

# Remembering the Healer Within

We are offering two opportunities to attend “Remembering the Healer Within” Intensive over the summer. A 5-day intensive for you to remember the innate knowledge that you have to heal your body, mind and soul.



## Where and when

Venue: Sequel Inn, Creemore, Ontario, Canada

Dates: Monday 17th - Friday 21st June 2024

Extra Early Bird - Book By March 31st: \$4000

Early Bird - Book by April 30th: \$4250

Regular price - Book between 1st May to 14th June \$4500

Dates: Monday 8th - 12th July 2024

Extra Early Bird - Book By April 30th: \$4000

Early Bird - Book by May 31st: \$4250

Regular price - Book between 1st June and 5th July \$4500

**\$100 discount if paid in full at the time of booking**

## About the intensive

This intensive is an opportunity for you to re-member and re-connect to the innate knowledge that lies within the layers of you to heal your body, energy system, mind and soul. It is an opportunity for you to have the time to forge deep contact with the expanse of the wisdom contained in your inner world, to the resources nature provides and to be a part of a supportive community of people looking to heal together. It is a chance to take the time you need to be in contemplation, to allow the answers you have been seeking to have the space to float into your awareness. It is a time to offer yourself the opportunity to sink back into who you truly are and to rediscover who you really want to become as you move forward with meaning and purpose re-infused into your life.

Sometimes we get to a point in life where things don't go as we had hoped or planned. Maybe we find ourselves burnt out, stressed out, depressed or anxious even though everything in life is objectively “great”. Maybe we have suffered an unexpected loss, or our children are struggling in ways we never imagined or have left home and we don't know who we are. Perhaps someone in our family or close community has become ill, maybe we have developed a chronic illness we were not expecting. Perhaps our work is no longer as meaningful as it once was, or our relationship has become dull or lack lustre. Maybe we have the distinct feeling that we have everything we want, but are still not content inside.





## About the intensive continued...

At these times, it can be confusing to feel we have worked so hard and ended up feeling that our lives don't hold the meaning and purpose we thought they would. Often, we spend our time looking for the answers without – looking for a pill, seeking out experts, reading books, “googling it” or scanning instagram and Facebook searching for an answer to what will heal us. Although we can find some answers from outside of our being that can help, healing is not a one size fits all proposition; we have forgotten how to go within to discover the answers that we hold inside that are specifically designed for us.

Working with the subtle tools of yoga, and the magic of the Comprehensive Resource Model (CRM®) you will be provided with guidance to dive deep inside you, revealing new truths, hidden wisdom and paths to healing that are co-created from both within and without. You will discover the powerful impact that you can have on your own health, wellness, and direction in life and the powerful impact your healing can have for your family, community and the planet.

You can continue the integration of all you gained in the intensive by taking home a yoga and visualization practice that will be designed just for you and by being in contact with the new community of friends you will have forged. If you continue to practice in the right direction, over time, with enthusiasm and conviction you will continue to change your patterns, unblock your stuck places and move into healing well beyond the timeframe of the intensive and well beyond what you ever thought was possible.

I look forward to walking with you as you discover the healer within.

*With Love, Tara*





## How do I apply?

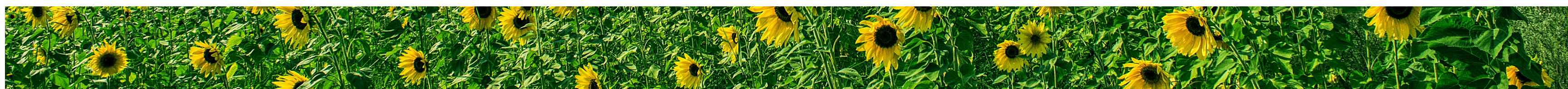
Email us at [info@cpyc.ca](mailto:info@cpyc.ca) or call 705 300 2329 (Ext.0) to express your interest and book your initial psychotherapy assessment and goal setting appointment with Tara. Please include your phone number in the email.

