



If you are not sure,
or you know it is not where you want to go...

Think about a guided **Personal Path Retreat** on Ocracoke Island, across the water, where there is time and space to reconsider and remodel the life path you are currently traveling.

Take time for yourself to reflect, renew and reinvent the life you have and make it the life you want.

www.islandpath.com • 1-877-708-7284

Possible topics to explore with Ruth and Ken

Health Crisis/Opportunity - Learn to empower yourself in the medical climate - find communication strategies, alternative/complementary approaches to managing your diagnosis, learn techniques to de-stress and heal.

Life Transitions - At all stages of life we are faced with letting go of what no longer works and starting on a new path. Whether it be generated by relationships, births and losses, health, career decisions, stage of life - it is still a challenge spiritually, emotionally, mentally and physically. All of these parts of ourselves are engaged either consciously or unconsciously. Learn how to focus and direct your energy to make change a positive force in your life - to correct old problems and engage in new options.

What are the elements of a personal path retreat?

The foundation of the personal path retreat is to provide you with an **opportunity to renew and deepen your relationship with yourself and your life**. Prior to arrival, we will have explored your needs by phone so that the elements for your time in retreat on Ocracoke Island will match as much as possible your vision of what you want.

Sessions with your personal coach are included so that you have a guide, facilitator and support person. Your coach is an objective encouraging witness who will help you to keep the commitment to your retreat goals after you leave Ocracoke.

Massage sessions with Ken, who is a certified massage therapist are strongly encouraged to help you relax and get out of your mental self.

Exercise is a strong component of health and balance. Your Personal Path Retreats is a perfect place to begin new routines and shake unwanted sedentary habits. Walk on Ocracoke Island's miles and miles of clean and unspoiled beaches swim in the ocean, kayak in Pamlico Sound, or bike around the quiet lanes of Ocracoke village. There are many special places to wander and discover.

Spiritual renewal is an essential part of the retreat. Rekindling your passion for life if it has dimmed, or reworking the rough patches of your life path for the wisdom and growth that accompany those hard and challenging times may be part of your path retreat vision. You are encouraged to bring those personal spiritual materials that are meaningful with you or you can work with a spiritual growth tool called "Island Path Stones" during your retreat.