

# Reconnect and Fall in Love With Yourself

Women's Healing Trauma retreat workshop with Lynn Fraser

October 5 to 7, 2018 Windhorse Farms Nova Scotia



Many experiences happen in our early life where we disconnect from ourselves, from our sense of value, and from the present moment. We develop patterns and ways of coping that lead to feelings of unhappiness. Our nervous system is activated and overwhelmed and we don't know how to come down from that.

This weekend we learn and practice tools to calm and strengthen your nervous system and to develop resilience and emotional self-regulation. We also have time to do yoga, reflect, and walk the beautiful grounds, lakeside and old growth Acadian forest.

Can you stay present in the moment and feel comfortable with the sometimes intense sensation and energy in your body? Yes! Practices through our time together lead to the direct experience that it is safe to welcome it all. No feeling is here to hurt us. We have effective tools to inquire into the memories and associations from our past. This reduces the drive of our compulsive avoidance strategies and addictions.

The Living Inquiries allow us to freeze-frame and look directly and safely at what is driving fear and anxiety. Associations of thought/memory velcroed with energy are seen and released. Safety IS the treatment. In this experiential workshop we do practices to begin and deepen trust in yourself and nurture authentic kindness and compassion within. We cover the essentials of "how it works" so you understand your body, feelings, nervous system, shame, judgment and the essential role of social trust and connection. You will strengthen your capacity to see through and release identification with experiences that commonly lead to core deficiency beliefs of unworthiness, unlovability - that feeling like there is something basically wrong with you.

Lynn Fraser is an experienced facilitator of Scott Kiloby's Living Inquiries and senior teacher in the Himalayan Tradition of Yoga Meditation. She works online and internationally with individuals and groups. Lynn has direct experience of recovery from PTSD and works with people to hold a safe space for awareness and healing.