



## RETREATS

Mii amo

### SELF-LOVE

Presented by Sarah McLean

**December 10 – 14, 2017**

Self-love is an essential ingredient for a life of fullness and peace. When someone has a healthy amount of self-love, their life gets better: their relationships improve, their well-being and vitality increases, they make more nourishing choices, and they are open to receive the best that life has to offer.

Self-love is simple, but isn't always easy. Being on a spa retreat and carving out time for self-care is a great start toward loving yourself. But there is more: self-love involves exploring your inner landscape, falling in love with who you really are, and discovering how to truly take care of yourself mentally, emotionally and physically.

The goal of this retreat is to give insight and practices to maintain your self-love long after you return home. It consists of three modules:

1. Getting to know the real you and the peace that you can access at any moment.
2. Falling in love with yourself and creating more intimacy with your inner landscape.
3. Living with gratitude and confidence, expressing yourself clearly, and seeing the world through loving eyes.

#### **Sunday, December 10**

4:30 – 5:30 PM – WELCOME RECEPTION

6:00 – 6:30 PM – MII AMO RITUAL

#### **Monday, December 11**

##### **9:00 – 10:30 am, Library, WHO ARE YOU REALLY? Creating More Intimacy with Yourself**

We'll take a journey into your interior realm. Through guided meditations, dyads, and conversation, you'll begin an exploration into the question: "Who am I really?" You will discover and connect with the deep, essential part of you – the you outside of the roles you play, the responsibilities you have, the pressure you put on yourself, and the relationships in your life. You'll explore the way your brain works and be guided through enlightening mindfulness exercises. You will learn how you personally respond to stress, how to prevent stress from accumulating and how to create a new "normal" to live your life from a new centerpoint of peace, awareness and engagement.



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#### Tuesday, December 12

**10:00 – 11:30 am, Library, AFFIRM YOUR GREATNESS: Falling in Love with Yourself**

You will discover the answers to the question: “How can I best love myself?” Learn the essentials of self-compassion and what it takes to be kind to yourself, as well as becoming more aware of your inner dialogue. You’ll be guided into a Loving Your Body exercise to establish a deeper connection and learn the importance of feeling your feelings instead of suppressing them. Through journaling exercises, guided meditations, and self-inquiry practices, you reveal, reclaim and embody those hidden qualities that you admire in others. You will begin to develop your own personalized guide to self-love, a recipe with the ingredients you’ve discovered.

#### Wednesday, December 13

**10:00 – 11:30 am, Library, WALKING IN A WONDERFUL WORLD: Discovering How Life Loves You**

In this session, you’ll explore answers to the question: “What is my heart’s desire? What do I really, really want?” Through guided exercise, you will open your mind to clearly see how life supports your desires and open your heart to better receive the wonder of your life. You’ll learn simple, proven gratitude practices to enhance your well-being and discover your body’s wisdom and how it communicates with you. You will explore your relationships, learn to trust your inner knowing, and participate in fun exercises to practice expressing yourself sweetly, clearly and with integrity.

#### Thursday, December 14

**8:45 – 9:15 am, Crystal Grotto, DEPARTURE RITUAL**

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#### ABOUT THE PRESENTER

**Sarah McLean** is the best-selling author of *Soul-Centered: Transform Your Life in 8 Weeks with Meditation* (Hay House 2012). She is an inspiring, contemporary teacher whose mission is to support those who seek fulfilling lives, better health, and inner peace. She has been teaching meditation and mind/body health programs since the early 90s and has taught thousands of people worldwide to reduce stress, find fulfillment, and live with more confidence, and happiness through the programs she has created for a variety of new-thought leaders, spas, corporations, and the McLean Meditation Institute. Her latest book, *Love & the Power of Attention* (Hay House), was released in May 2014.