

SELF-COMPASSION, PATHWORK STYLE

BUILDING A WARM, AFFECTIONATE RELATIONSHIP WITH YOURSELF

An online weekend retreat with

RENEE WHATLEY

Philadelphia Pathwork



“So what you need is a continuous double approach that combines your determination to search for and face all of your lower self and to understand all of your being with compassion and realism.”

– Pathwork Lecture # 258 Real Meaning of Salvation

When:

Saturday, July 23:

10 am to 12 noon,

2 pm to 4 pm

and 6 pm to 8 pm ET

Sunday, July 24:

10 am to 12 noon;

2 pm to 4 pm

and 4:30 pm to 5:30 pm ET

Where: Online via zoom

Cost: \$225

To Register:

Please contact Amy Rhett at

adpathwork@gmail.com

or 609-577-6336

You are also invited to join us for

The Four Seasons of Pleasure –

An Online Poetry Concert

Friday evening, July 22, 2022

7:00 pm to 8:00 pm ET

Attune to the multifaceted terrain of pleasure through poetry and music performed by Madeline Dietrich of Pathwork Ottawa. Contact Amy at adpathwork@gmail.com to register and receive a zoom link. Free; donations are welcome to support the Philadelphia Pathwork Diversity Fund.

Consider for a moment: How would your life be different if you had a warm, affectionate, caring relationship toward yourself (even when things are hard)?

Join us for a 2-day retreat to EXPERIENCE the transformational power of deeply embodied awareness, acceptance, and kindness toward yourself.

Drawing upon the unique perspective of the Pathwork, you will:

- Strengthen your capacity for self-awareness (Mindfulness)
- Deepen your acceptance of “what is” (The Great Act of Acceptance)
- And shift your relationship toward yourself from self-criticism to self-care, self-respect, and possibly even self-love

TOGETHER we will develop and personalize self-compassion practices that lead us toward a warmer, affectionate relationship with all parts of ourselves.