

# **Staying Lively:**

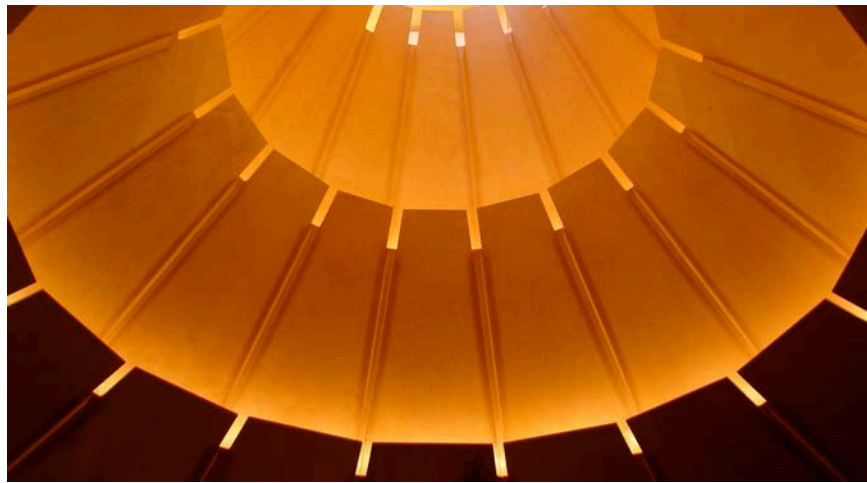
## **Honoring Our Life Teachers**

presented by

**Coyne Coaching & Consulting, LLC**

Friday, September 30, 2011 – Sunday, October 2, 2011

House of Prayer, Collegeville, MN



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### **~ Greetings ~**

As we live our lives, each of us wonders: “How can I live life fully?” In her poem, “When Death Comes”, Mary Oliver observed: “I don’t want to end up simply having visited the world.”

Each of us is indebted to the people who have taught us to live more fully. Sometimes, our life path leads us into situations or places where we find ourselves more deeply than we knew ourselves before. Together, these people and events have been our teachers.

You are invited to join us the weekend of September 30<sup>th</sup> in a celebration of how people and life events have inspired and challenged us. As for our life teachers, we’ll learn how we’ve identified them over the years; we’ll speak their virtues; and we’ll acknowledge how they’ve shaped and sustained us. We’ll discuss and discover what we want to learn at this time of our lives, and we’ll consider who might now be a teacher for us. We’ll also learn how each of us is a teacher, and how we can deepen our relationships with those who identify us as teachers.



We will gather at the beautiful, comfortable and inspiring House of Prayer in Collegeville. The space is intimate yet spacious. Nestled in the woods on the campus of St. John's University, the retreat center is conducive to conversation, reflection, silence, and time in nature. We can accommodate as many as eighteen participants. We'll gather for dinner on Friday, September 30<sup>th</sup> and we will depart after lunch on Sunday.

While in community, we will share our stories and practice deep listening. Rituals will deepen our experience; song will lift our spirits; and wisdom and compassion will be our guides. We will play and laugh. Through somatic practices, we will integrate the wisdom of the mind, body and spirit. Our learning will be embodied. When we leave, we'll be better able to live our lives more fully, with a keen appreciation of our life teachers and an understanding of how we can be life teachers for others.

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### ~ Faculty ~



**Madeline Wade** is a certified Master Somatic Coach, trained through Strozzi Institute. As a somatic coach, she helps people increase their effectiveness and unlock their potential by integrating intellectual, emotional and physical components into embodied practices. Her passion is guiding people to reach their full potential and live lives with joy. Madeline facilitates cultivation of an empowered, balanced self by bringing in more than 25 years of business experience, art, theater, ritual, and storytelling.



**Billy Anderson** is a Master Personal Fitness Trainer and Somatic Coach. His specialty is personal transformation through the wisdom of the body, which empowers his clients to learn new wellness practices and coaching concepts, and to take new actions in the world. Billy teaches and coaches through an integrated paradigm of body, mind, and spirit – challenging clients to address all three domains when making sustainable changes in their lives.



**Paul Lippert** joins us from Seattle. He is an accomplished singer/songwriter whose work has won numerous awards and spans the interest of generations. Paul weaves his many musical gifts with his skills in organizational and group dynamics to help move and deepen gatherings. He is a delight and a wonderful resource.

## ~ Cost ~

The cost of our gathering is \$340, which includes a lovely private room (most are singles), plus all meals from Friday evening dinner through Sunday afternoon lunch.

- To secure your place, we ask that you make a deposit of \$100 by August 1<sup>st</sup>, and pay the balance of \$240 by September 1<sup>st</sup>.
- Registrations paid in full by August 1<sup>st</sup> are discounted by \$25, for a total fee of \$315.
- Your deposit is fully refundable if you cancel your registration by September 1<sup>st</sup>. After that, you may cancel your registration up to 10 days before the event, and receive a refund, less a twenty-five dollar fee.

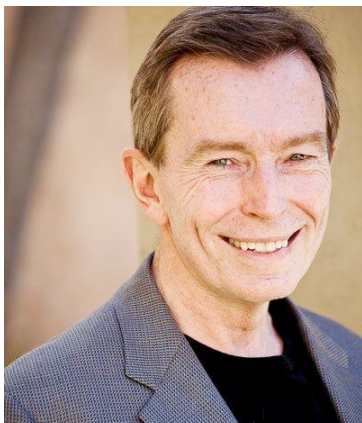


## ~ Tradition of Dana ~

None of the retreat cost goes to the teachers. The teachings are given freely. Teacher compensation for this retreat depends solely on donations from retreat participants. This tradition of making offerings to those who hold these retreats is called dana, which is the Pali (an ancient language of India) word for generosity. There will be an opportunity to offer dana to the teacher at the end of the retreat. How much you give depends on the value you assess of the retreat, your desire to support the teachers in continuing to offer these retreats, and how much you can afford. Dana can be paid by cash or check.

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## Dennis Coyne



Dennis has been certified as a coach by both the Strozzi Institute and the Hudson Institute of Santa Barbara. He brings his life experience, training, compassion, and insight to his work as a somatic coach. Before becoming a coach, Dennis successfully practiced law for many years. He is a wise elder.