



PROGRAM

C H A R L E S T O N

# THE SOPHIA INSTITUTE

[www.TheSophiaInstitute.org](http://www.TheSophiaInstitute.org)

2010

Lindsay Wagner · Jean Houston · Joan Borysenko · Marianne Williamson · Natalie Goldberg · Sue Monk Kidd · Mark Nepo  
David Whyte · Anne Rivers Siddons · Robert Powell · Sera Beak · Rick Brown · Carolyn Rivers · Henk Brandt · Carol Anderson · Lee Irwin  
Anna Douglas · Richard Garcia · Andrew Harvey · Anne LeClaire · Bokara Legendre · Debra Moffitt-Leslie · Jacqueline Kabat  
Mary Alice Monroe · Lacquanna Paul · Terry Monell · Eve Blossom · Louise Doire · Stephanie Hunt · Tradd Cotter · Erica Ariel Fox

## FROM THE FOUNDER



**Carolyn Rivers**

DEAR FRIENDS,

**W**e are living in a profound moment in human history, one in which women are awakening to their full potential and being empowered to become passionate, creative agents for change.

His Holiness the Dalai Lama stunned a sold-out audience at his Peace Summit in Vancouver last summer when he proclaimed, "The world will be saved by the western woman." Maria Shriver's recent conference, "Women, the Architects of Change" drew 24,000 women and was sold out soon after registration opened. The teleseminar, "Women on the Edge of Evolution: Awakening to the Power to Co-create our Lives and Shape our Collective

Future" drew 30,000+ women weekly during its first month of broadcasting. Many of its speakers are our Faculty and on our National Advisory Board. The Sophia Institute is drawing over 12,000 participants from 49 states and three countries to join us in Charleston, South Carolina. Something really big is happening, and The Sophia Institute's work is at its heart.

We believe that community and global transformation arises from individual transformation; that inner work leads to outer action. We invite leading-edge visionaries and thinkers who share this vision to The Sophia Institute to lead retreats, workshops, lectures, and other special events. Their work, which centers on wisdom, healing, sustainability, peace, and the conscious feminine and masculine, heralds the arrival of fresh perspectives at a time when we need them most.

Sue Monk Kidd, our writer-in-residence, told a Sophia Institute audience recently that, "There is a new spiritual consciousness breaking into the world. We could call it a Feminine consciousness, even a Sacred Feminine consciousness. It has the potential to do something that has never been done before: To open the immense common heart of the world. The particular genius of the Sacred Feminine is in its valuing of the wisdom of the heart, of interdependence, empathy, relational thinking, compassionate community, intuitive intelligence, peace, creativity, and the sacredness of the earth."

The Sophia Institute envisions a world that could be called a wisdom society, a 21st century that could be called The Sophia Century: a conscious enlightened world, a compassionate, global community, where wholeness, oneness, sustainability, the conscious heart, deep wisdom, and the sacred are at the center of life.

We invite you to join us in this mission by participating in our transformative gatherings and supporting our work. Bring your curiosity, wisdom, and passion for life. We are cultivating a new mindset, one that is wisdom based and found in the hearts of women and men alike. As we face new challenges in a world in transformation, you can be a part of creating a more conscious and enlightened world, a world that expresses the vastness of the human spirit.

Blessings,  
Carolyn Rivers



## FROM OUR WRITER-IN-RESIDENCE

"The Sophia Institute is a unique and heartfelt presence in Charleston, beautifully evoking the spirit, dream, and aesthetic of the creative person. For the artist – and we are all artists in our own way – resonant places such as The Sophia Institute are graceful and sacred necessities, pointing us to the life of the soul." **Sue Monk Kidd**, Author of *The Mermaid Chair*, *The Secret Life of Bees*, *The Dance of the Dissident Daughter*, and *First Light*.

**Sue Monk Kidd**

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# JANUARY



## DEBRA MOFFITT-LESLIE

*Inspired Soul: Writing to Discover the Secret Garden*

January 15: Friday • 10AM–4PM

Tuition: \$95 by January 5 ~ \$125 thereafter.

This experiential workshop opens doors to re-discovering inner creative space and using it for self-discovery. Moffitt's exercises move from guided-visualization to exploration of symbols and guiding values to shape writing that comes from the heart.

Debra Moffitt, author and teacher, presents workshops in the U.S. and Europe on writing and spirituality. Debra's 108 Spiritual Practices for Challenging Times, draws on writing, meditation, centering prayer, rituals and other ancient spiritual practices to deepen divine connection and move through difficulties. She's on the executive counsel of the Wellness and Writing Connections Conference in Atlanta and her writings on sacred space, creativity, the power of words, the spiritual journey, labyrinths, dream work, meditation and more appear in publications around the globe



## LINDSAY WAGNER

*Quiet the Mind and Open the Heart*

January 22-24: Friday 6:30PM • Saturday 11AM–5PM • Sunday 1–5PM

Tuition: \$250 by December 30 ~ \$295 thereafter

Evening Lecture: 6:30 PM • \$35 in advance ~ \$45 at the door

Join Emmy Award-winning actress Lindsay Wagner for this powerful workshop designed to give you a fresh perspective on your life. Participants will explore how past experiences color their perceptions of the world and learn relaxation techniques and simple but effective methods of dealing with their own personal challenges, including the tapping of acupuncture points (with the fingers) to release stress, negative emotions and unwanted responses. These techniques can be used easily at home or just about anywhere.

Woven throughout the program are quiet time, beautiful music and the Oneness Meditation, a healing energy meditation that opens participants to their inherent connection to the whole of creation and the peace and power that comes from that. In a safe and loving environment, participants have the opportunity to recognize thoughts and old wounds that often cause more pain than current circumstances. This workshop can be the catalyst for breaking through undesirable patterns that affect family dynamics, intimate relations, friendships, the workplace and yes, even your golf game.

Actress Lindsay Wagner is also an advocate, mother, humanitarian and author. Her workshops and retreats focus on creating a shift in perspective and the powerful effect that can have on one's life. The programs are experience-oriented and include activities that address and nurture body, mind and spirit.



