



I tua atu i te mate me te mate

Beyond Life and Death

A retreat exploring how engaging with death transforms life

Friday 26 April 10am–5pm, Saturday 27 April 9am–3pm, 2019

Aio Wira Retreat Centre

Facilitator: Kay Ryan

WHEN I LET GO OF WHAT I AM I BECOME WHAT I MIGHT BE LAO TZE

Dying is a profoundly meaningful event in our lives. However, for many of us, it engenders fear and is something to avoid. Research and experience show that once embraced, death can be a time of enormous growth and development taking us beyond the duality of life and death.

This 2-day retreat is set within the beautiful, serene bush at Aio Wira Centre, Waitakere – www.aiowira.org.nz. It is here that we will reflect on and engage with death and dying, our own and others.

We will explore death from our diverse cultural and spiritual traditions, and study the unique language of the dying. We will learn how to track and follow experiences when we don't know what is happening and connect with and assist those in altered and extreme states of consciousness at end of life.

This retreat is an opportunity to experience life enhancing and transformative processes found in facing death. There will be time for personal reflection, theory, exercises and opportunity for self-care. The retreat is for anyone wanting to engage with death in a therapeutic environment.

Numbers are limited.



KAY RYAN MHSoc NZAP

Kay is a registered psychotherapist with over 30 years experience working in private practice and related health agencies. She has worked at Mercy Hospice for 8 years during which time she applied the innovative skills, found in Process oriented Psychology, to Palliative Care. Kay has co-authored the book *Doorways into Dying: Innovative Teachings for End of Life* (2016).

COST: Early Bird Discount \$450.00

Pay before December 15, 2018

(includes Friday night accommodation, all meals, morning and afternoon tea)

Pay after December 15, 2018 \$495.00

TO REGISTER: Please email Emma Harris: emmaharris301@gmail.com

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