## Prerequisites for application

- No yoga or physical flexibility experience necessary – only an openness to learn and ability to breathe!
- Experience with and/or currently engaged in regular personal psychotherapy preferred
- Open to new ideas, different internal experiences that may surprise you, and different people's opinions that may not be in alignment with yours
- Ready to expand your perspectives, perceptions and ways of experiencing the world inside of you and without
- Able to self regulate in group settings
- Interest in incorporating alternative healing principles and practices into your current treatment and daily lifestyle.
- **PLEASE NOTE:** We reserve the right to disqualify anyone at any time in the process of intake and beyond if we assess that this treatment option is not appropriate for or beneficial to the client . We will offer alternative treatment options either within our own clinic or without. Client will be responsible to pay for only the portion of treatment they have already taken part in if they have been disqualified.

## Your commitment to the experience

- Prior to the intensive you will commit to:
- A 1.5 hour individual psychotherapy assessment (in person preferred, but online possible)
- A 1.5 hour individual yoga therapy session (in person preferred, but online possible)
- A commitment to short daily yoga practice at home (designed and taught to you during the yoga therapy session)
- Attendance at the intensive for all 5 days with very little cell phone or screen time or time with people outside of the intensive; to be present.





## Is this experience for you?

- Are you interested in a consciousness expanding, psychotherapeutic and yogic healing experience that incorporates movement, breath work, visualization, sound, CRM group therapy process, and deep inner work at your level, designed just for you?
- Are you looking for an experience that brings you beyond your limited perceptions of who you think you are towards a broader understanding of who you have always been?
- Do you have a physical, physiological, psychological condition or relational situation that you are struggling to resolve or live with?
- Do you want to do a big piece of work in a short period of time to move your healing process forward more quickly?
- Do you want to learn how you can be an integral part of your own healing process?
- Are you ready to begin a daily practice for self healing that is designed just for you and your particular conditions?
- Are you ready to experience changes in your life, improvements in or resolution of your conditions and relationships that come from your choices, your internal experience and personal actions?
- Are you open to seeing your conditions or life situations from different healing perspectives and learning to be with them in different ways?
- Are you interested in being a part of a supported community of others who are walking a similar healing path?
- Are you ready to go deeper inside yourself to remember and activate the healing capacities of your body, energy system, mind and soul?
- Are you open to exploring and sharing your individual struggles in a supportive group setting?
- Are you ready for an experience that will leave you in deep wonder and with a greater capacity for joy?
- Are you looking for a healing experience that is consciousness expanding without drugs or psychedelics but will stick because it will be embodied?
- Do you want to have time to reset, restart, relax, regroup and regroup?
- Do you love to swim, eat delicious organic food, walk by the river, hike through the forest?
- Do you love connecting with nature, water, trees, stillness, silence, ease and grace?