## ROBERT POWELL, LACQUANNA PAUL CAROLYN RIVERS, HENK BRANDT

*The Divine Feminine and World Evolution*

January 29-31: Friday 6:30PM

Saturday 9:30AM–5PM • Sunday 9:30AM–12PM

Tuition: \$195 by January 5 ~ \$250 thereafter

Evening Lecture: \$25 in advance ~ \$35 at the door

Open to the public.



Join us to explore the Divine Feminine and deepen our understanding of the creative principle of life. The emergence of the Divine Feminine in our time is calling forth an awakening to the sacred wisdom underlying world evolution. We will explore ways to reconnect to the Divine Heart at the core of creation

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# JANUARY

and to the innate wholeness within each one of us. And we will focus on the Divine Feminine found in most religious and spiritual traditions. Known as Sophia, meaning Wisdom, her re-emergence in our time is heralding an integrative, evolutionary, and cosmic process for each individual, leading to global transformation. This retreat will include lecture and conversation, meditation and prayer, art and poetry, and sacred movement.

Robert Powell, PhD is an internationally known lecturer, author, eurythmist and movement therapist. He is founder of the Choreocosmos School of Cosmic and Sacred Dance, and cofounder of the Sophia Foundation of North America. His published works include: The Sophia Teachings, a six-tape series (Sounds True Recordings) Divine Sophia-Holy Wisdom, The Most Holy Trinosophia and the New Revelation of the Divine Feminine, and The Mystery, Biography, and Destiny of Mary Magdalene.

Lacquanna "Lucky" Paul is a teacher of Qigong, the ancient Chinese form of healing movement. She is also a graduate of the Choreocosmos School of Cosmic and Sacred Dance and has discovered astonishing correspondences between the ancient healing art of Qigong and the modern healing movements of Eurythmy, both working with the flow of life force (prana or chi). Together with Robert, she has co-authored Cosmic Dances of the Planets, Cosmic Dances of the Zodiac, and The Prayer Sequence in Sacred Dance.

Carolyn Rivers is Founder and Director of The Sophia Institute. A teacher, visionary, and spiritual mentor, her work centers on personal, interpersonal and societal transformation that fosters the emergence of Feminine Wisdom, wholeness, oneness, integration, sustainability, peace, and compassionate community. Carolyn has done professional study with many of the leading transpersonal teachers and visionaries of our time, many of whom are faculty of The Sophia Institute. She offers coaching and spiritual mentoring as a follow up to sustain and deepen the work begun at The Sophia Institute.

Henk Brandt: between 1971 and 1996, I had the great blessing of being the student of two Masters of meditation and Self-realization. My Path has led me to study in India, South-East Asia, various locations in Europe, and at centers here in the USA. I have also studied with many of the leading transpersonal teachers and visionaries of our time, including learning from and forming personal relationships with each of the faculty presenting his or her work here at The Sophia Institute. Awakening the Conscious Heart is the cornerstone my work, which is predicated on our capacity to unfold simultaneously in the direction of Ultimate Reality and Wholeness.

# FEBRUARY



## ANNA DOUGLAS

### *Mindfulness Meditation*

February 5-9 • Friday through Tuesday

Tuition: \$350 by January 5 ~ \$395 thereafter

Mindfulness Meditation is a mirror which reveals our innate wisdom, beauty, and love. With practice, Mindfulness connects us more deeply with the qualities of the Sacred Feminine and reveals the innate richness of Being. Loving presence, deep listening, true strength, and joyous delight are some of the qualities you might connect with as you are guided in the ancient practices of Mindfulness and Loving-Kindness.

In this time together, we will create a sacred space with periods of Noble Silence, guided sitting and movement meditation, contemplative inquiry, mandala drawing, and a Council of the Great Mother. There will be two 3-hour sessions each day, morning and evening, with the afternoons free. Attention will be given to helping you establish a daily meditation and inquiry practice. Optional yoga sessions available, and optional individual meetings with Anna upon request.

Anna Douglas PhD. is one of the founding teachers of Spirit Rock Meditation Center in northern California. She has taught vipassana meditation retreats nationwide for over 25 years. Her innovative approach has included retreats for artists, women, yoga teachers, and students of the Enneagram. Anna has practiced extensively within the Buddhist tradition, training with Theravadin monks as well as Tibetan lamas. Most recently she has studied with and assisted Lama Tsultrim Allione. Her interest in the Sacred Feminine began when she was cast to play Saint Joan in a high school theatre production!



## DAVID WHYTE

### *What to Remember When Waking: Disciplines that Transform Everyday Life*

February 19-21: Friday 6:30PM • Saturday 9:30AM-5PM

Sunday 9:30AM-12PM

Tuition: \$250 by January 13 ~ \$295 thereafter

Evening Lecture: 6:30PM • \$25 in advance ~ \$35 at the door

Join celebrated writer and articulate teacher David Whyte to explore the cyclical, conversational nature of reality and the disciplines that can create an identity robust enough to meet its gifts and demands.

Most of us have talents and qualities that live in isolation from the world, never finding a proper

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# FEBRUARY

outlet or focus. This can lead to a sense of aimless, endless adaptation, rather than a growing feeling of belonging and generosity. There are ways and means to building this sense of belonging; disciplines that develop real maturity in a human being. It is important to recognize that what we look for is not untrammelled happiness, but an enlarging conversation that can encompass even the most harrowing losses. This conversation is not a Pollyanna search for a hidden key to happiness, but a profound ability to make ourselves large enough, brave enough and generous enough for the triumphs and profound difficulties needed to live even the most ordinary human life.

David Whyte grew up among the hills and valleys of Yorkshire, England. A captivating speaker with a compelling blend of profound poetry and insightful commentary, David Whyte is one of the few poets to take his perspectives on creativity into the field of organization development, where he works with a wide and diverse international clientele. He holds a degree in Marine Zoology, and is an Associate Fellow of the Saïd Business School at the University of Oxford. He has traveled extensively, including working as a naturalist guide and leading anthropological and natural history expeditions in the Galapagos, the Andes and the Himalayas. He brings this wealth of experience to his poetry, his lectures and his workshops. David Whyte is the author of six volumes of poetry and two bestselling books of prose. His third prose book, *The Three Marriages: Reimagining Work, Self & Relationship*, was published by Penguin Putnam in January 2009.



