



led by Tom Holmes, Ph.D.

Bend of Ivy Lodge

near Asheville, NC

November 12-14, 2010

Friday 7:00pm to Sunday 1:00 pm



An Opportunity for Renewal

How can we awaken to joy and stay connected with that joy in our daily lives?

The Workshop

Healing and Renewal

How can we awaken to joy and stay connected with that joy in our daily lives? This workshop will offer those engaged in helping others an opportunity to care for themselves; to identify potential sources of their burnout as well as a chance to connect with inner sources of renewal.

Integrating IFS and Spirituality

By integrating Internal Family Systems therapy (IFS) and spiritual practice, we can support our capacity to remain centered in Self, in the heart. The IFS process helps us to open the inner space through work with our parts, and this allows the heart room to awaken. On the other hand, spiritual practices deepen and purify our experience of Self, thus creating a path towards what in IFS is known as "Self leadership" which is similar to what in spiritual traditions is referred to as the "awakened heart."

Meditation, Music and Movement

Through this work of supporting Self and awakening the heart we are more able to walk with others through those areas of life where there is pain and darkness and at the same time help them to find sources of peace and joy. The weekend will include work with the IFS process, guided imagery, meditation, Dances of Universal Peace, and the "Journey to Self" based on the contemporary Zen process known as Big Mind. In addition, Kristin Luna Ray will offer support to the sacred space and group process through song and music and Karina Mirsky will help us integrate body and mind through yoga.





Tom Holmes, PhD, is Professor Emeritus at Western Michigan University in the Holistic Health Care Program. Tom received training in IFS from Richard Schwartz in the late 1980's and has been teaching and practicing the model since that time. He has authored the book *Parts Work: An Illustrated Guide to Your Inner Life* and has given numerous workshops in the USA and

in Europe. He specializes in integrating spirituality with Parts Work. You can find more about Tom's work at: www.wingedheart.org.

Tom will be assisted:

with music by Kristin Luna Ray (www.kristinray.com) and yoga by Karina Mirsky. (www.sanghayoga.com)

Questions: email: tom@wingedheart.org
Phone: 269 330-4267

The workshop will take place in a lovely retreat setting with organic meals: Bend of Ivy Lodge, www.bendofivylodge.com a beautiful retreat center 20 minutes north of Asheville, North Carolina, nestled on 63 acres of land that slopes gently down to the Ivy River.



Registration Form

Name: _____

Address: _____

Email: _____ Phone: _____

Professional background:

The workshop, accommodations and organic meals are included in the price.

	Registration payment due by Oct 1	Early Registration discount when payment is received by August 15
<input type="checkbox"/> Double Room rate:	\$450	\$395
<input type="checkbox"/> Single Room rate:	\$550	\$495
(a limited number of single rooms are available)		
<input type="checkbox"/> Communter	\$345	\$295

Reserve Early - space is limited.

\$50 of your registration fee is non-refundable.

After October 1 there is late registration fee of \$50.

Questions: email: tom@wingedheart.org Phone: 269 330-4267

When we receive your registration we will send you the confirmation and directions to the conference center.

You can send your information via email to tom@wingedheart.org and pay on line at: www.wingedheart.org

or send this form by regular mail with a check to:

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