**If this is you - you are invited to contact us**



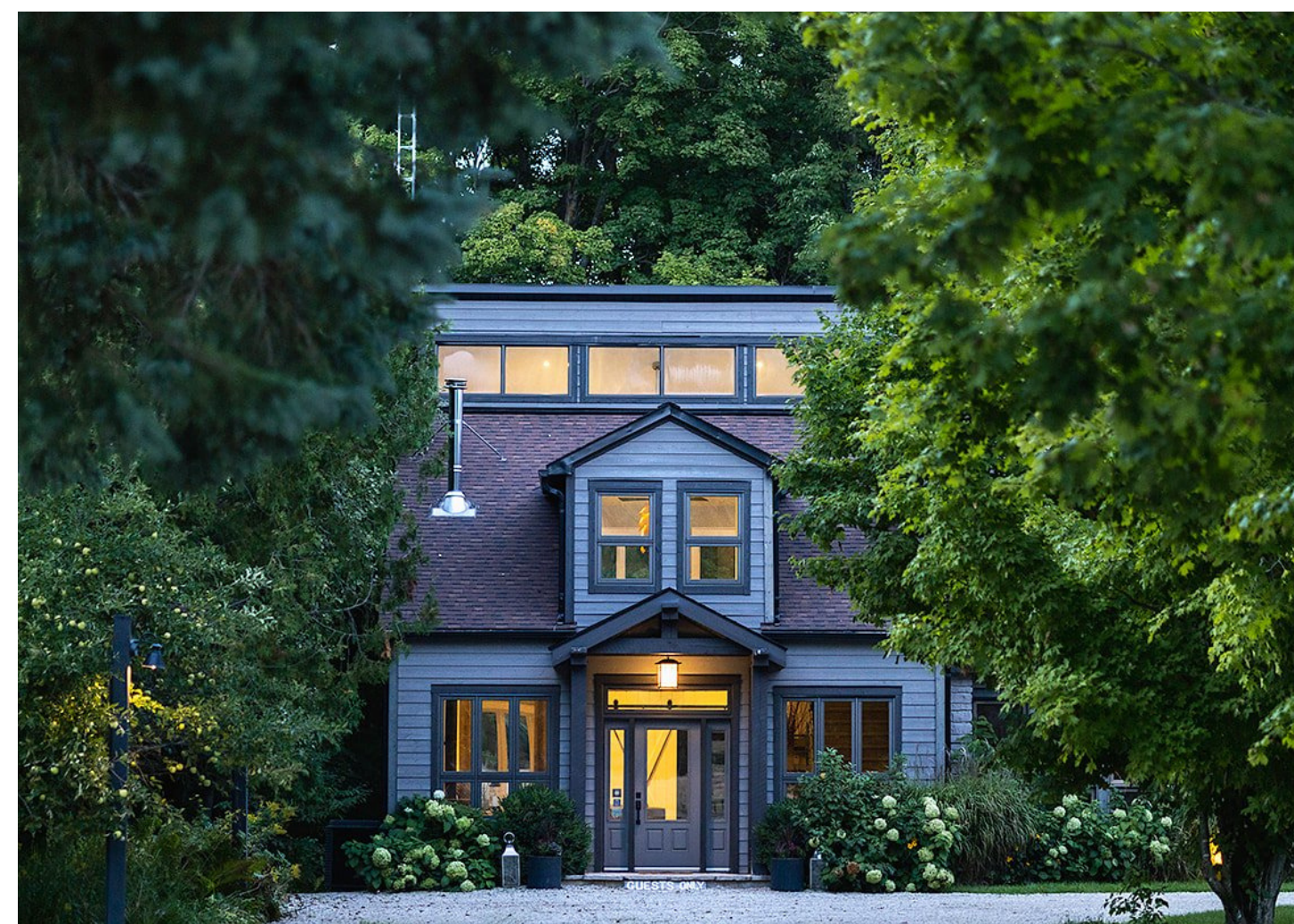


# About the Sequel Inn, Creemore, Ontario

If you ever wondered what the “Garden of Eden” looked like, it’s where Sequel Inn is located! Set in 50 acres on the Niagara Escarpment at 3476 Garden of Eden Road in Creemore.

We have the whole place to ourselves for the intensive, which boasts beautiful, well thought out spaces, with a touch of Scandinavian influence. Guest rooms are beautifully designed with luxury bedding and are a peaceful place for you to rest after each day. Breakfast and Lunch are included daily within the cost of the intensive, leaving you free to explore and go out for dinner. The in-house culinary preferred caterer is L-eat Catering of Toronto, and Eric te Boekhorst, Chef at the inn, prepares your farm to table breakfast with eggs from our “Chick Inn”, and onsite organic farm. Lisa and Eric are the wonderful owners and our hosts for the 5-days.

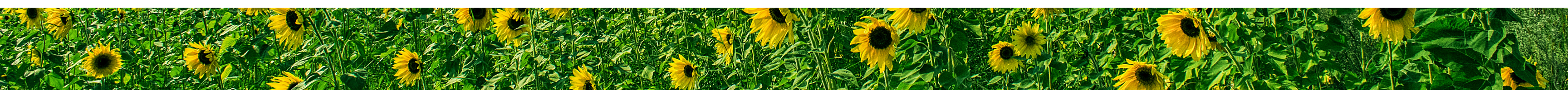
This venue boasts beautiful grounds that include a river walk, salt water outdoor pool and a restored barn which we will be using throughout the intensive.