## ANNE LECLAIRE

*Listening Below the Noise: The Transformative Power of Silence*

February 26: Friday Lecture 6:30PM

Tuition: \$25 in advance ~ \$35 at the door

“Talk is talk; silence is wisdom,” according to an Algonquin Indian saying. At a time when it seems like the outer world is noisier than ever, silence is the refuge that restores and rejuvenates, ultimately offering transformation into new ways of being. This lecture will teach you how to access the wisdom that arises in silence and help you discover ways to incorporate silence into your daily life.

Anne D. LeClaire is the author of *Listening Below the Noise: A Meditation on the Practice of Silence*. Her book, part memoir and part philosophical exploration, is drawn from her personal experience of a 17-year practice of silence, in which for the first and third Mondays of every month she does not speak and remains in silence. Anne is the best-selling author of eight novels, is published in 23 countries, and has taught creative writing workshops in the United States, the Maui Writers Conference, to women in prison, and in a variety of international venues. She leads silent retreats on Cape Cod. [www.anneleclaire.com](http://www.anneleclaire.com)

Photo by Christopher D. LeClaire



## CAROLYN RIVERS

*Heart Callings*

February 26: Friday 10AM-4PM

Tuition: \$95 by February 1 ~ \$125 thereafter

Most people carry unrealized potential inside, a buried longing, an undeveloped heart calling or some other vision for growth and well-being, which needs to be brought forth. It might be the need to change careers, express a creative gift, regenerate a relationship, find a path through a thorny problem, institute a healthier lifestyle or initiate a spiritual practice. This workshop will guide us into calling forth a vision that emerges from your Self. Please bring a vision, longing, or urging you're working on. We will develop it and create a plan of action. An opportunity to join a follow-up coaching group is offered.

Please see Carolyn Rivers' biography on page 2.



## HENK BRANDT

*How to Make Peace with Core Conflicts*

February 27: Saturday, 1-4PM

Tuition: \$45 in advance ~ \$60 at the door

A core conflict can make us say and do things that damage our relationships with others, thereby increasing our own sense of hurt, alienation and isolation. We are prone to act out the same old, dissonant patterns that have caused problems in the past. Clearly identifying these patterns is needed in order to avoid being controlled by them. If you have been curious about your own core issues, then this seminar will provide significant insight for you.

Please see Henk Brandt's biography on page 2.

# MARCH



## MARIANNE WILLIAMSON

### *The Spirit of a New World*

March 12-13: Friday 6:30PM • Saturday 10AM-5PM

Tuition: \$275 by March 17 ~ \$325 thereafter

Evening Lecture: 6:30PM, \$25 in advance ~ \$35 at the door

A new spirit is emerging, not from a particular region or religious or ethnic group but from deep within the human psyche. A new international, massive movement for global change that is infused with spiritual understanding and respects the beauty of all our individual identities is sweeping the planet. During the retreat, Marianne Williamson, will discuss how forgiveness, meditation and miracles can be the foundations of a newly inspired, more conscious life, and help us transform the world. Don't miss it!

Marianne Williamson has helped millions reconnect to their spirituality and find inner peace. Author of the "Powerful Beyond Measure" prose often attributed to Nelson Mandela, Marianne has written 10 books, including the number one New York Times best sellers, *A Return to Love* and *Everyday Grace*. A popular television guest on such shows as Oprah, Larry King Live and Good Morning America, Marianne is the founder of the nonprofit organization Project Angel Food and the co-founder of the Peace Alliance. Her latest book is *The Age of Miracles: Embracing the New Midlife*.



## RICK BROWN

### *Getting the Love You Want: Imago Relationship Therapy*

March 20-21: Saturday 8:30AM-8PM • Sunday 8:30AM-6PM

Tuition: \$695 per couple

This renowned, intensive two-day workshop for couples, married or unmarried, provides the insights and methods needed to discover the joyous, and even spiritual, potential that awaits us in a committed relationship. By learning how to transform their relationship through personal change and growth, couples often receive from this two-day workshop the benefit of three to six months of weekly couple's therapy. This workshop provides a profound benefit for couples who seek to enrich a good relationship, are beginning a relationship, are in a difficult relationship and want to resolve long-standing conflicts, and for those who are near break up or divorce and want to decide if the relationship can be saved. This workshop also provides a rare venue for therapists, counselors, clergy members and others who work with couples to gain invaluable professional skills. The workshop consists of audio-visual instructions, written exercises, guided imagery, live demonstrations of necessary communication skills and life changing processes that couples actively put into practice during the weekend. Although couples come together in a large group to hear presentations, you share only with your partner, as confidentiality and safety is maintained throughout the workshop.

Rick Brown is Executive Director of the Institute for Relationship Therapy. He offers national and international workshops and seminars for couples, as well as training for qualified therapists in the theory and practice of relationship therapy. Rick has trained hundreds of psychiatrists, psychologists, marriage and family therapists and other mental health professionals. Rick is a graduate of Florida State University, Princeton and Union Theological Seminary. He is a pastoral psychotherapist and licensed mental health counselor with over twenty-eight years of clinical experience working with individuals, couples, and families. His appearance on the Oprah Winfrey Show for his expertise in creating intimacy in even the most difficult relationships, was named by Oprah as one of her Top 20 episodes. Visit [www.RickBrown.org](http://www.RickBrown.org).



## HENK BRANDT

### *The Potential Relationship*

March 27: Saturday 1-4PM

Tuition: \$45 in advance ~ \$60 at the door

We stand at a new threshold of intimacy, one that requires more from us than ever before. The pressures can so be intense that many intimate relationships do not survive, and yet, it seems we cannot wait to try it again with someone new, hoping for a different outcome...all too often only to be disappointed. Why do we always hurt the ones we love? This seminar focuses on how conflict arises and what to do about it when it does. Very helpful for couples to attend together.

