



FUEL UP WITH FEELING Reclaim Your Inner Resources for Healing and Happiness

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May 3-5, 2019: Friday 7:30–9:00 pm; Saturday 8:30–11:30 am and 1:45–3:45 pm; Sunday 9:00–11:00 am

A stay at Kripalu immerses you in an experiential curriculum designed to bring vitality to your life from the inside out. While you are here, we invite you to enjoy daily yoga classes, our world-class natural-foods cuisine, Healing Arts, hiking and walking trails, a lakefront area, sauna, a labyrinth, and extraordinary views—all in the natural beauty of the Berkshires of western Massachusetts.

The Fuel Up With Feeling Retreat will consist of lecture, written exercises, and small and large group work.

Friday

7:30–9:00 – Take the Emotional Neglect Test and discuss your results. Learn how Childhood Emotional Neglect (CEN) happens, why it's so often invisible, and how it affected you as a child. Discuss how it has played out in your adult life.

Saturday

8:30-11:30 am – All about emotions. Learn special techniques to access and understand your feelings.

1:45-2:45 pm – Learn a special technique for managing and using your emotions

2:45-3:45 pm – 3 ways to increase your self-knowledge, self-worth and self-acceptance

Sunday

9:00-10:00 – Practice exercises to help you feel more valid. Practice applying your new skills to your relationships.

10:00-11:00 – Small group and large group work. Questions and goal-setting