

THE AUTHENTIC MAN: A WEEKEND RETREAT LED BY JERE FRIEDMAN

FRIDAY, JUNE 21ST - SUNDAY, JUNE 23RD, 2019
AT SPIRIT IN THE DESERT RETREAT CENTER, CAREFREE, AZ



You are invited to participate in a powerful weekend Men's Retreat led by Jere Friedman. You will be part of a select group of highly motivated and successful men who will explore what it means to fully live as a "man" in today's world at all levels – physical, mental, emotional, and spiritual. As a participant in this retreat, you will have an opportunity to deepen your connection with your "Authentic Self" as you move forward on your life's journey. With Jere as the retreat facilitator, you will share your own life experiences and wisdom while receiving the same from the other men in the group. You'll have fun, create strong connections with like-minded men, and develop an even more meaningful relationship with Spirit, Self, and the world at large than what you already experience.

DISCUSSION TOPICS AND ACTIVITIES INCLUDE:

- Who am I as a man? What does it mean to be a "man" in today's world?
- What is "masculinity?" How can I express my masculinity in an appropriate manner?
- Using heart-centered communication skills to create and nourish healthy, rewarding relationships
- Finding purpose and fulfillment - what do I really want to create in life?
- Exploring vulnerability as a gateway to strength and resilience
- Summer Solstice Ceremony with Gongbath
- And much more!

WALK AWAY FROM THIS RETREAT WITH:

- Greater clarity of your Self and your role as a "man" in today's world
- Strategies, life leadership tools, & wisdom teachings to support you in leading a more fulfilled life

PLUS: FOLLOW-UP COACHING SESSION

In addition to the retreat weekend, each participant will receive one free 90-minute follow-up coaching session with Jere (a \$500 value). In this session, you will have the opportunity to "anchor in" your "takeaways" from the retreat, review your progress with any action steps that you committed to in the retreat, dive deeper into questions and issues that you uncovered in the retreat, and receive support on moving forward and integrating your retreat experience into your daily life.

REGISTRATION FEE:

(Includes lodging, meals, and materials)

- \$650 (double occupancy)
- Early Registration by May 20th: \$550 (double occupancy)
- Single occupancy: add \$99



Spirit in the Desert Retreat Center



TESTIMONIALS FROM PREVIOUS PARTICIPANTS:

"Jere's Authentic Man retreat was truly a transformative experience."

"The Authentic Man Retreat facilitated by Jere Friedman was a powerful and profound event. Jere skillfully led us through each conversation, creating a safe space to share in pairs or as a group that which served us the best."

"I came away with a deeper respect for myself as well as others and as well as a more defined sense of direction and connection with my Authentic Self."

WEEKEND SCHEDULE OF EVENTS:

FRIDAY, JUNE 21ST

4:00 - 5:00pm:

Registration

5:00 to 10:00*pm:

Opening session
(includes dinner)

SATURDAY, JUNE 22ND:

8:00am to 10:00*pm:

Morning, afternoon, and evening
sessions (includes breakfast, lunch,
afternoon rest time, and dinner)

**ending times are approximate*

SUNDAY, JUNE 23RD:

8:00am to 2:00*pm:

Morning session and closing
circle (includes breakfast
and lunch)

SPACE IS LIMITED - THIS RETREAT WILL FILL!

Reserve your space now!

Contact Jere at (602) 619-7145 or jere.friedman@gmail.com
to register - and prepare for transformation!

Please go to www.jerefriedman.com & www.gong2heaven.com for more information about Jere's work.