Please see Henk Brandt's biography on page 2.

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**BOOKS AVAILABLE** for purchase and autographing.

# MARCH



PROGRAM AT KIAWAH

## ANNE RIVERS SIDDON'S

*Inspired Human Nature: The Heart of Southern Spirit and Culture*

March 30: Tuesday 4– 5:30PM

Lecture and question and answer session. Donations accepted.

Join us for a conversation with bestselling novelist Anne Rivers Siddons, whose writing on Southern culture and places is shaped by her observations of human nature and human yearnings. "All my books are about women taking journeys they might not want to take," she told interviewer Bonnie Mason in 2008. "It's about finding wholeness. I know so few whole families anymore, and how can we have whole families if we don't have whole women?" Photo by Jack Alterman

This event will be held at Sandcastles, 1 Shipwatch Rd, Kiawah Island, SC 29455. Seating is limited, so reserve your spot on our at [www.TheSophiaInstitute.org](http://www.TheSophiaInstitute.org) or by calling 843.720.8528

# APRIL



Friday • April 16th • 12-1PM

## Featuring Joan Borysenko

Join us for our annual luncheon and learn more about how The Sophia Institute is working to bring forth a more conscious, enlightened world, where wholeness, integration, sustainability, the conscious heart, and the sacred feminine and masculine are at the center of life.

If you would like more information about how to sponsor a table or to volunteer, please contact us at 843.720.8528 or by email at [info@TheSophiaInstitute.org](mailto:info@TheSophiaInstitute.org).



## JOAN BORYSENKO

*Conscious Evolution for Women: Listening to Our Soul's Guidance*

April 16-18: Friday 6:30PM • Saturday 9:30AM–5PM • Sunday 9:30AM–12PM

Evening Lecture: 6:30PM, \$25 in advance ~ \$35 at the door.

Tuition: \$250 by March 10 ~ \$295 thereafter

We live in a fast paced world where we hear a lot about living in the Now and attending to our soul's purpose. But many of us are too busy with day-to-day responsibilities to pay attention to the deeper soul currents that guide our life. The result is that used up, dried out feeling. Where is the juice? The joy? The deep meaning that we crave? This weekend is an opportunity to connect with the authentic aliveness that you are, and discern your unfolding path within an attentive, caring community of women. After drinking deeply at our collective well of wisdom, we can return to daily life renewed and empowered to be more conscious co-creators of our emergent future.

Some of the highlights of our time together will be: 1. Intimate, authentic community 2. Soul circles that amplify listening for the soul's guidance 3. Discerning our personal and collective evolutionary trajectory 4. Meditative processes that reprogram our emotional DNA 5. Joy and laughter 6. Delightful, spontaneous, unpredictable feminine wisdom!

Joan Borysenko, PhD, is dynamic teacher and pioneer in the emerging medical synthesis of body, mind, and spirit and the author of 13 books and numerous audio programs and guided meditations. Trained both as a medical scientist and psychologist, her doctorate is from the Harvard Medical School where she served as instructor in medicine before founding Mind/Body Health Sciences LLC. A pioneer in psychoneuroimmunology, her work encompasses practical wisdom on human development and spiritual growth. Her newest books are *Your Soul's Compass: What is Spiritual Guidance?* and the 20th anniversary revised edition of the New York Times bestselling *Minding the Body, Mending the Mind*. [www.joanborysenko.com](http://www.joanborysenko.com)

# APRIL



## RICHARD GARCIA

*Journey Into the Interior: Poems of the Sacred Journey*

April 21: Wednesday 6:30–9PM

Tuition: \$25 in advance ~ \$35 at the door

The seminar will include poems of the mythical quest, the shamanic journey, the historical/mythical journey, the historical journey, those met along the way, the poem as a journey. Writing exercises will help set participants on the path of their own inner journeys.

Richard Garcia is the author of *Rancho Notorious* and *The Persistence of Objects*, both from BOA Editions. A chapbook of prose poems, *Chickenhead*, came out from FootHills Publishing in 2009. His poems have appeared in *The Georgia Review*, *Crazyhorse*, *Ploughshares*, *Pushcart Prize XXI* and *Best American Poetry*. He teaches in the MFA in Creative Writing Program of Antioch University Los Angeles, the College of Charleston, and privately. He lives on James Island, SC, with his wife, poet Katherine Williams, and their dog Louie. [www.richardgarcia.info](http://www.richardgarcia.info).

# MAY



## NATALIE GOLDBERG

*For The Love of Writing*

May 14-15: Friday 6:30PM • Saturday 9:30AM–5PM

Tuition: \$250 by March 24 ~ \$295 thereafter

Evening Lecture: 6:30PM \$25 in advance ~ \$35 at the door

Writing is an innate human activity. Only humans do it. Dogs, elephants, zebras, spiders, sycamores, cars, the moon, mountains, plastic bags, an ocean, ants don't do it. It should have been added to the Declaration of Independence: the right to life, liberty and the pursuit of happiness-dash- and writing. Reading, too.

In this weekend workshop we will explore our last kiss, first bicycle ride, first taste of melon, how place influences our voice. Come ready to write a lot and listen deeply. There will be short meditations, slow walking, maybe a surprise visitor, short readings of wonderful authors.

Bring fast writing pens, notebooks, loose fitting clothes.

