

OFF THE MAT INTO THE WORLD

Part of the Engage Network



We are so excited to welcome you to the upcoming Off the Mat, Into the World™: Yoga, Purpose and Action Weeklong Intensive with Seane Corn, Hala Khouri and Suzanne Sterling and are looking forward to bringing together this amazing group of participants. The Omega Institute will be the host space for our journey, providing everything we need to get empowered, purposeful and activated.

Here is some helpful information for your preparation:

What to expect?

Throughout this weeklong intensive, we will reconnect to our passions, crystallize our purpose, cultivate sustainable practices and activate our intentions, all in the context of community and collaboration.

The Intensive will include:

- Self-Inquiry: Who am I? What is my Purpose? Transforming our wounds into tools for healing.
- Community: Conscious collaboration skills.
- Activation: Turning our purpose into action

During this week, we will guide you through an intensive transformational process using vinyasa flow yoga and other tools to uncover your deepest passion and motivation. We will then offer practical ways for each of you to begin to bring your own unique purpose into the world as action with the support and inspiration of your community.

This intensive is an opportunity for us to discover the connections between the yogic path and the way of divine service or Seva. We will combine yoga asanas, meditation and visualization, experiential exercises, process work and ritual with the practical tools of communication, organizing and collaborating. Participants will leave with skills to help them be more effective leaders and agents of change in the world.

When you arrive at Omega:

If staying on campus stop at the luggage shelter in the parking lot to drop off your bags, then come into the Main Office to check in. If commuting you'll just come into the Main Office and from there you will receive directions.

The weeklong intensive schedule attached can be found from this link:

<http://eomega.org/workshops/off-the-mat-into-the-world#-workshop-video-block>

Breakfast, lunch and dinner are served in the dining hall and are included in the housing fees. Here is a sample menu: <http://eomega.org/visit-us/rhinebeck-ny/dining-at-omega/sample-menu>.

About their food:

<http://eomega.org/visit-us/rhinebeck-ny/dining-at-omega/about-our-food>

<http://eomega.org/visit-us/rhinebeck-ny/dining-at-omega/local-farmers-vendors>

The Omega Café:

The cafe is a separate pay as you go restaurant in which people can purchase anything from a snack or beverage to a light meal. It's also a gathering place that is open from 8am or so until 11pm daily. Wifi is available here as well. The cafe has all sorts of snacks including pastries, candy, chips; coffee, tea and other beverages.

<http://eomega.org/visit-us/rhinebeck-ny/dining-at-omega/omega-cafe>

*We recommend bringing some of your own snacks for throughout the days.

The following is suggested to bring along:

- Journal & pen*
- Yoga mat* (can also purchase thru OTM- details below)
- Water bottle*
- Raincoat and umbrella (just in case!)
- Layered & comfortable yoga clothing
- Flip-flops for walking through studio space, walking shoes for outside
- Camera if you want to document our journey
- Bathing suit

* Must have items

How to get to Omega?

There is a wealth of information on traveling to Omega on their website. The pages to access are:

Travel directions:

<http://eomega.org/visit-us/rhinebeck-ny/getting-here/travel-directions-to-omega>

Transportation services:

<http://eomega.org/visit-us/rhinebeck-ny/getting-here/omega-transportation-services>

Information on outside communication:

Cell phone use is sporadic. Verizon works better than other carriers but there are only a few sites on campus where you can get reception. They are typically: the parking lot and low stonewall behind the bookstore The cafe has Wi-Fi access so anyone bringing a laptop can log on. There are also 3 computers for use at no additional charge. And there are pay phones across campus.

More questions?

We are here to support you. Please contact Claire Williams, Community Outreach Manager at Claire@offthematintotheworld.org.

Or for questions for Omega, please contact them via email at Registration@eomega.org or call them at 800-944-1001.

Congratulations on embarking on this transformational journey with the OTM community!



Leadership Trainings 2013 - Principles and Agreements

We are thrilled to begin this work of empowerment and growth through the Yoga, Purpose and Action Intensive. We look forward to helping you uncover and discover your gifts and growing edge, enhancing your talents and supporting changes that will deepen your personal life and work. This will be an intense and deep training that can be transformative and take you to new and unexpected places within yourself.

We (Seane, Hala and Suzanne) along with our assistants are committed to co-creating a safe and sacred container and will make ourselves available as much as possible. While we will be focused on exploring the gifts of our deepest wounds, please know that this training is *not* a substitute for the kind of long-term therapy and support systems required for conscious leadership. This workshop is not a substitute for psychotherapy.

Intensive Disclaimer: During this Intensive participants are invited to work with their past traumas. If you are currently, or have been within the previous 12 months, under the care of a medical or mental health provider (doctor, therapist, counselor, or other type), you must have received that provider's written approval *prior* to your participation in the Intensive.

PLEASE NOTE: If you are currently on medication of any kind, please do not discontinue use during the intensive. Consult with your physician before making any decisions around medication.

Emergency Contact

Who can we contact in case of an emergency?

Name, Relationship: _____

Phone #: _____

We feel the agreements outlined below are necessary in order to create a group process that allows for the magic to manifest. If you are in accord with these agreements, please sign at the bottom of the page.

Agreements

Agreement #1: I agree to maintain the integrity of the group by holding all personal information I hear during the mentorship in strict confidence. I will not reveal any stories or information shared by other participants to anyone outside the group without the permission of the person who shared it. In addition, I agree not to discuss people's stories or gossip about other group members during or between group meetings.

Agreement #2: I agree to recognize the wholeness of the group and honor the individual gifts of each member, holding each person in the highest possible regard. I agree to look for the potential value in all of the experiences I encounter during the training.

Agreement #3: When left unresolved, negative moods, upsets and resentments can be as contagious and destructive as a virulent virus. I agree to regard upsets as doorways to new possibilities rather than problems I hold onto. I agree not to blame others for my discomfort but rather in the presence of an upset, complaint or concern to take immediate, effective action towards change, speak directly to one of the facilitators or do what I need to do to let go.

Agreement #4: In order for something new to arise, we sometimes must pass through a time of chaos, when an old structure dies and a new structure has not yet come to life. However, if chaos or not knowing feels like "too much," I agree to "take a breather" and do what I need to do to feel comfortable (e.g., take a walk outside, stretch, meditate, talk to another participant or facilitator).

Agreement #5: While the mentorship is not group therapy and no one will ever be asked to reveal more than they are comfortable revealing about their personal history, there will be opportunities to use the group for personal healing and to share pieces from our lives. During these times, I agree to speak from the heart about my own experience and to listen from the heart when others speak. When speaking, I agree to speak my own truth to the extent that I wish to share it. When listening, I agree not to give advice or criticize others. I agree to use words as vehicles of healing and growths, striving to give, receive and effectively respond to feedback.

Agreement #6: I agree to take care of myself during the training by refraining from doing anything that is not in accordance with my own emotional and physical safety. ***The use of substances like alcohol or drugs is strictly prohibited during the intensive week.*** I also agree whenever possible to take risks and stretch beyond my own comfortable limits in order to grow and learn.

Signature

Date