

Men's Weekend Reset

A transformational journey
for men in the beautiful
Berkshires

So often as men we find ourselves stuck in the momentum of life's demands, not taking the time to slow down and truly connect to ourselves and what we want from our lives.

Give yourself a weekend to unplug, step out of your default day-to-day, and get in touch with your values, desires, and the unconscious blocks that may be keeping you from fulfilling your true potential. In the company of other like-minded men, you will be led on a therapeutic journey through:

- » **Group processes** to build the connection and strengthen the container
- » **Intention setting** to explore individual values and motivation
- » **Breathwork** experientials to access our unconscious, dislodge places we feel stuck, and guide us back into our fully inhabited selves
- » **Creative practices**, including movement, writing, meditation, and group fires
- » **Nature immersion** in Plainfield's extensive network of hiking trails
- » **Integration and planning** for habit change and action
- » **Post-retreat virtual space** to support integration and accountability

May 10–12, 2024

Nine Mountain Retreat Center | Plainfield, MA

Embodied Mind NYC invites you to join facilitators **Daniel Cook** (LMHC) and **Kobi Bordoley** (MHC-LP), along with breathworker **Daniel Rainwater**, on a curated retreat to connect and build community with other men.



DANIEL COOK has worked with men and their mental, relational, and spiritual health for the past two decades. Understanding the special needs of men in the modern world, Daniel has committed his life to supporting and challenging men to step more fully into their deepest capacity and intent. Through curiosity, acceptance, embodiment, accountability, and play, Daniel tailors his approach to supporting men in transforming their lives.



KOBI BORDOLEY is interested in the narratives contemporary culture tells men, and the ways in which men both internalize and reject those messages. Through his work as a psychotherapist, he witnesses the novel ways in which men adapt (and often struggle) to live authentically, compassionately, and without shame. Kobi also runs multiple men's groups, and is curious about how masculinity develops and emerges in group dynamics.



DANIEL RAINWATER has been studying systems of internal energy cultivation and body-based practices for almost two decades. He brings a unique combination of heart-centered traditions into his practice as a breathworker and holistic health coach.

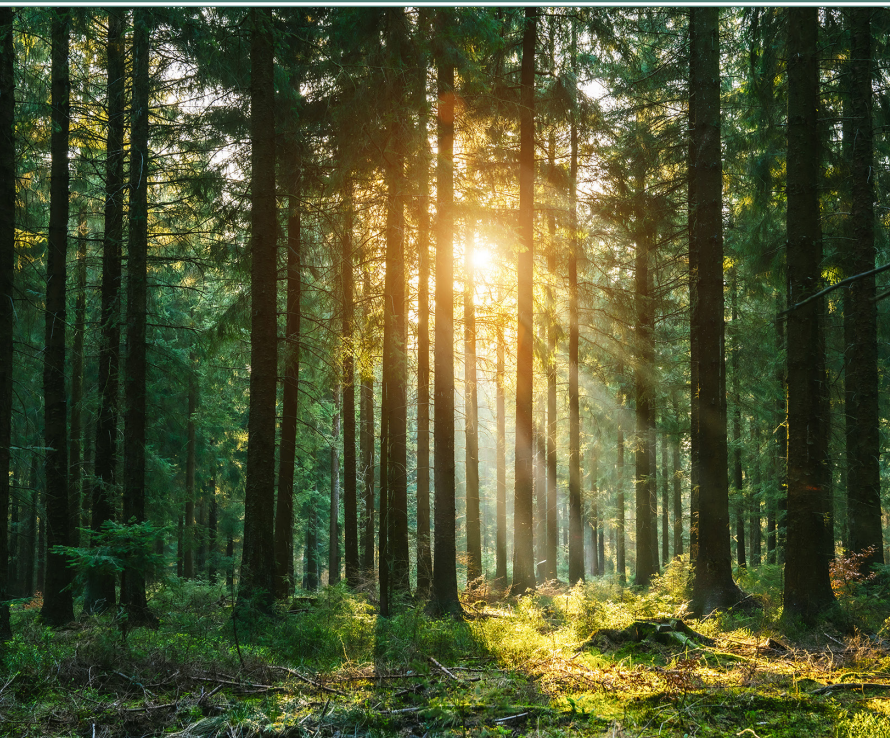
His group breathwork sessions focus on releasing physical and mental tension via deep kinesthetic awareness of body and breath, with a splash of imagination and radical presence.

NINE MOUNTAIN



Retreat at a Glance

- » **Dates:** May 10–12, 2024
- » **Location:** Nine Mountain Retreat Center in Plainfield, MA
- » **Includes:** Meals, lodging, hot tub, shuttle service from Northampton train and bus stations
- » **Cost:** \$1250 (private room); \$1100 (semi-private); \$950 (dorm).
Professional Body Work at additional cost
Some scholarship available
- » **Registration + Complimentary Consult:**
Email admin@embodiedmindnyc.com



Let's get out of our heads and into the moment.