Natalie Goldberg is an author, poet, teacher, and painter. She has written 11 books including the classic *Writing Down the Bones: Freeing the Writer Within*, which has been translated into 14 languages. Her most recent book, highly acclaimed, is *Old Friend from Faraway*. People from around the world attend her life-changing workshops and retreats, and she has the reputation of being a great teacher. With filmmaker Mary Feidt, she completed the documentary *Tangled Up in Bob*, about Bob Dylan's childhood on the Iron Range in northern Minnesota. Her lively paintings can be viewed at the Ernesto Mayans Gallery in Santa Fe. [www.nataliegoldberg.com](http://www.nataliegoldberg.com)

*Photo by Linda Lightsey Rice*

# JUNE



## CAROL ANDERSON

*Dramatic Performance: A Feather on the Breath of God—The Remarkable Life of 12th Century Mystic Hildegarde of Bingen*

June 9: Wednesday 8PM • St. Stephens Church

Tuition: Workshop ~ \$25 in advance ~ \$35 at the door *Sponsored with Piccolo Spoleto*

"When I was 42 years and 7 months old, a burning light of tremendous brightness poured into my entire mind, inflamed my entire heart. A voice from heaven said to me, 'Write what you see and hear.'" Thus began the odyssey that took an obscure uneducated nun on a journey to become a 12th century author, poet, musician, healer, naturalist and prophetic voice for her time; her counsel being sought after by everyone from local peasants to the papacy of Rome, Elenor of Aquitaine and King Henry II. Carol Anderson portrays this woman of wisdom, wit and passion in an hour long presentation that is a wonderful theatre experience.

Carol Anderson's one woman show on eating disorders, "A Size 7 Forever," was aired on PBS in 1991. After performances of the show at Harvard, Ohio Wesleyan and conferences across the country, she and husband Jim Shores formed a company called Acts of Renewal. She has toured a variety of shows nationally including *A Feather on the Breath of God: The Remarkable Life of 12th Century Mystic Hildegarde of Bingen*. Carol has an MFA in Acting from UNC Chapel Hill where she also worked in PlayMakers Repertory Co.

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# JUNE



## JACQUELINE KABAT

*Comedy Improve – Humor for Health*

June 12: Saturday 2–5PM

Tuition: \$50 in advance ~ \$65 at the door *Sponsored with Piccolo Spoleto*

By practicing the basic rules of improvisational comedy, you begin to walk a path toward a more satisfying life - personally, professionally and spiritually. Improvisation has become a wisdom tradition of its own and its lessons can bring out the best in us. This workshop consists of games and exercises designed to be highly interactive, low pressure and a lot of fun. No experience is necessary, just the desire to unleash your self-expression and an interest in enhancing spontaneity in everyday life.

Jacqueline has studied, written and performed with Second City's Ann Bowen and Upright Citizens' Brigade. She performs with New York-based troupe Rash Behaviour, whose sketches are featured in film festivals and television. Jacqueline also writes for Time Out New York and is featured in Body and Soul Magazine's October 2007 issue. She has taught throughout the country at Fortune 500 companies and at distinguished health spas such as the Deepak Chopra Center, Red Mountain, Sagrada Wellness, CalA-Vie and Lake Austin. Please visit [www.jacquelinekabat.com](http://www.jacquelinekabat.com).



## CAROLYN RIVERS

*Heart Callings*

June 18: Friday 10AM–5PM

Tuition: \$95 by May 19 ~ \$125 thereafter

Please see retreat description and Carolyn Rivers' biography on page 2.



## MARY ALICE MONROE

*Inspired Nature: Writing on Environment*

June 19: Saturday 10AM–4PM

Tuition: \$95 by May 19 ~ \$125 thereafter

From turtles to monarch butterflies, Monroe weaves love of the environment and concerns about disrespecting it into her bestselling works like *The Beach House*. Monroe talks to her passion and helps participants to connect with their own love of writing. The writing seminar will cover how to write settings that are radically relevant, evoking a strong sense of place and point of view.

Mary Alice Monroe is the award winning, New York Times bestselling author known for richly textured books that explore the compelling parallels between nature and human nature. Monroe is an active volunteer in local conservation groups and serves on the board of the SC Aquarium. Her dedication to conservation and wildlife inspired her Lowcountry novels, including *Time is a River*, *Swimming Lessons*, and *Sweetgrass*. Mary Alice lives with her husband on Isle of Palms, South Carolina.

# AUGUST



## CHRISTOPHER BAMFORD, LEE IRWIN and CAROLYN RIVERS

*Praxis Sophiana and the World Soul*

August 13-15: Fri 6:30PM • Sat 9:30AM–5PM Sun 9:30AM–12PM

Tuition: \$195 by July 13 ~ \$250 thereafter

Join us to explore the divine nature of Sophia and Her emergence as wisdom within the World Soul and as Gaia, the source of collective harmony and wholeness. Together, we will explore Praxis Sophiana, wisdom as the source of inspiration and creative practice that supports personal, social, and global transformation and spiritual discovery. How can we bring forth wisdom in everyday life, how can we apply the insights offered by Sophia in our relationships, in our concern and care for the world? We will consider the convergence of the many Sophianic streams of awareness that are at work within our collective history, in our interdependence with all living things, and in the creative matrix which represents our shared sense of newness and discovery. Awakening to Sophia is an esoteric and mystical process, regenerative and creative both for us individually and for the planet as a whole. Sophia as the Soul of the Earth guides us to resacralize nature, restore the earth, green the wasteland within and without, divinize all matter, and to honor the Great Work of transformation through caring

# AUGUST

human relationships. In this retreat there will be time for meditation and practice, cultivating mystical awareness, connection, inspiration, and revelation. The retreat culminates in a celebration of the Mysteries of Sophia and the implications of healing and wholing our world through the restoration and integration of the divine feminine.

As editor-in-chief of Steiner Books, Christopher Bamford has introduced, edited, and translated many volumes of Rudolf Steiner. He is also a recognized authority on Western esotericism, the author of two books, and a lecturer. Two of his essays have been recognized in Best Spiritual Writing (2000 and 2005).

Lee Irwin, Ph.D. has studied and taught the history, beliefs, and practices of all world religions for over twenty years. His most recent research and publication has been in the area of Western Esotericism and contemporary Gnostic and Hermetic spirituality. He is chair of the religious Studies Department at the College of Charleston.

Please see Carolyn Rivers' biography on page 2.