## Sequel Inn

3476 Garden of Eden Rd., Creemore, ON L0M 1G0

705 466 3564 | 416 480 0996





# Intensive Outline

Approximate scheduling, subject to change depending on group dynamics. Breakfast and lunch is provided daily (included in the price).

## Day 1

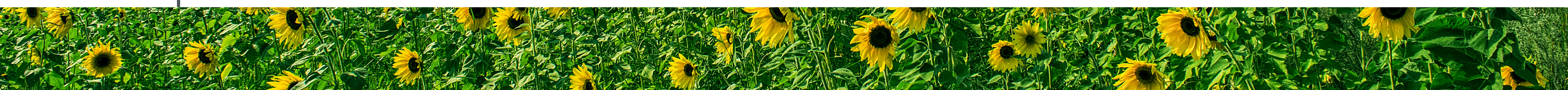
7am	Arrive and settle into your room
7:30am-9:00am	Yoga practice
9:15am-10:00am	Breakfast
10:00am-12:30pm	Small hike and opening
12:30pm-1:30pm	Lunch
1:30pm-2:00pm	Free time
2:00pm-5:00pm	CRM session with group and debrief
5:00pm-6:00pm	Free time
6:00pm-7:00pm	Dinner
7:00pm-8:00pm	Free time
8:00pm-8:30pm	Guided Yoga

## Day 2-4

7:30am-9:00am	Yoga practice
9:15am-10:00am	Breakfast
10:00am-12:30pm	CRM session in group
12:30pm-2:00pm	Lunch and free time
2:00pm-5:00pm	CRM session in group and debrief
5:00pm-6:00pm	Free time
6:00pm-6:45pm	Dinner
6:45pm-8:30pm	Free time
8:30pm-9:30pm	Your own assigned evening yoga and visualization practice

## Day 5

7:30am-9:00am	Yoga practice
9:15am-10:00am	Breakfast
10:00am-12:30pm	CRM Session with group and debrief
12:30pm-1:30pm	Lunch and pack bags etc in cars
1:30pm-3:00pm	Closing
3:00pm	Head home





# What happens after I apply?

## Step 1

- Email us at [info@cpyc.ca](mailto:info@cpyc.ca) to apply for the intensive.
- We will create a client file and account in our booking system
- We will book your initial psychotherapy assessment appointment and yoga therapy appointment.

## Step 2

- Once you have had your initial psychotherapy appointment, Tara will determine your readiness to attend the intensive.
- We will register you for the Remembering the Healer 5-day intensive - this will secure your accommodation at Sequel Inn. We will require a deposit of \$1000 and the balance will be split into 2 equal payments 4 weeks apart. Please contact us if you would like to propose an alternate payment plan.
- We will assign your room (this is on a first come first served basis)
- We will ask if you have any dietary, access or special requirements
- We will send confirmation emails and keep you up to date.

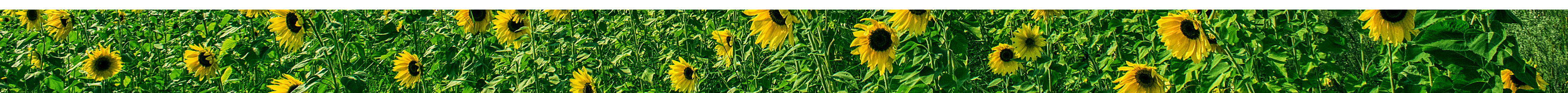
## Step 3

We will take the 1st payment 4 weeks after your deposit

We will take the 2nd payment 4 weeks after the first payment

## Step 4

1 week before the intensive we will contact you to confirm any final details.





