The art and the science of the power of emotions and feelings – and how to use them to boost creativity, joy and energy intelligence.

* Classes marked with * are Interchangeable for Retreat participants.

** Classes marked with ** are open to all guests (including Enchantment guests)

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**Emotional Intelligence**

Presented by Gita Wagner

**September 25 - 29, 2016**

**Sunday, September 25**

5:00 pm, ORIENTATION

5:45 pm, ORIENTATION DINNER

**Monday, September 26**

10:00 am – 10:45 am, Library – A Scientific Take on Emotional Intelligence**

This is a sneak peek into the neuroscience of emotional, and social, and general intelligence. We understand the neurobiological underpinnings of stress regulation, emotional and energy intelligence.

- Lecture and Discussion -

11:00 am – 12:30 pm, Library – Body Awareness and Self-Regulation* & **

When and how do we become emotionally activated? By listening to messages from our bodies, we receive clues how to regulate the nervous system and return to a state of mindful presence.

- Immersion and Meditation -

2:00 pm – 3:30 pm, Mindfulness Studio – The Pyramid of Emotional Intelligence

We examine how the skills of self-awareness, self-regulation and internal motivation create the base for empathy, emotional and social intelligence.

- Lecture and Discussion -

3:45 pm – 5:15 pm, Mindfulness Studio – Intrinsic Motivation and Purpose

The values we hold and a sense of purpose affect how happily and mindfully we live our lives. We will explore core motivations that are the source for creativity and integrity.

- Lecture, Immersion, Meditation -
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Tuesday, September 27
10:00 am – 10:45 am, Library – Universal Human Emotions
Anger, fear, disgust, sadness and joy have one thing in common: they are primary emotions which are recognizable all across the globe. Our stress reactions can be reduced to one or a combination of several of these powerful feelings. We will inquire into their sometimes overwhelming and controlling nature.
- Lecture, Immersion, Discussion-

11:00 am – 12:30 pm, Library – Resolution of Inner Tension**
We often are deeply conflicted in respect to certain moods and emotions. Sometimes we recoil from feelings of vulnerability, grief, or need. We may reject experiencing irritation, anger, fear or joy. Chronic tension occurs when we try to avoid feeling what our BodyMind does feel. This essential piece of Emotional Intelligence invites us to practice mindful and radical self-acceptance.
- Immersion and Meditation-

2:00 pm – 3:30 pm, Mindfulness Studio – The Challenges and Resources of Emotions
Feelings and emotions can sabotage, but also deeply enrich all aspects of our lives. When the faculties of feelings, body and mind are working in harmony, we discover a positive energy at the source of even so-called “negative” emotions. We can access these essential qualities to use their power in a manner that will empower and enhance our lives.
- Lecture, Immersion, Discussion-

3:45 pm – 5:15 pm, Mindfulness Studio – Emotional Awareness and Self-Regulation*
In this session, we will practice how to effectively regulate our emotional balance and nervous system.
- Immersion, Meditation, Relaxation-

Wednesday, September 28
10:00 am – 10:45 am, Library – Empathy and Boundaries**
Empathy is one of the higher qualities of emotional intelligence. We will discover how healthy, clear, and flexible boundaries are a prerequisite to compassion and empathy.
- Lecture, Immersion-
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Wednesday, September 28 - Continued

11:00 am – 12:30 pm, Library – Social Intelligence and Conflict Resolution
The capacity to navigate conflict plays a major role in Social Intelligence. Both our own, as well as other’s, needs and goals are included in the practice of mindful interaction. We employ tools to deescalate conflict and to enhance cooperation in personal as well as professional environments.

- Lecture, Immersion, Discussion -

2:00 pm – 3:30 pm, Library – Relaxation, Presence and Joy
These are qualities of living an emotionally and energetically intelligent life: a state of mindful presence, the capacity to relax, and an undercurrent feeling of joy. We will experiment with also resorting to these qualities in challenging moments.

- Lecture, Immersion, Discussion -

3:45 pm – 5:15 pm, Library – The State of Flow
“Flow is defined as a state of complete immersion in an activity. It describes the fulfillment and exhilaration of being completely involved in an activity for its own sake. We explore what makes us thrive, and how to nourish Flow in our daily lives.

- Lecture, Immersion, Meditation -

Thursday, September 29

9:00 am – 9:30 am, Crystal Grotto – Group Departure Ritual

ABOUT THE PRESENTER

Gita Wagner began studying body and energy work, ancient healing arts and meditation in the early 1980s. Her extensive studies led her to England, Africa, India and the United States. By the late 1980s, she was training in counseling, spiritual therapy, family dynamics and developmental psychology, and became a licensed massage practitioner and counselor. Gita has taught Holistic Massage Trainings and Body-Oriented Psychotherapy seminars in Cologne, Germany. She also co-developed and taught a seminar on Emotional Intelligence for Professionals at Daimler-Chrysler in Stuttgart, Germany. Gita currently resides in Sedona and is a lead therapist at Mii amo.