## COMING FALL 2010

**Our fall program is under development.**

**Go to [www.TheSophiaInstitute.org](http://www.TheSophiaInstitute.org), add your name to our email list, and we will send you the program when it is complete.**

**MARK NEPO** ~ September 17-19

**SERA BEAK** ~ *Festival of the Soul*

**...AND OTHERS**



### STEPHANIE HUNT

*Writing Raw: What revealing has to do with revelation, and how to write about family without being disowned*

September 8: Wednesday 7-9PM

Tuition: \$25 in advance ~ \$35 at the door

Stephanie Hunt is Charleston-based writer and editor. A contributing editor for Charleston Magazine, Charleston HOME and a regular contributor to Skirt! Magazine, her work runs the gamut from personal essays to features, profiles and travel writing, to spinning copy for corporate clients. She also contributes to several online journals, including SOMA Review and Literary Mama. A graduate of Duke University and Vanderbilt Divinity School and former development associate at Harvard Divinity School, she brings a curiosity and passion about the life of the spirit to her writing. Stephanie lives in Mt. Pleasant with her husband and three daughters.

## SPECIAL SERIES



### RICK BROWN

*Getting the Love You Want: Imago Relationship Therapy*

October 16-17: Saturday 8:30AM-8PM • Sunday 8:30AM-6PM

Tuition: \$695 per couple

Please see retreat description and Rick Brown's bio on page 5.

## PILGRIMAGE

### JOIN US ON A PILGRIMAGE TO FRANCE

*The Mysteries of the Black Madonna and Mary Magdalene*

With **CAROLYN RIVERS** and **TRISHA SINNOTT**

October 25 – November 4, 2010

Join Carolyn Rivers and Trisha Sinnot, owner of Pathway Tours, on a journey to France and the sites where the Black Madonna and Mary Magdalene have been venerated. With visits to Paris, Chartres, Vezelay, and Provence. For more information, visit our website at [www.thesophiaInstitute.org](http://www.thesophiaInstitute.org).

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**PERSONAL RETREATS** can be held anytime or can be centered on one of our sponsored events. Take time to process your work before returning to the demands of everyday life. Join us for a few days, a week or more.

**BOOKS AVAILABLE** for purchase and autographing.

# ANNOUNCING

One of the Most Exciting Events in the  
History of The Sophia Institute

A Convocation of Evolutionary Women Leaders,  
a Global Gathering of Women

## WOMEN OF WISDOM

*Transforming Ourselves, Transforming Our World*

OCTOBER 1-3, 2010

In conversation with **JEAN HOUSTON, SUE MONK KIDD, CLAIRE ZAMMIT** and **KATHERINE WOODWARD THOMAS** of the series Women on the Edge of Evolution and other evolutionary leaders.

*Plans are in the works.*

Imagine an extraordinary gathering of Women awakening to their full potential and being empowered to become passionate, creative agents for change, women who are committed to creating a more conscious world.

Please contact us for details as they develop so we can send you a special invitation.

# NOVEMBER



## ANDREW HARVEY

*Sacred Activism: Passion in Action*

November 12-14: Friday 6:30PM • Saturday 9:30AM–5PM • Sunday 9:30AM–12PM

Tuition: \$195 by October 1 ~ \$225 thereafter

Evening Lecture: 6:30PM • \$25 in advance ~ \$35 at the door. Open to the public.

Andrew Harvey believes that everyone has a direct connection to the divine and that finding this connection can help you become a passionate, peaceful and brave sacred activist. He will share his vision of the four practices essential for transformation: cool practices that help connect with divine being and its peace; hot practices that help fuse with the heart of the divine; prayer practices that enable us to align with the beloved; and sacred body practices that open the body to divine love. Andrew will also explore Rumi's vision of divine identity, sacred passion and radical humility towards all things.

Andrew Harvey is a Christian mystic whose spiritual path led him to explore Eastern traditions, translate and immerse himself in the study of the great Islamic poet Rumi. He has taught at Hobart College, Cornell University, Oxford University and the California Institute of Integral Studies. He has written more than thirty books of non-fiction, fiction, biography and poetry, *The Hope: A Guide to Sacred Activism*; *Return of the Mother*, *The Way of Passion: A Celebration of Rumi*; and *The Tibetan Book of Living and Dying*, co-authored with Sogyal Rinpoche.



## ERICA ARIEL FOX

*Deeper Wisdom and the Art of Negotiation*

November 15-19: Monday-Friday 9:30AM–5PM

Tuition: \$750 by October 1 ~ \$850 thereafter

All of us negotiate every day. From the moment we wake up until we close our eyes at night, we interact with others to get things done. For many of us, the hardest negotiations involve conflict. Whether we fight back, shut down, or avoid conflict altogether, breakdowns with other people rarely bring out our best skills or better nature. The most important negotiations, and the ones that determine the quality of our lives, are those we have with ourselves. Yet few of us are masters of our inner landscape.

The Beyond Yes Method is based on over a dozen years of teaching negotiation at Harvard Law School and training thousands of people around the world to transform conflicts. This professional training and personal journey explores the interplay between best practices of negotiation and insights of the great

wisdom traditions, moving people from competence toward mastery. During this exciting week, you will learn how working with timeless principles and your own life story can deepen and expand your effectiveness to engage and resolve your toughest conflicts, both with others and with yourself. From working well with clients and colleagues to living well with your family and friends, this program gives you the insights and skills you need to turn stressful situations into success and satisfaction.

Erica Ariel Fox, J.D., is a Lecturer at Harvard Law School and the Founder of the Global Negotiation Insight Institute. She is internationally known as a pioneer in the integration of wisdom traditions and spiritual practice into the negotiation and conflict resolution field. She is passionate about the connection between personal mastery and high performance. As a partner of Mobius Executive Leadership, Ms. Fox works with Fortune 500 companies as well as public sector leaders to build consensus, facilitate change, and transform crises into opportunities for growth. She is currently completing her first book, *Beyond Yes*, based on a dozen years of teaching negotiation at Harvard Law School and over a decade of training professionals around the world, including in Asia, the Middle East, Africa, and Latin America, throughout Europe and across the United States.

