

# OMEGA

Rhinebeck, New York

## **Welcome to “Magic-Medicine-Magnificence.”**

Thank you for carving out 6 days of your precious time to be present with yourself and liked-hearted sisters.

You will dig deep this week. While ‘the inner work’ – which I prefer to call *labor of love* - might feel very personal, what you will address during this transformative program has an immediate effect on everyone and everything around. Whatever you “do” for or from the Heart, you are doing for all of us. So, thank you, for showing up!

Apart from packing your usual clothing, vitamins, or special supplements, I’d like you to bring the following items with you to Omega:

**\*3 small objects that call to you (symbol, figure, stone, or feather, etc.)**

**\*Journal & Pen**

**\*Water bottle, Flashlight, Alarm Clock, Hiking sandals or Sneakers**

**\*Yoga clothing or comfortable clothing – no need to bring a Yoga mat**

I am certain that you already know that a natural by-product of ‘going deep’ can be those moments when you feel really squeezed. During this time that we all are spending together, there can be a lot moving through, and you might experience at times overwhelming emotions.

In order to make any of your difficult experiences ‘safe’ and to create a sacred container for the week, I’d like to invite you to take the following to Heart:

### **PROGRAM GUIDELINES**

**- I choose to take responsibility for my experiences and ask for support whenever I need it.**

**- I choose to ask for alone time whenever I need it [outside of the group sessions], and we all know that it means nothing personal about anyone else.**

**- I commit to keeping what we all share and experience confidential, during and after this retreat.**

**- I choose to use “I-language”, and to refrain from cross-talking.**

**- I will refrain from fixing anyone or giving unsolicited advice. In case of doubt, I simply can ask:**

*How can I serve you right now? Or Would you like to be touched?*

**- I choose to celebrate my sisters’ gifts and beauty - not their apparent ‘shortcomings’.**

**- I choose to not hold my self back to fit in, trusting that this gives others the permission to also be truly themselves. As the famous quote says “Be yourself – everyone else is already taken”.**

**- I commit to be 5-10 min. early for all of our group sessions, so that I can settle in, and we all can start together on time.**

**THANK YOU.**

**So looking forward to being with you!**

**Annette**