

Inner Child Retreats: Play Therapy for Adults

When is the last time you let yourself play like a kid?

Do you remember what it's like to...
be absorbed in your own imagination...
get dirt under your fingernails...
watch a bug go about its day...
lose track of time...?



"We are never more fully alive, more completely ourselves
or more deeply engrossed in anything than when we are playing". ~C. Schaefer

This is a playful invitation to go inside yourself, connect with nature and have fun with others. Getting in touch with your "inner child" is creative work that cultivates innocence, wonder, joy, and sensitivity and leads to some of the deepest realms of healing. Listening to younger parts of yourself is a potent way to free up **more energy, creativity, and ultimately, a more vibrant adult life!**

Saturday Aug 30th, 9am-1pm: This outdoor workshop is designed for people who want a more satisfying work / play balance. Do you rush from one thing to the next, have a to-do list a mile long, or find you never have time for yourself? Join us to learn how play can help you gain more balance, new skills and a different perspective.

Sunday Aug 31st, 9am-1pm: Spend a playful morning in nature to celebrate and explore being a woman. Do you long to feel more fully understood, be with others who "get you," and know that you are enough just the way you are? Find out what your inner child already knows about this place in you. Everyone who identifies as a woman is welcome.

\$65 per session or \$50 if you register with a friend

Group size limited to 8 participants

To register contact:

April Pojman at 303 997-2267 or april@lions-breath.com



April and Emily are both registered psychotherapists, graduates of Naropa University and have extensive experience in the wilderness.

One of April's favorite play dates is taking herself for a walk along the creek and looking for cozy hiding places. Emily loves laying in tall grassy meadows watching birds. Find April online at www.lions-breath.com and Emily at www.emilyisaacswellness.com

