

WOMEN'S BREAKTHROUGH RETREAT

DEEP SHADOW-WORK & CORE-LEVEL HEALING

A Residential Group in Maui, January 14-20, 2019

with Robert Augustus Masters, PhD

(assisted by Rochelle Jaffe, MS, CHt)



Come to Maui next Winter for some deep-diving shadow-work! Be part of a group of 10 women staying at Banyan Tree Retreat — a beautifully serene sanctuary — who'll combine uncommonly deep healing work with wonderful fresh food, swimming, and beach walks, sunning and resting in the lush green surroundings.

If you are ready for deeply effective work to cut through whatever is obstructing your capacity to function optimally in every area of your life, this group is for you!

All kinds of issues and concerns — ranging from the deepest trauma to the

seemingly trivial — will be addressed through a dynamic, creative mix of psychospiritual guidance, bodywork, emotional opening, dreamwork, and group practices. This will be conducted in the spirit of becoming more intimate with *all* that you are — high and low, dark and light, superficial and deep.

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 will also feature cutting-edge shadow-work. There's a part of us — all of us — that contains what we don't know or don't like or deny about ourselves. And what is this part? *Our shadow*. Trying to get away from our shadow keeps it in the dark — but turning toward and becoming intimate with it (and its roots) is a profoundly beneficial, inherently empowering process.

Becoming intimate with our shadow frees us from being controlled by it. *If we are to live fully, we must bring our shadow elements out of the dark and integrate them with the rest of our being*. Doing so will be at the very heart of this group.

I'm delighted to have Rochelle assisting me. She's trained extensively with me, is an excellent therapist and is the Director of the Ashland School of Hypnotherapy. Her presence and capacity for deep insight will make our group all the better.

The group is limited to 10 women only.

PREREQUISITES

1. Previous work with me (in-person or through a Skype session).
2. Have read my books *Transformation through Intimacy*, *Spiritual Bypassing*, *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, 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 14th.

Check-out is the morning of Sunday, January 20th.

Meals begin with lunch on January 14th and end with breakfast on January 20th.

The groupwork begins after lunch at 2pm Tuesday, January 15th and ends at 5pm Saturday, January 19th.

\$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

\$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

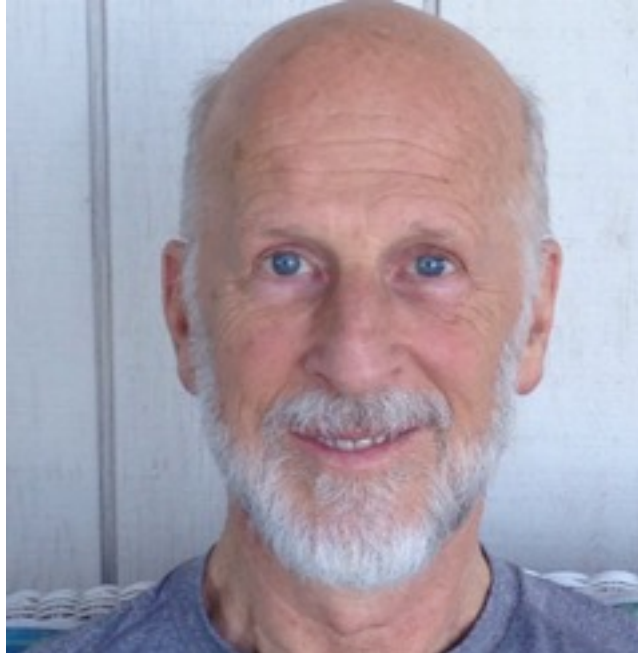


PAYMENT

A deposit of \$500 is required, non-refundable after October 1, 2018. The balance is due January 5th, 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>.

Robert is a true master of integrated consciousness. I think of him as a Ninja Shadow Tracker who guides us effectively into our territories of resistance, pain and avoidance so we can navigate our way with honesty, full embrace and ultimately with love for our Whole Self. Robert brilliantly facilitates safe space with clear boundaries, profundity, respect, compassion and non-judgmental awareness for each person's process. This is quintessential work for the times we live in and paramount for real transformation to take root and blossom. Robert's work is foundational for becoming the most authentic human being we can be and is at the heart of the spiritual quest. (Sianna Sherman)

Robert provides an astounding container. With all of his skill and laser-like insight drawn from a lifetime of experience, I moved through a sad, dark "settling for less"

place and found diamonds in that mud. I know where I am going now. Still into the Mystery but with greater ease and the knowledge that all of who I am is welcome, wanted and possible. (Zoe Alowan)