## ECO EVENTS

*Reimagining Our Relationship with Nature*

### SI ~ SOCIAL ARTISTS IN ACTION

SI is The Sophia Institute's newest group – its name is an acronym for Sophia Institute that also signifies the enlightenment of the third eye. SI is dedicated to the education of the spirit, leading to awakening, action and the spread of knowledge. Its goal is to raise consciousness about the role nature will play in the challenges of the 21st century. SI hopes to ignite your passion for feminism, justice, creativity and spiritual activism through lectures, workshops, outdoor adventures, nature excursions and art demonstrations. SI's series of lectures, called Eco Evenings, will feature speakers offering ways to reimagine our relationship to natural systems and explore social issues as they relate to the environment in an economic, biophysical, historical and cultural context.

If you believe that social artistry has the ability to bring about social change and raise awareness, please join us in honoring the sacred at the center of life and nurturing the planet that sustains us by becoming a part of SI and our Eco Evenings Series on Wednesdays. Please go to our website, email or call to join and receive detailed information.

### *SI Presents*

#### **TRADD COTTER, MUSHROOM MOUNTAIN, LLC**

*Saving the Ecosystem through Mushroom Cultivation*

January 8: Friday 6:30PM

Tuition: Free

*The Biology and Ecology of Edible Fungi, Gardening with Mushrooms, Small Scale Cultivation, Recycling and Composting using Mushrooms*

January 9: Saturday 9:30AM–3:30PM

Tuition: \$50 in advance ~ \$75 at the door

Leading Fungi Researcher Tradd Cotter will show the power the mushroom has for the restoration, replenishment and remediation of Earth's overburdened ecosphere. He will demonstrate the many ways in which the cultivation of mushrooms can help reverse the effects of pcb contamination, oil spills, and overburdened landfills through evocative timelapse photography and a compelling discourse.

Tradd Cotter founded an 8-acre research farm and tissue culture laboratory near Clemson, SC creating spawn and kits for growers, teachers, and researchers. They maintain over 50 species of edible and medicinal mushrooms and are isolating new strains. Tradd helped guide Mepkin Abbey into a new mushroom farming enterprise serving as their lifelong consultant and fungal spiritual advisor.

## SPECIAL SERIES



### **TERRY MONELL**

*Art as Self Discovery* A four-part series • Wednesday evenings

**February 10 • March 10 • April 14 • May 12: 4–5:30PM**

Tuition: \$20 in advance ~ \$30 at the door.

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**BOOKS AVAILABLE** for purchase and autographing.

# SPECIAL SERIES

When we listen to the voice that does not pass through the mind but the rather the heart, it clearly guides us in creating. There is no doubt, no decision, just a clear flow of knowing. In that natural expression we find our peace, our joy and without effort move into wholeness. These workshops will not discuss technique, nor encourage a result or product; they will only ask you to trust and dialogue with the truest part of yourself. This is a creative process for which having no art experience is actually a benefit.

February 10 - Mandala . Learn the history and use of Mandalas and create your own Mandala with either an Eastern or Western approach.

March 10 – Collage. Discover how your intuition guides you into building an image, journal about it and consider how your life and dreams are a collage of thoughts, feelings and actions.

April 14 - Process Drawing. Listening, allowing and expressing your deepest self without fear, by giving up control and mindfully following your inner guidance. The creative impulse will emerge in a safe atmosphere.

May 12 - Five Universal Shapes. Through the extensive work of anthropologist Angeles Arrien we become aware of our own personal relationships with shapes and their meaning in our lives.

Terry Monell received her BFA in Art Education from The School of Fine Arts at Boston University, she continued post graduate studies in Art History at Rice University in Houston. Last year she completed a Creative Solutions Certification with Art Therapist Dr. Laura Dessauer in FL. After a varied career in the art world as gallerist, art advisor and artist, she is currently working with the visual arts for purposes of connecting with the self, increasing intuition and moving into a deeper creative understanding that impacts all aspects of life.



## CAROLYN RIVERS

### *Women's Circle*

1st Tuesday of the Month **February – May: 5:30PM • Feb 2, Mar 2, Apr 6, May 4**

Tuition: \$20 in advance ~ \$25 at the door ~ Advanced registration requested

There is a new consciousness; you could call it a Feminine Consciousness, emerging in our time. This consciousness represents a recognition and claiming of the other half of the Divine nature, the Feminine nature that directs us into our hearts, into the intuitive use of mind, to relatedness and caring for all things and our earth, to feeling, to wisdom, to beauty, to empathy and compassion, ultimately to the web of life itself and to the recognition of our oneness with all things. This impulse, when balanced with the masculine divine nature, the use of logic, reason, and action, creates a harmony, balance, and integration that results in healing and wholeness. Ultimately, it is about our own journey to find a feminine spirituality that affirms our own lives, our personal relationships, our work, our sense of self, and leads us to what we're called to on the deepest levels—the inner work that leads to outer action.

Please see Carolyn Rivers' biography on page 2.



## HENK BRANDT

### *Conscious Self-Caretaking System*

January 13: 6:30-8PM

Tuition: \$20 in advance ~ \$30 at the door

Learn how to put your inner CEO in charge of your life and allow your life force to flow without obstruction. Learn about the unconscious self-caretaking system and why we need to call forth a high level of awareness in order to respond to life's challenges. Coming to clarity about the conscious and unconscious forces that govern so much of our lives is an essential step developing a larger, more truthful perspective of reality.

Please see Henk Brandt's biography on page 2.



## HENK BRANDT

### *Mindfulness Practice*

Wednesdays, A 6-week Series

January 20, 27 • February 3, 17, 24 • March 3 • 6:30-8PM

Tuition: \$20 in advance ~ \$30 at the door.

What does it really mean to be awake? It all starts with understanding how our habitual thoughts and emotions limit us, when we could instead be in right relationship with these same thoughts and feelings. Mindfulness practice is a systematic unfolding that leads to wisdom, compassion and unimpeded aliveness. This practice is worth showing up for.

Please see Henk Brandt's biography on page 2.

# CONVERSATIONS IN CONSCIOUSNESS

with **BOKARA LEGENDRE** and **Special Guests**

This inspiring series of talks will delve into how to tap into our innate wisdom to change our experiences by making conscious choices in how we handle challenges. We'll hear personal stories, engage in discussion, and learn practices for managing anxiety and fear and finding clarity in the present—even in these transformative times.

