a 15 minute drive through beautiful countryside. Makawao is only a ½ mile walk from the retreat and has many shops, galleries, coffee shop, deli, etc. There'll be ample time between the morning and afternoon sessions to go to the beach or other Maui sites, shop, swim in the pool and rest. We're pleased to have Consuelo's Catering preparing delicious meals for us with local and organic produce, fresh fish & organic chicken. Vegan/vegetarian options are available.

For more information, visit: <http://www.bed-breakfast-maui.com>.



## LOGISTICS

The group is residential; participants will stay at the Retreat. Check-in is the afternoon/evening of Monday, January 28th. Check-out is the morning of Sunday,

February 3rd. Meals begin with lunch on January 28th and end with breakfast on February 3rd. The groupwork begins after lunch at 2pm Tuesday January 29th and ends at 5pm Saturday February 2nd.

\$1500 base tuition

\$450 for all meals

This adds up to **\$1950 base cost without lodging**

**Please note: We are charging you exactly what we have to pay for lodging and meals. We are not making a profit on that! 😊**

**Fees include tuition, 3 catered fresh organic meals/day, lodging for 6 nights, and high Hawaiian taxes. Every room has a queen bed and attached private bathroom! We have sole use of the entire property including the salt water pool, hot tub, and yoga studio.**

**LODGING IN MAIN PLANTATION HOUSE** (where meals/workshop are held)

**1. Banyan Suite Single** (Largest single w/small enclosed room/porch and separate entrance, plus door that opens into main house.)

<http://www.bed-breakfast-maui.com/en-us/accommodations/banyan-suite>

\$1150 + 1950 = 3100

**2. Bamboo Suite Single** (2nd largest single w/small attached room/porch and separate entrance plus door that opens into main house. Also has small kitchenette. Cut stone shower stall.)

<http://www.bed-breakfast-maui.com/en-us/accommodations/bamboo-suite>

\$1150 + 1950 = 3100

**3. Palm Single** (Smallest, but nice, and near kitchen. No outside entrance.)

[http://www.bed-breakfast-maui.com/en-us/palm\\_suite](http://www.bed-breakfast-maui.com/en-us/palm_suite)

\$900 + 1950 = 2850

**LODGING IN COTTAGES:**

Rooms in the cottages, literally a few steps away from the Plantation House, also have either full kitchen or kitchenette.

**1. Plumeria Cottage Single** (smaller single w/kitchenette. Shared wall w/main house but does not open into it. It is separate unit with outside entrance.)

<http://www.bed-breakfast-maui.com/en-us/accommodations/plumeria-cottage>

\$950 + 1950 = 2900

**2. Sue's Cottage** (2 Singles, each with private bath and private entrance. Separated by shared kitchenette, dinette set and sitting area. Porch)

<http://www.bed-breakfast-maui.com/en-us/accommodations/sues-cottage>

Sue's #1 \$1150 + 1950 = 3100

Sue's #2 \$1150 + 1950 = 3100

**Shared Rooms (Beds are *not* side by side):**

**3. Hibiscus Cottage** SHARED w/King and Queen (large shared room with kitchenette, seating area with couch and dinette set)

<http://www.bed-breakfast-maui.com/en-us/accommodations/hibiscus-cottage>

King \$800 + 1950 = 2750

Queen \$800 + 1950 = 2750

**4. Gardenia** SHARED w/2 Queens (not quite as roomy as Hibiscus, but has full kitchen, dinette set, couch and porch w/hammock) <http://www.bed-breakfast-maui.com/en-us/accommodations/gardenia-cottage>

Queen #1 \$800 + 1950 = 2750

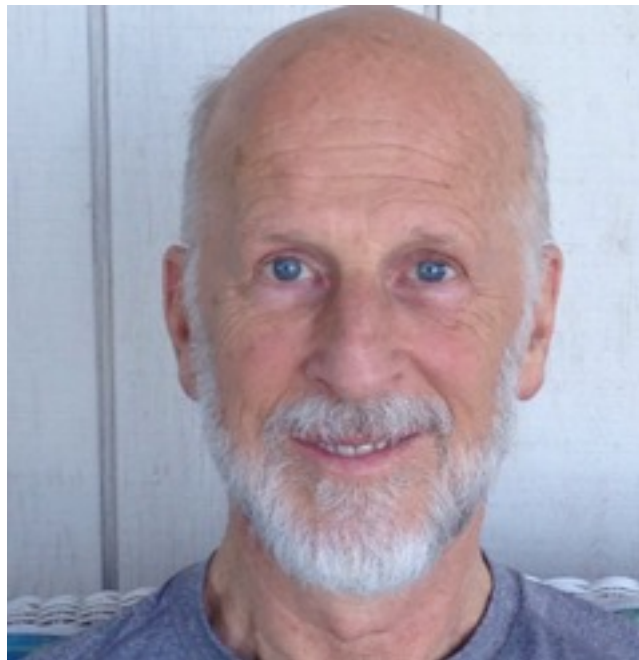
Queen #2 \$800 + 1950 = 2750



## PAYMENT

A deposit of \$600 is required, non-refundable after October 15, 2018. The balance is due January 5, 2019.

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.



**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)