

We cannot live the afternoon of life according to the life's morning; for what was great in the morning will be little at evening, and what in the morning was true will at the evening have become a lie.

Carl Jung

PASSAGE

BEYOND EGO

A JOURNEY OF RETURN

We invite you to join us in this journey to examine, honor and heal your past, to empower your present and to expand the possibilities of your future.

Join Ann and Tim for this special retreat at the Oregon Coast.

FOCUS

The mid life passage is a necessary, but often overlooked internal transition which reorients men to the tasks that are appropriate for the second half of life. This workshop encourages deep introspection and a structured journey of personal recovery for the things in life that really matter. During this workshop Ann and Tim will use experiential exercises, gestalt, process work, group process, Holotropic Breathwork and personal reflection to help each man identify and understand the life he really chooses to live.

WHO SHOULD ATTEND

This workshop is for any man who has experienced any of the following:

- ✿ Loss of meaning
- ✿ Restlessness and dissatisfaction, often in the face of "success"
- ✿ Relationship upheaval
- ✿ Depression and driven behavior
- ✿ Secrecy, introversion and withdrawal
- ✿ Dependence on alcohol and substances
- ✿ Identity confusion
- ✿ Fear that life is passing you by
- ✿ Personal intimation of death
- ✿ Anxiety that the ladder you have carefully climbed has been against the wrong wall

"Abandon the quest for your unique self and you will live with the fear that others will abandon you. Your infantile shame will become permanent because your unexplored self will be embarrassed in the presence of the façade you have created.

You will feel that your life has lost meaning and that you are, somehow, a stranger to yourself.

You will remember times in your earlier life when you had passion and enthusiasm and will wonder what happened to it.

You will find your horizons shrinking, your body growing more rigid, your sense of adventure drying up.

Your life will seem to settle into a pattern of repetitions, a rat race, the same old anxieties, addictions, habits and pleasures.

You will wrestle with unwanted fears of death, probably by cancer.

No matter what your age you will feel old, exhausted, and at least slightly depressed, although you may keep functioning dependably in your job, your marriage, your role."

Sam Keen

"Grow old along with me, the best is yet to be. The last for which the first was made."

Rabbi Ben Ezzra

SCHEDULE

Begins: May 12 8:00 P.M.

Closes: May 16 1:00 P.M.

LOCATION

Large house in private, idyllic setting overlooking ocean estuary and wild coastal scenery.

Six participants can be accommodated within the house.

Four more can either use local camp site 1/4 mile from house, on island across the estuary, or take a room in one of nearby Pacific City's various lodging choices.

All meals will be catered in the house.

COST

\$650 This cost does not include food and accommodation.

A non-refundable deposit of \$200 is required with registration.



For information regarding other events sponsored by Northwest Seminars & Consulting please visit our Web site at www.nwseminars.com

FACILITATORS

Ann Ladd, Ph.D., LCSW, combines her early training as a physical therapist with her psychotherapy training and experience in Gestalt, Transpersonal Psychology, and the Casriel Bonding Psychotherapy Process to create a safe, deeply transformative group experience. Dr. Ladd was a Master Teacher/Trainer for 15 years for PAIRS International, Ltd. She has worked with hundreds of couples across the United States and Canada, most recently at Esalen. She also instructs mental health professionals in the field of intimate relationship skills and the emotional bonding process.

Tim Barraud, DVM is a practicing veterinarian and native New Zealander. In addition to being a Master PAIRS teacher, he is certified in Holotropic Breathwork™, and has a degree from the Institute of Transpersonal Psychology in Menlo Park, California. He is deeply involved in men's groups, the ManKind Project, and is a consultant to couples and individuals. He was the recipient of the Ron Hering Mission of Service Award, 2003.

Ann and Tim have been leading groups of men and women throughout the United States and Hawaii for many years.



Tim Barraud & Ann Ladd

REGISTRATION

Passage – Beyond Ego

May 12-16, 2010

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

E-mail _____

Amt. enclosed _____

Cost: \$650 This cost does not include
food and accommodation

Deposit: \$200 (non-refundable)

Make check payable to:
Northwest Seminars and Consulting

For registration or questions please contact:

Tim Barraud

541.758.4118 or 541.829.3554

E-mail: timbarraud@comcast.net

or

Ann Ladd

719.647.1746

E-mail: ANLADD@aol.com

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www.nwseminars.com

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A JOURNEY OF RETURN

A
WORKSHOP
FOR MEN

AT THE
OREGON
COAST

WITH
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AND
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MAY 12-16, 2010