

MINDFUL COURAGE

a men's retreat

March 2-5, 2023

facilitated by Ed Brantmeier, PhD



Turning inward is the first step of Mindful Courage, a journey of a thousand miles, and as Lao Tsu said, "one that begins underneath your feet."

Would you like to deepen your relationships with yourself, those you care about, the natural world, and with your Higher Calling in life? Many men yearn for deeper relationships amid daily life. Deeper connections are a natural desire. This retreat explores what it means to be mindfully and emotionally courageous on the path of connection with yourself and others. Participants will be invited to practice risk-taking, vulnerability, and connection in a community of men through a variety of contemplative, creative, and collaborative practices. Learn to explore the power of providing and protecting and also the power of deeply receiving and being cared for by others on this expedition.

Ed Brantmeier, PhD, is an educator, author, husband and father of three boys. As a man who has experienced multiple adverse childhood experiences, he enjoys supporting other men's journeys of difficulty, growth, and healing. His engagement with contemplative practices spans almost 30 years and includes meditation, martial arts, nature immersion, and journaling. His most recent books, *Pedagogy of Vulnerability* and *Culturally Competent Engagement: A Mindful Approach*, focuses on mutual self disclosure and various contemplative practices to deepen connection in relationships.

REGISTRATION - MINDFUL COURAGE - MARCH 2-5, 2023

Begins Thursday with registration from 3:00 to 6:00pm; dinner at 6pm, ends Sunday after 10:30am Brunch

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____ Credit Card # _____
_____ Visa _____ Mastercard _____ Amex Exp. Date _____ CID _____

COST: \$280 (\$75 non-refundable deposit required)



Mail with deposit to: **Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603** ▪ 530-887-2019
You may also call with a credit card number or register online at www.mercycenter.org