

Shadow Work® Seminar



November 5 – 7, 2010 – Full Circle Seminars, Summit Point, WV

Some reasons to attend:

- Learn more about the Jungian concept of “shadow” and how to identify what you have in shadow
- Experience the four archetypes (Lover, Warrior, Magician and Sovereign) through exercises, visualizations, and discussion
- Do carpet work in a mixed-gender setting
- Enhance a relationship via your own work, or by attending with a partner

This non-residential seminar offers each participant an opportunity to work with his/her shadow and to reclaim gifts and talents that have been unconsciously disowned. It is open to any adult interested in Shadow Work®, and provides a good setting for learning how to:

- Increase your ability to make powerful choices; feel appreciated for who you are (Sovereign)
- Develop new solutions for old problems; understand persistent patterns (Magician)
- Deepen your capacity for intimacy; activate your creative talents (Lover)
- Improve your ability to set boundaries and deal with money (Warrior)

During the weekend, all participants will experience a series of processes carefully designed to help access the full range of emotions. Some participants may choose to work individually in the center of the group. Centerwork provides the opportunity to explore a life issue with the help of facilitators and the support of the group. For those who choose to do Centerwork, your intention guides the process. Using Shadow Work® tools, the facilitators help you symbolically reconstruct your issue so the shadow can be viewed objectively. They suggest perspectives and offer powerful techniques for reclaiming the energy in the shadow. You will have a choice at each step of the process. There will be time for 6–8 participants to do a Centerwork process. You can also be a part of the Shadow Work® experience without the pressure of working your own issue individually in the center of the group. As you watch and support Centerwork done by others, you can share in the transformation of wounds similar to your own.

Comments about Shadow Work® seminars facilitated by Dave & Chrissy McFarren

“Dave and Chrissy work together with amazing balance...a special innate talent they possess as a team, where each of their already stellar abilities merge to become more than the sum of the parts.” D.K.

“Chrissy and Dave seem to be naturals at Shadow Work®. They create a safe container, are passionate about this work, and do it with love and integrity.” D.M.

“Chrissy and Dave create a safe, effective container for people to process deep emotions and traumas. They bring great caring, sensitive intuition and skill to the Shadow Work® facilitation process.” B.R.

“My Shadow Work® experiences were profound and life-changing. Dave and Chrissy are powerful, compassionate, and highly intuitive guides who helped me see my truth and strength.” M.P.

“Chrissy and Dave are a pleasure to work with! They brought a wonderful balance of male and female energy to the circle and held a loving container for our group’s work together” N.O.

“I have never before experienced such a unique balance of safety, gentleness, and power that Chrissy and Dave McFarren create in their Shadow Work® retreats. They offer an inspiring balance of male and female energy, working exceptionally well together in co-leadership.” P.S.

THE FACILITATORS



Dave McFarren is a Certified Shadow Work® Group Facilitator. He did the New Warrior Training Adventure (NWTa) weekend in March, 1999 and has been facilitating personal work ever since, staffing many NWTa weekends and taking several follow-on/leadership trainings. He and fellow Warrior brother Rhett Bigler teach the Basic Carpet Facilitation for I-Groups training, which is based on Shadow Work® methodology. Dave is active in his New Warrior I-Group, where he often practices his Shadow Work® skills. When not doing personal work he works as a Database Applications Developer, and helps Chrissy with raising their three children and the up-keep of their 15 acre farm in Jefferson County, WV (about 70 miles west of Washington, DC).



Chrissy McFarren is a Certified Shadow Work® Group Facilitator. She has over 10 years of experience in the field of personal healing work including the continued healing of her own trauma and PTSD. She is leader/co-leader/creator of many workshops/circles/rituals & ceremonies, and also offers personal process facilitation for individuals. Chrissy is on the facilitation team for the women's training, Women in Power. Chrissy has over 25 years of experience working with horses and offers her clients equine assisted personal growth work. In addition, Chrissy is a visionary artist who creates artwork for the promotion of balance on this earth and she can be hired to create custom art pieces.

Schedule:	Friday	Nov. 5	6:00pm – 10:00pm
	Saturday	Nov. 6	9:00am – 6:30pm
	Sunday	Nov. 7	9:00am – 4:00pm

Cost: \$345 (if deposit paid by Oct. 8, 2010); \$395 (if deposit paid after Oct. 8, 2010).

Advance registration required – payment plans available.

Snacks and lunch on Saturday and Sunday are included in the price. All other meals are your responsibility.

The seminar is not residential, but limited shared lodging is available through Full Circle Seminars for \$15/night (bring your own bedding – sheets/blankets or sleeping bag and pillow), and a list of nearby hotels can be provided.

Information: Visit www.full-circle-seminars.com or contact Dave McFarren – (H) 304-728-9812, (C) 304-261-1372 or dave@full-circle-seminars.com. Upon receipt of your registration, we will send you an information packet.

To Register:

Register and pay online using PayPal® or a credit card at www.full-circle-seminars.com, or fill out the form below and send it with a check for the full amount or \$100 non-refundable deposit to:

Full Circle Seminars, LLC, 164 Boyer Lane, Summit Point, WV 25446

Name _____

Address _____ City, St Zip: _____

Phone _____ Email: _____