Bokara Legendre is a television host of spiritual teachers, philosophers, and scientists on "Lunch with Bokara" and "Conversations on Consciousness" for Link TV. Bokara is a long-time practitioner with teachers including HH Dalai Lama, Ram Dass, Sogyal Rinpoche, Michael Harner and Jack Kornfield. She is also a writer and performs one woman shows in the theater.

## ECUMENICAL EVENINGS

### *Living Your Truth*

The Sophia Institute's Ecumenical Evening series, Living Your Truth, developed by Barbara Hagerty and Stephanie Hunt is a series about living YOUR truth; it is about hearing from those on the front lines who bravely and gracefully live the truth of their hearts into formidable lives; it's the hope that we will, too. Our speakers are portraits of courage and also of beauty, speaking to us personally and passionately, of all that matters, most to them. We are honored to have such seasoned artists, advocates, and allies challenging us to live vibrantly—voices that shape the world. Please join us for the series—free and open to all—Sophia's gift to the community. Donations accepted.

### **Eve Blossom**

*Sustainability in 4-D: A Holistic Approach to Material Change*

March 18: Thursday 7PM • 297 East Bay Street

Eve Blossom, an architect by training and a revolutionary by default, is the founder of Lulan Artisans, a Charleston and San Francisco-based producer of organic, handwoven textiles that have minimal impact on the environment and a huge impact on community well-being for traditional artisans in Southeast Asia.

### **LOUISE DOIRE**

*Resurrecting Mary Magdalene: The Subversive Contributions of a Misunderstood Woman*

March 31: Wednesday 7PM • 297 East Bay Street

Louise Doire holds an MDiv from Harvard Divinity School and teaches Religious Studies at the College of Charleston, where her courses in feminist theology have been known to change world views.

### **STEPHANIE HUNT**

*Discovering Your Inner Parent: The Subtle, Sneaky Ways Parenting Opens Doors to the Inner Life*

May 5: Wednesday 7PM • 297 East Bay Street (April 21)

Stephanie Hunt is a Charleston-based writer, editor and mother of three girls. She has a Religion degree from Duke, a Masters in Theology from Vanderbilt Divinity School, a durable yoga mat and a spiffy road bike.

## REGISTRATION

**ONLINE REGISTRATION IS ACCEPTED VIA OUR SECURE SERVER AT**  
**[www.TheSophiaInstitute.org](http://www.TheSophiaInstitute.org)**

**To register by phone, please call 843.720.8528.** Please be sure to have all of your registration information, including your debit, Visa or MasterCard handy before you call. Phone registrations are accepted Monday - Friday from 9:30AM- 3:30PM. Personal checks are also accepted.  
**3% handling fee for all credit card transactions. Registration is not final or confirmed without payment.**

### **CANCELLATION AND REFUND POLICIES:**

A full refund, less a \$50 processing fee will be made for cancellations made on or before the close of business 30 days before the start of the program. Cancellations made 15 - 29 days prior to the program will receive a 75% refund less a \$50 cancellation fee. Cancellation two weeks in advance of the program will receive a 50% refund less a \$50 cancellation fee. No refunds will be given for cancellations less than two weeks in advance or if you fail to attend.

**CEU CREDIT AVAILABLE UPON REQUEST**

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**Join us on Facebook and Twitter!**

**Go Paperless** by signing up for our monthly e-newsletters and announcements at [TheSophiaInstitute.org](http://TheSophiaInstitute.org)

# SUPPORT TSI

## BE THE CHANGE—BECOME A MEMBER

While the Sophia Institute works very hard to earn much of the income it needs to operate through its programs, tuition alone is not enough. Memberships make a significant difference in our ability to be a vital center of learning where wisdom, social activism and compassion converge. This is the time, the opportunity, and our great privilege to usher in the transformation change the world needs now. We invite you to be a member and evolve a global mindset by supporting The Sophia Institute and growing this treasured "Southern Anchor" in the international spiritual community.

To learn more about memberships and the many different ways you can support our work, please do one of the following:

Call Helen Rutledge, Director of Development at 843.720.8528, email [info@thesophiainstitute.org](mailto:info@thesophiainstitute.org), or visit our website at [www.thesophiainstitute.org](http://www.thesophiainstitute.org).

*The Sophia Institute is qualified as a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible as allowed by the law.*

## RETREAT ACCOMMODATIONS



## PHOEBE PEMBER HOUSE

THE HOME OF THE SOPHIA INSTITUTE

*An Oasis in the Heart of Historic Charleston*

### OFFERS ACCOMMODATIONS FOR RETREATS AND EVENTS

Phoebe Pember House offers accommodations and retreat space in beautiful and sacred surroundings. Our tranquil gardens and peaceful spaces provide the opportunity to reconnect with yourself or a loved one, recommit to a calling or expand your spiritual journey. Add personal coaching, a yoga class, a private practice with one of our instructors, or a healing massage to help make your experience complete. Come join us for a week, a month or a few days and see where your journey takes you.

All rooms are beautifully and individually appointed with private baths for single or double occupancy. Share a room with another retreatant or enjoy your own private room.



King, queen, and twin size beds available.

Private, complimentary on-site parking is available for our guests.

Continental breakfast suitable for a variety of dietary needs is included in your stay.

Personal retreats are available, and as a follow up to our sponsored events. Extend your stay with us into a personal retreat. Take time to process

your work and delve more deeply into your own heart before rejoining the demands of everyday life. Join us for a week or even longer. Please inquire for more information. Self-catering options available. Spaces for groups are also available.

For more information, call (843) 722-4186 or email [info@phoebepemberhouse.com](mailto:info@phoebepemberhouse.com).

## YOGA CLASSES

Daily Yoga classes are offered in our Studio. For current schedule and pricing, please see our website [www.TheSophiaInstitute.org](http://www.TheSophiaInstitute.org)

Check our website regularly for retreat updates, special events and additional programs.

# THE SOPHIA INSTITUTE

*501(c) Non-Profit*

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CHARLESTON, SC 29401



AN OASIS IN THE HEART OF HISTORIC CHARLESTON

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