



July 15-17
2022

RISING STRONG™

A WEEKEND RETREAT FOR WOMEN

This powerful workshop retreat combines the lessons of meditation and yoga with the groundbreaking work of Dr. Brené Brown, world leading researcher on the power of courage and vulnerability.

We are capable of doing so much more than we imagine.

But too often, we step away from those daring challenges because we are...let's face it...too afraid of failure!

What if you could learn how to get past the fear, find your worth, and keep rising strong in the face of struggle, disappointment, and loss?

Imagine what your life could look like without the fears, doubts, and self criticism holding you back.

We hold ourselves back because we fear not being enough. We let scarcity thinking drive our decisions instead of generosity. We speak more compassionately to others than ourselves. We try to please rather than speaking our truth, fearing we will be judged.

It doesn't have to be that way. We can learn to break free from those patterns of negativity and fear. **We can learn how to keep getting back up - each time with a little more ease and strength.**

Rising Strong™ is about what it takes to get back up and press on. It's about how owning our stories of struggle gives us the power to write a daring new ending. It's learning how our struggles can be our greatest call to courage and the clearest path to a wholehearted life.

Is this the life you want to live and the person you want to be?

RISING STRONG™ represents Dr. Brené Brown's research in the areas of vulnerability and shame. Using the 3-part framework of the **Reckoning, Rumble** and **Revolution™**, this workshop teaches you skills to harness your innate wisdom and resilience to rise from the "face down in the dirt" moments in life.

BE
BRAVE

During our time together, we will meld these powerful teachings with the practice and teachings of Meditation and Yoga Nidra. Each day, Kimi Kolba will lead us in a healing practice that anyone can participate in, even if it's your first time.

Then, through a series of activities, expressive arts, discussion and videos, we will dive into how to live brave and rise strong in your daily life. We'll share our stories with one another and discover the values that can light the way to move into a life of purpose and fulfillment.

IN THIS WORKSHOP, YOU WILL:

- Discover the physics of vulnerability – 10 guidelines for rising strong and learning after you stumble or fail
- Uncover the major emotional offloading strategies we use to shield ourselves... and how they actually move us away from our values and a meaningful, whole-hearted life
- Learn how to use emotional curiosity – the key to rising strong
- Recognize and capture the stories we make up when faced with struggle, so we can change them
- Get the skills to face and rumble with emotions like shame, guilt, anxiety, blame, accountability, resentment, grief, forgiveness, and perfectionism... without letting them overwhelm us.
- Write your own daring endings to your tough stories, and take this skill with you into your day-to-day life.

SCHEDULE:

*Subject to change

Friday, July 15 - 5:30p-7:30p (*VIRTUAL Meet &Greet)

- Introductions
- Rising Strong™ Session 1 with Amy
- Intention Setting Meditation with Kimi

Saturday, July 16 - 8:30a-5:30p

MORNING SESSION (8:30-12:30)

- Morning Meditation with Kimi
- Rising Strong™ Session 2 with Amy

LUNCH (12:30-1:30) **Catered*

AFTERNOON SESSION (1:30-5:30)

- Movement with Kimi
- Rising Strong™ Session 3 with Amy
- Expressive Arts Activity
- Yoga Nidra with Kimi

Sunday, July 17

MORNING SESSION (8:30-12:30)

- Morning Movement with Kimi
- Rising Strong™ Session 4 with Amy

LUNCH (12:30-1:30) **Catered*

AFTERNOON SESSION (1:30-5:30)

- Rising Strong™ Session 5 with Amy
- Integration and Creativity Project
- Movement and Meditation with Kimi

Join us for the RISING STRONG™ Weekend Retreat

WHEN: Friday, July 15~5:30-7:30p (*virtual via ZOOM)
Saturday, July 16~8:30a-5:30p
Sunday, July 17~8:30a-5:30p

WHERE: Scottsdale Atrium Professional Building (Amy's Office)
14300 N. Northsight Blvd, Suite 214
Scottsdale, AZ 85260

MEALS: **All meals are included** for Saturday and Sunday. Lunches will be catered from Wildflower Bread Company and Pita Jungle. *As we approach the date, I will send order forms for lunch to make your own selections. We will also provide plenty of snacks and beverages. Doing this in depth work requires lots of fuel!

BRING: A yoga mat, comfy blanket, comfy clothes, water bottle, and a favorite journal. We will provide all other workshop materials.

INVESTMENT: \$650, Includes:

- 3 day therapeutic and mindful experience
- In a space that is safe and beautiful
- Workbook and all materials
- Delicious meals
- Connection with like-minded women
- And lasting change to heal and write new endings to your stories

***NOTE:** *Limiting the number of participants to 13 in order to keep this experience comfortable and intimate, and so each participant can be seen and heard.*

YOUR FACILITATORS:



Amy Bjorkman, PhD, SEP,
Certified Daring Way™ Facilitator

Since completing my training as a Certified Daring Way™ Facilitator in 2018, I have been facilitating groups and trainings on shame, vulnerability, resilience and healing the relationships with ourselves and others. I feel honored to do this transformational work and I take great care in creating and holding space for each of my clients.

Kimi is a Yoga Nidra facilitator and wellness guide offering yoga, movement, meditation, community circles and personal growth experiences. She is based in Phoenix, Arizona.



Kimi Kolba
Yoga Nidra Facilitator

CONTACT ME TODAY TO REGISTER!
480-688-4987: amy@dramybjorkman.com