



## **The Center for Soul Actualization® Shadow Work® Weekend Information Sheet**

Congratulations on registering for the Shadow Work® weekend in Superior, CO near Boulder, CO. We are excited to host this weekend and look forward to having you be part of this amazing work and group of people!

### **Location:**

Jeannie and Mark's home, 1429 Aster Ct., Superior, CO 80027

### **Times:**

Here are the times for the workshop. Fri. Sept. 22nd, 5pm-9pm, Sat. Sept. 23rd, 9am-6pm, Sun. Sept. 24th, 9am-4pm – 2017. Please arrive by 4:45 on Friday afternoon to check in and get settled before we start.

There is a lot of information and processes we will do as part of the weekend, so we request that you support the group by agreeing to arrive with enough time each morning to get settled, and to come back promptly from breaks and lunch breaks. We will be having one hour fifteen minutes for lunch on Saturday and Sunday. You are welcome to either bring your lunch with you, or there several restaurants with quick service nearby including Subway, a deli, an Asian Fusion/Sushi restaurant, and a Safeway grocery store. There is a Whole Foods on the way in from Louisville/Boulder if you want to pick something up on the way in.

**Parking:** Please park on the main street before you turn into Aster Ct. in order to not disrupt our neighbors on the cul-de-sac. That street is East Yarrow Circle. Our house is a block down on the right side. If you need to drive up to the house to drop off anything feel free to do so before parking on East Yarrow. We will have backjacks and chairs available.

**What to wear:** Please wear whatever you will be comfortable to sit and move in. We suggest dressing in layers and bringing a sweater.

**Where to stay:** If you are from out of town, Louisville is less than 10 minutes from our house. Some options:

### **Hampton Inn Louisville**

912 W Dillon Rd, Louisville, CO 80027

Phone: (303) 666-7700

### **Courtyard Boulder - Louisville by Marriott**

948 W Dillon Rd, Louisville, CO 80027

Phone:(303) 604-0007

### **La Quinta Inn & Suites Louisville**

902 Dillon Rd, Louisville, CO 80027

Phone:(303) 664-0100

**Center work processes:** We believe that everyone who comes to a Shadow Work® weekend will get benefit regardless of whether or not you do a piece of center work. There is value to be gained from doing the group exercises, visualizations, and playing parts for others. Please understand that because of time constraints, we can only accommodate 6-7 people who want to do a piece of center work. These spots are offered in order of registration. If you have any questions about this, please contact us. (303) 653-3097.

**Prework:** We ask that you listen to the Shadow Work recording before the weekend. It can be found on youtube: <https://www.youtube.com/watch?v=IRKggJAQPks>

It gives quite a bit of information that is background on the model and the weekend. If everyone listens to it, we can spend less time on Friday night going over the model and the specifics.

**Journal:** The workshop starts for you once you register! You may want to begin thinking about a breakthrough you'd like to have in your life and keep a journal as to your thoughts and feelings around "shadow."

**What to bring:**

Water bottle (we are at 5,600 feet, drinking water helps!)

Snacks (we will have some snacks but please bring what you think you might need that is unique to your diet)

Journal

Sweater or light jacket

Lunch (optional) – we will have an hour and fifteen minutes for lunch each day.

Photo of yourself as a baby or small child for our altar.

**Optional Reading List:**

Little Book of the Human Shadow, Robert Bly

Practically Shameless, Alyce Barry

Loving What Is, Byron Katie

Dark Side of the Light Chasers, Debbie Ford

**Altitude:** We are at 5600 or so feet here in Superior. Some people need a bit of time to adjust to the altitude. Drinking water is the thing that helps the most. Also, lots of sleep and limiting alcohol helps too.

**About the area:** Boulder is only 10 minutes away and is one of my favourite places! If you can, I would recommend scheduling an extra couple of days to just hang out or go to Rocky Mountain National Park. If you need recommendations for things to do, please let us know.

**Re-entry:** This is an in-depth workshop. If you can, we recommend you schedule at least one day off after the workshop to integrate and relax!

**Follow-up or pre-coaching:** Mark and Jeannie are both professional certified coaches. We use both shadow work and voice dialogue as part of our coaching practice. If you would like support during or after the weekend, please let us know. We do phone and Skype sessions or can arrange for an in-person session if you are local.

**Intake form:** I will be sending you an intake form to get some information from you about who you are and your goals for the weekend. Please complete it and get it back to us. Also, if we haven't met you, we will schedule a brief phone call with you to go over your form and check-in around your goals and to see if you have any questions.

Contact us with questions:

[Jeannie@soulactualization.com](mailto:Jeannie@soulactualization.com)     [mark@soulactualization.com](mailto:mark@soulactualization.com)

(303) 653-3097

We look forward to working with you soon!

Blessings!

Jeannie Gunter, MA, PCC

Mark Daly, JD, PCC