# Booking Terms & Conditions

## Payments

- All payments must be provided through a credit card, which we will hold on file in your client account on our secure booking system.
- All prices are in CAD and include taxes.
- Exchange rates can fluctuate and will be charged as per your credit card provider on the day payments are processed.
- A \$1000 deposit is required to secure your place on the intensive
- The balance is split into two equal payments which are due 4-weeks after your initial deposit payment and then 4-weeks after the first payment.
- Prices shown on our website or booking system may not reflect the amount advertised and your invoice will be adjusted at the time of booking in line with the Extra Early Bird, Early Bird and regular pricing.

## Pricing

### June Intensive:

- Extra Early Bird - booking made on or before 31st March - \$4000 (\$3900)
- Early Bird - booking made between 1st and 30th April - \$4250 (\$4150)
- Regular - booking made between 1st May and 17th June - \$4500 (\$4400)

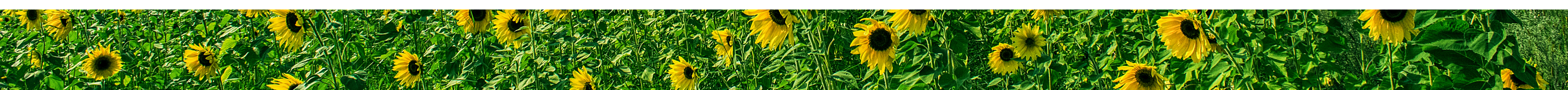
### July Intensive:

- Extra Early Bird - booking made on or before 30th April - \$4000 (\$3900)
- Early Bird - booking made between 1st and 31st May - \$4250 (\$4150)
- Regular - booking made between 1st June and 5th July - \$4500 (\$4400)

- \$100 discount on all bookings if paid in full at the time of booking

## Cancellations

- If you cancel before 30th April you will receive a full refund, less 5% administration fee.
- Cancellations after the 30th April are non-refundable.
- If for any reason we have to cancel the event before the 30th April, you receive a full refund. If we have to cancel after the 30th April, you will be refunded the amount you have paid less 5% administration fee.
- Any refunds will be issued to the credit card on file.





## Models & Practices Used during this experience

The Comprehensive Resource Model® (CRM) is a neuro-biologically based, emotion-focused trauma treatment model which allows us to target trauma symptoms by reintegrating the most primitive aspects of the person and their brain (midbrain/brainstem), within

their purest, healthiest parts of the self. This bridge allows the mind and body to access all forms of emotional trauma and stress by utilizing layers of internal resources such as attachment neurobiology, breathwork skills, brain neuroplasticity, our deep connection to the natural world for survival, toning and sacred geometry, and one's relationship with self, our intuition, and higher consciousness...once accessing resources CRM® clears the origin of the split second moments of intolerable affect that result in defense responses which lead to life-interfering symptoms, such as addictions, and disconnection from self and others. The potential for clearing neurobiological debris from the nervous system clears the way for positive neuro-plasticity and personal expansion whether that is seen as spiritual or otherwise, and which is separate from one's history of pain and woundedness.

(For more information see: <https://comprehensiveresourcemodel.com/>)

Yoga Therapy is the professional application of the principles and practices of yoga to promote health and well-being within a therapeutic relationship that includes personalized assessment, goal setting, lifestyle management, and yoga practices for individuals or small groups.

Although all yoga is potentially therapeutic and healing, yoga therapy is the specific application of yoga tools—postures/exercises, breathwork, meditation techniques, visualization, chanting, mantra and more—to address an individual's specific physical, mental, and emotional needs and conditioning.

Yoga therapists have in-depth training to help them assess clients capacity. They work with you to address your specific goals while considering any limitations you might be experiencing. The practices your yoga therapist recommends could include:

- movement ranging from gentle to vigorous,
- breathing techniques,
- meditation or visualization practices, chanting & mantra
- physical postures that address specific areas of discomfort or musculoskeletal imbalances, and
- lifestyle changes
- any combination of tools like these!

(For more information see: <https://yogatherapy.health/> )

