



## **Mission Statement:**

The mission of Sunrise Retreats is to create, fund and offer healing opportunities with trained professionals that directly support individuals (and their children) who are navigating the death of their partner.

## **Vision Statement:**

Sunrise Retreats creates experiential education opportunities to enhance the health and wellbeing of individuals navigating life after the death of a partner by fostering connections, deep understanding, inspiration, and most of all, hope.

## **Values:**

The death of a partner is a natural part of the human experience and the challenge of living without the one with whom we hoped to spend our future life with is devastating. We believe that spending time in nature, creative expression, movement, body work, adventure, good food, practical tools and self-inquiry offer powerful moments of healing. Grief is a precious intimate and sacred journey. It affects the whole being- body, mind and spirit. Something magical happens when we come together in our healing. Our retreats provide a safe space to connect, support and inspire, and opportunities to nurture, heal and grow while navigating the fullness of life. Together we share in our common humanity by honoring the past, with awareness of the present and creating a hope filled future.

## **Our Manifesto:**

This is a safe, welcoming place. What is spoken here stays here. We share only what and when we want. Listening to others is a great growth experience. Grief is sacred, fears are witnessed, and dreams are ignited. Support means we will listen and not interrupt or try to change how you feel. We walk beside each other while laughing and crying. We are whole human beings, there is nothing to fix. Your spirituality and belief system will be honored. We are tender and fierce. Chocolate is a food group. As we honor and celebrate the past, our awareness of the present guides us to rediscover a hope filled vision of the future.