



October 13-15, 2006

For Women Only
Camp Tu Endie Wie, Elgin, Illinois

We invite you to join us at the October “For Women Only” training. We are excited with the number of women who are interested in attending. A number of women who have attended WOMAN WITHIN will be on our staff. And the women who have completed PATH TO SPIRIT and who have experienced WOMEN WITHIN are great advocates of the training.

“Path to Spirit for Women combines strength and gentleness in a weekend where men facilitate women. I felt safe to do extraordinary work on that weekend. I believe that the men and women can work together on a Path weekend in a way that is not available anywhere else in our communities. Bless all those who make this weekend a reality.”

Leslie Penelope Recht

Here are some questions that you might ponder?

- Do love and joy somehow escape your moment-to-moment experience?
- How much have I given up on my feminine spirit with men?
- Would you like to experience your life as more of a celebration than a series of sufferings?
- Do your personal growth successes not transfer to your close relationships or career?
- Or do you just need to be pointed down the path of the next step,

Making the decision to attend this training or any other training requires the desire to change. When you are ready, consider our commitment to you:

Our teaching is to combine love and faith with the path of courage and strategy. We believe that it is possible to convert to an ongoing path of spiritual renewal. Grace and ease are the gifts of this path. Picture a life of gratitude and celebration rather than living with regrets and remorse.

This training is committed to creating healthy choices and then dynamically showing you how these choices can be manifested here and now. It is amazing how we can accomplish so much at the training and have lots of fun, too.

What happens at the Path to Spirit training?

- We challenge each “pilgrim” (participant) to fiercely love themselves in the moment. The container is loving and supportive of you being in a meditative and curative space. Processes and teachings include an emphasis on:
 - deep meditation with visualizations throughout the weekend
 - conscious eating while consuming delectable organic food
 - physical awareness, beginning with yoga
- We offer a process of transcending your human "burdens" through the steps of *surrender*, *acceptance*, *forgiveness*, and *thankfulness*. When combined with warrior effectiveness, the work of spirit creates opportunities for peaceful growth.
- Individual processing is based on psychodrama, gestalt and “shadow” work. The work on mission is practical spirituality based on the “call of spirit”.
- The “spirituality” offered at the training flows out of your belief system and relationship to Spirit. All religions and their belief systems are welcome.

Leaders:

David Lindgren co-created the Path to Spirit Training and is committed to its ongoing leadership. David Lindgren is co-founder of the Chicago New Warrior (NW) community, co-founder of the original NW Network, certified NW leader, and a psychotherapist/coach.

Jack Chapman was one of the original 10 Guides who were at the 1st training in May, 1997. Jack is a career counselor in his professional life and is an author of a book on negotiating salaries. Jack has attended and/or led over 35 Path to Spirit trainings.

Jeff Robins is a NW Co-leader Candidate. Jeff has attended and/or led 25 Path to Spirit trainings. In his professional life, he is a pharmacist and a consultant to physicians and health and wellness programs.

Greg Gits is a poet extraordinaire, yoga instructor, veteran of 16 P2S trainings and 7 NWTAs. And Greg is a general contractor in his day job.

Logistics

Time: Training begins on Friday at 1:00 PM and is completed by Sunday at 4:30 PM.

Place: Camp Tu Endie Wie near Elgin, IL, which takes less than 1 hour travel time from Chicago.

NOTE: This training is designed exclusively for women. What is unique is that the training is staffed by men, with women guides who offer support and help create safety for every woman.

Who can attend? Women who have done personal growth work, either through other training programs or through work with therapists or coaches. Interviews will be conducted in advance of the training to be sure this program is a good fit for each participant.

Cost? \$650 per person. Covers training, housing, food and materials. Payments over time and scholarships available. Note: when the time is right to attend, we will find a way together to finance the training. No person will be turned away for lack of funds. Transportation will be through participant carpools.

For more information and to speak with David Lindgren

- 312 415-7455 or

- Email at Mandavidl@aol.com or
- Visit the website at www.pathtospirit.com
- To register and reserve your space, send a \$100 deposit to the following address. The balance is due one week prior to the training.

Way of the Warrior
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