



FROM ONE HEART TO MANY: SOMATIC IFS PRACTICES FOR Embodying Self-Love & Self-Energy

July 19-21, 2024

Green Mountain Retreat, Los Gatos, CA

Cost: \$500 Retreat Fee (plus accommodations)

Early Bird Discount: Take \$50 off if you register by May 19

Registration: Click here to pay the \$100 deposit or email sioux@mcaft.com with questions



Dr. Steve Chee
MD, MPH, MA, MTOM, LaC

Dr. Steve Chee, during the early stages of his medical career, encountered burnout that served as a gateway to a profound kundalini awakening. This pivotal moment unveiled his true calling: guiding others on their journey to reconnect with their innate loving essence so we might all share it with the world.

With over two decades of experience exploring the intricate interplay between mind, body, and spirit, Dr. Chee has crafted a series of unique practices. Drawing from his background as an Integrative East-West Physician, Certified IFS therapist, authorized qigong teacher, and trained yoga instructor, these somatic IFS practices seamlessly blend ancient wisdom with the transformative insights of Internal Family Systems.

COURSE DESCRIPTION:

Would you like to indulge in a weekend getaway nestled in the serene Santa Cruz mountains, where you can immerse yourself in the nurturing embrace of Self love and Self energy?

The journey of embodying Self energy often feels elusive or confusing. Where does it originate? Are there practices informed by Internal Family Systems (IFS) that can aid in cultivating this embodied presence?

Join us as we delve into these questions and beyond! Embodying Self love and Self energy entails returning to the essence of who we are, allowing the gentle warmth of our hearts to meet every facet and part of our being. It's a profound acknowledgment of our sacred connection to ourselves, to others, and to the universe around us.

www.mcaft.com



During this rejuvenating retreat, you'll be invited to rediscover your own childlike innocence and wonder. Together, we'll explore tailored practices designed to nurture and empower you to share the boundless warmth and tenderness of your heart with all parts of your being.

AGENDA:

FRIDAY:

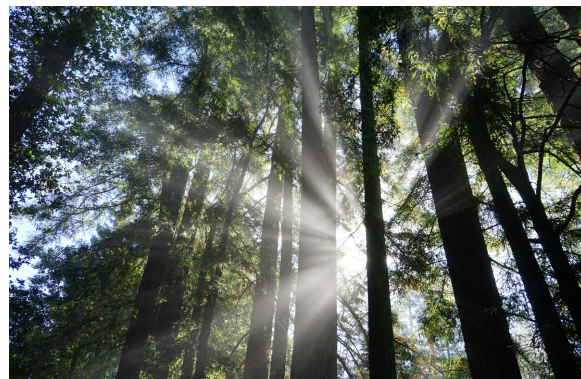
Check-In	3-5pm
Dinner	5:30 to 6:30 pm
Opening session	7:00 to 9:00 pm

SATURDAY:

Breakfast	8:00 to 9:00 am
Morning session	9:00 to 12:00 pm
Lunch	12:00 to 1:00 pm
Break	1:00 to 2:00pm
Afternoon session	2:00 to 5:00 pm
Dinner	5:30 to 6:30 pm
Yin Yoga with <u>Jaclyn Long</u>	7:00 to 8:30 pm

SUNDAY:

Breakfast	8:00 to 9:00 am
Closing session	9:00 to 12:00 pm



Don't miss this
opportunity to embody
Self-Love and
Self-Energy in an
inspiring space
together!



ABOUT GREEN MOUNTAIN RETREAT CENTER

Nestled on 66 acres of majestic redwood and oak woodlands, Green Mountain provides a healing space for our deep, transformative inner work to unfold. Often referred to as a “hidden gem in Silicon Valley”, this retreat setting offers us ample indoor spaces as well as the option of beautiful outdoor gathering spaces, including an outdoor amphitheater set in a circle of redwood trees. Coming from out of town? Enjoy a short 25-min drive from the San Jose California (SJC) airport. **[CLICK HERE](#)** for directions & map location.

ACCOMMODATION OPTIONS

Please select your preferred commute or lodging choices. Rates are for the entire weekend:

- Commuting - with Saturday lunch \$35
- Commuting - with Fri & Saturday dinner, and Saturday lunch (no breakfast) \$110

All of the cozy Cottages have a shared bath. Prices include all meals (Friday dinner thru Sunday breakfast). Please select your 1st, 2nd & 3rd options:

- 2-bedroom cottage, 1 shared bathroom
 - Single Occupancy \$699
 - Double Occupancy \$508
- 4-bedroom cottage, 2.5 shared bathrooms
 - Single Occupancy \$651
 - Double Occupancy \$484
- 6-bedroom cottage, 3 shared bathrooms
 - Single Occupancy \$572
 - Double Occupancy \$445

Please send your top choices and/or questions to sioux@mcaft.com