



August 24 – 27, 2017 Shire in the Woods McGrath, Minnesota



The Dragon Training is a 4-day intensive for women and men serious about creating energy, agency and audacity in their lives and in their relationships. The Dragon Training builds on your individual work and provides tools for awareness, joy and meaning. The Dragon Training is the start of an advanced 123 day training program to integrate:

- Your body and your life force
- Your emotional life
- Your mind in the largest sense: intellect, consciousness, attention, belief systems and our shared human culture (what we are taught, how we interact and are led)

The benefits of this integration are:

- Energy – access to life force
- Agency – you choose
- Audacity – the will to take risks

We introduce the Dragon archetype, a three-part mythical creature whose

- Snake skin represents our contact with the earth and our body
- Cat body represents our motivated, active emotional life
- Wings & claws represent our self-directed imaginative and purposeful mind

You will embody your life force and confront what is in your way. You will live consciously to manifest your self-directed intentions and create your legacy to humanity.

The Dragon is present in you every moment. The Dragon Training invites you to contemplate four fundamental questions:

- Who are you at the true center of your being?
- Why practice physical, emotional and spiritual health?
- What is the great purpose you serve in this life?
- How will you contribute to that great purpose? Facing the certainty of death, what will your legacy to humanity be?

Over the following 120 days, you will be part of a mentoring and challenging triad of support in manifesting your intentions daily and in processing the emotional blocks to living a conscious, energetic and intentional life. The promise of The Dragon Training is energy, agency and audacity for you to live your life more fully than you thought possible.

To register: thedragontraining.com

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