



# Transforming Personal and Family Shadows

A Weekend Retreat

November 19-21, 2010

Portland, OR

**For Self-Awakening, Personal Transformation, Healing and Reconnecting to Love**

**Co-Led by Jude Blitz, MA and Luke Entrup, MSW, MPH**

Jude and Luke are both certified Shadow Work® Group Facilitators

## ***Are you ready for something new ?***

This retreat will offer opportunities to: Change painful and recurring patterns  
Shift historical family dynamics into adult, present-time connections  
Unlock hidden vital interior energies, Untangle intractable family, work, and relationship knots  
Step wholly into the fullness of who you are meant to be.

## ***How we work together:***

Teaching new ways to understand and work with personal and family issues.  
Coaching all participants to gain new perspective on difficult patterns.  
Guided meditations and reflective journaling.  
Partner practices that open minds and hearts .  
Opportunities to have a Facilitated Personal Process in the Group



*Our Non-Residential Retreat begins at 6PM on Friday, November 19th and ends by 3PM Sunday, November 21st, 2010  
Snacks provided. We will break for meals.*

*Retreat Cost: \$350 basic; or \$500 with a Facilitated Personal Process.*

*Early Bird rates for registering before October 18, \$300/\$450.*

*For More Information: Contact Luke at [luke@lukeentrup.com](mailto:luke@lukeentrup.com) or 720-339-1728.*

*To Register: Contact Jude at [jude@livingartsfoundation.com](mailto:jude@livingartsfoundation.com) or 303-530-1896.*

*For more information about Jude and Luke please visit : [www.livingartsfoundation.com](http://www.livingartsfoundation.com) and [www.lukeentrup.com](http://www.lukeentrup.com)*