

UNEARTH YOUR INNER TREASURES

An online retreat of nature-based practices and ritual guidance dedicated to supporting mothers on their journey through the child-bearing years.



One of women's greatest rites of passage

**LET'S TAKE THE TIME TO HONOR, DEEPEN, AND
CONNECT TO THE DEPTHS OF THIS LIFE TRANSITION**

Choice of two formats:

6 WEEKLY EVENING SESSIONS

THURS 5:30-7PM (PT) | JAN 13th - FEB 17th

OR, 2 SATURDAYS

10AM - 3:30PM (PT) | JAN 15th and JAN 29th

Sliding Scale 75\$-150\$ (totality of program)

"This program is the future of perinatal mental health care - holistic prevention and connection to outer and inner nature in a supportive setting."

- Brian Stafford, MD, MPH, Perinatal Psychiatrist

Facilitator Guide

Brooke Arnold-Rochette, MA

AS A CERTIFIED LIFE-CYCLE CELEBRANT AND TRAINED INNER WILDERNESS GUIDE (NATURE-BASED PERSONAL DEVELOPMENT), I'VE MADE MY PASSION MY WORK. WITH OVER A DECADE OF EXPERIENTIAL TRAINING IN TRANSPERSONAL PSYCHOLOGY AND ECOPSYCHOLOGY, I HAVE BEEN USING EARTH-BASED RITUAL AS A WAY OF COMING INTO RELATIONSHIP WITH OUR SOULFUL SELF AND THE WILD WORLD. HAVING TRAINED AS A STORYTELLER AND CREATIVE WRITER, STORY-TRACKING AND THE CREATION OF EMPOWERING NARRATIVE ARE AT THE HEART OF MY APPROACH. COMBINED WITH MY CELEBRANT TRAINING SPECIALIZING IN RITES OF PASSAGE, LIFE TRANSITIONS, AND CEREMONY, I WILL GATHER THE RICHNESS OF THESE MULTIPLE STREAMS TO BEST SERVE YOU IN CREATING A SAFE AND SACRED PLACE TO HONOR THE THRESHOLDS YOU CROSS.

A nature-based roadmap

UNEARTHING OUR INNER COMPASS TO NAVIGATE THE JOYS & CHALLENGES OF MOTHERHOOD

The rites of passage into motherhood dramatically shifts our identities and affects so many facets of life. We can feel isolated and alone in this passage, and often feel too swept up in the busy-ness of life to connect with the soulful undercurrents of this unfurling. Yet, this life transition can be a unique and powerful opportunity of self-discovery as we explore own way of becoming a mother.

In this retreat, we will create a carefully-woven container, inviting a community of mothers to come together and explore this transition through shared inquiry and heart circles, nature-based practices and meditations, and take-home ritual invitations.

Based on Bill Plotkin's inner-wilderness work, as outlined in his book *Wild Mind*, this approach is not therapy, but rather provides a framework and practices to unearth our inner resources for greater resilience and authenticity.

It is an invitation to...

Experience stillness and steadiness amidst change

Find laughter and lightness amidst challenge

Awaken our sense of earthly belonging

Cultivate our innate strengths

The inner treasures we unearth through this process become invaluable allies on our journey.

The inner treasures

Heart-centered thinking

Redesigning our lives &

Apprenticing to self-love

Full-presence sensing

Finding our own roadmap &

Apprenticing to the present moment

Fully-embodied feeling

Cultivating earthly-belonging &

Apprenticing to our emotional body

Deep Imagination

Courting inner creativity &

Apprenticing to the unknown

