

POWER DETOX

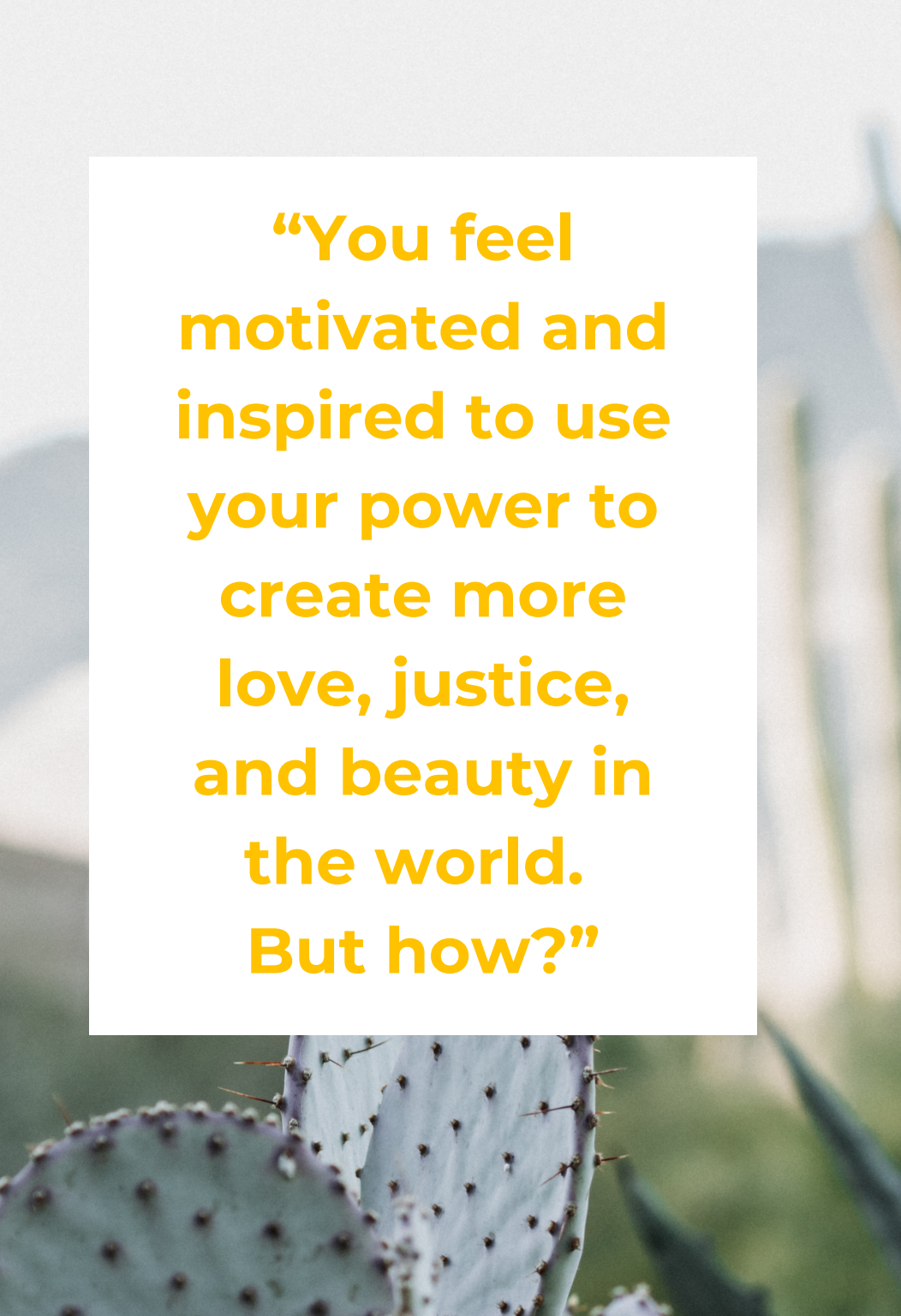
Releasing Power Stories &
Claiming a New Narrative

Phoenix, AZ

January 23 to 25, 2024

Deadline to apply: January 17th

[Apply Now](#)



“You feel motivated and inspired to use your power to create more love, justice, and beauty in the world. But how?”

Power is your birthright as a human being, one that you may (justifiably) have ambivalence about.

Ambivalence because you’ve seen how misuses of power cause harm and create all kinds of divisions. Divisions between self and Self, one person and another, one ideology and another, one group and another, even one species and another.

Your ambivalence about power might be further complicated by the fact that you may be part of an organization where you lack institutional power or are members of communities who have been marginalized and have lacked systemic power. And yet, we’re imagining that you’ve also witnessed the profound healing effects of power when it’s used to strengthen the web of life, to show up in solidarity with your higher Self, in your relationships, and in your community.

No matter how complicated or ambivalent your experiences with power, we know power isn’t neutral. In fact, we think that if you scratch the surface underneath most of the challenges you struggle with in your life – from the bedroom to the boardroom – you’re likely to find some kind of glitch in how you’re relating to power.

We're inviting you to join us for a retreat.

We will unplug from business as usual and explore our relationship to power. We are creating a relaxing, nourishing, retreat-like space for you to unpack all of your ambivalence about power. To, as Rilke said, live into the questions.





In what ways can you be more choiceful about how you relate to power?

Are you using your power in ways that are aligned with your most authentic Self?

And how might you be more intentional and live into a new narrative?

What are your habituated patterns when it comes to power?

How can you have an embodied experience of the way you use power?

What are your stories about power?

What's working for you and what no longer serves you?

Our theory is...

That by giving yourself this gift of investing in focused time to explore your relationship with power, with our group of transformation facilitators and in community with others who are asking themselves similar questions, in a nurturing retreat-like setting that gives you the time and space to reflect and rest and feel your feelings and be in your body and be in nature, you'll get to practice shifting from being reactive to intentional in the face of power struggles.

Our intention is that you leave this retreat refreshed and with a completely new relationship with your power.



Who We Are

We are a collective of consciousness explorers who have been mulling around our ideas about power together for some time now. And while we wish we could pop out of the cake with the *right answers* and some pithy phrase or catchy acronym to *just do this about power and everything will be great!* that has not been our authentic experience.

We don't have all the answers, but we do think we have some really good questions! And we know we're excited to continue to explore this topic so brimming with possibility with one another and with you.



Katie Hong



Julie Cowell



Nicole Taylor



Becky Margiotta



Susan X Jane

This is less of a training and more of a retreat, an opportunity to:

- Be held in a supportive container that will nudge you to live into your questions about power
- Experience in your body how different you feel when you're in power over, power under, and power with
- Come into greater alignment with how you wield your power and your values
- Explore power from the perspective of within yourself, within relationships, within groups, across ideologies, and spiritually.

If this speaks to you, please consider joining us for this 2.5 day retreat and exploration from January 23 to 25, 2024 in Phoenix, AZ, as we let go of old stories about power and create new ones in community. We will start at 9:30 each day and go until 5 pm, other than on the 25th, we will end no later than 1 pm.

Not sure if this is right for you at this time in your life?

[schedule free half-hour consultation](#)

