



Heal Your Story, Heal Your Life

*An Integrative Approach
to Narrative Medicine*

8 DAY RETREAT

December 1 - 9, 2018
COD Ranch
Oracle, Arizona

Your entire history – your unique story – is carried within your body and mind. Explore that story through the lens of narrative medicine. Jump start your healing with shamanic practices, shadow work, healing, meditation, mindfulness and direct experiential awareness. This retreat is a rare opportunity to align more fully with your life's mission, and to foster great clarity, creativity, and renewal. Come expecting to have fun, look deeply within, and to be joyously shifted. This conference is also open to practitioners that want to self-explore and learn these techniques.

\$2400 includes room and board

Travel is not included. \$2650 after September 1st.

Space is Limited. Register Today!



Dr. Mark Pirtle & Dr. Ann Marie Chiasson

*Do you feel that the life you are living is not the one
you envisioned for yourself? Are you troubled by illness,
doubt, anxiety, and fears that will not clear, no matter
what you do, or how hard you try to change?*

Only you can fully appreciate that struggle, but it is also true that you are not alone. Everyone carries wounds and defenses that don't serve their soul's purpose. Healing and working through such patterns takes a tremendous amount of courage and effort. Despite the challenges, for some, the need for healing and creative change is now *the* top priority.

Pirtle and Chiasson recently completed filming the feature-length documentary film, *Is Your Story Making You Sick?* The film features 8 participants engaged in much the same programming you will experience at this retreat. Anyone who boldly ventures into the mystery can receive the same hard won and beautiful transformation. You are invited to join us. "*Story*" will release in Fall 2017, at film festivals around the country.

Dr. Ann Marie Chiasson is the Co-Director of the Fellowship at the Arizona Center for Integrative Medicine. She is board-certified in Integrative Medicine and Family Medicine and completed a fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine in 2004. Dr. Chiasson has a long-standing interest in traditional energy healing traditions and teaches integrative medicine and energy medicine around the country. She is the author of *Energy Healing- the Essentials of Self Care* (Sounds True 2013) as well as other publication on Energy Healing. Learn more - www.AnnMarieChiassonMD.com

Dr. Mark Pirtle, a pioneer in integral thinking in stress relief and recovery, is a clinician, author, public speaker, filmmaker, and true "innerpreneur." Mark connects the dots between science, wellness, and spirituality. He tirelessly updates his understanding of the latest science to help others change and heal. Combining the disciplines of neuroscience, living systems theory, and mindfulness meditation, he developed an evidence-based program for people suffering from stress-related conditions called Skillfully Aware[®]. He teaches meditation and mindfulness to empower clients to work through stress-related patterns including pain, strong emotions, and urges. Learn more - www.SkillfullyAware.com



RETREAT DETAILS

Pricing: Registrations taken before September 1, 2018 - \$2,400; after \$2,650.
The rate includes room and board (double occupancy).

Travel: Travel to and from COD Ranch is not included. However, organizers will facilitate shared ground transportation when possible.

Pre and post programming: Registrants also receive free, lifetime access to Dr. Mark Pirtle's "[Tools for Transformation](#)" online class immediately upon registration. This class will prepare you for the retreat and help you maintain your gains after. The class includes an online forum and live, bi-weekly, web-based, "office hours" student meetings.

Register - www.skillfullyaware.com/events