

LEADERSHIP EMBODIMENT RETREAT WITH PRACTICE AND COMMUNITY



IN BEAUTIFUL BEND, OREGON

Tiphani Palmer, Legacy Lineage holder of the Leadership Embodiment Organization will be hosting this LE Retreat Intensive. The Retreat will be held at a large private residence situated on 3 private acres in Bend Oregon and will continue many of the LE Retreat traditions as well as adding some new elements. The Retreat will be kept to a small group size of maximum 12 participants and will be a **4 night, 3 full day event. (Please note the revised dates are May 5 - 9)**

LE RETREAT SCHEDULE

Sunday May 5th - Arrive from 3pm on, 5:30pm community dinner preparation, 6:00pm Dinner. After dinner, group connect for agenda review, Centering practice and Bokken.

May 6th through 8th - Day starts at 7:30 with optional meditation. Make your own breakfast 8:00 - 9:00am and enjoy your coffee and tea in one of the beautiful lounges or on the back patio! At 9:15am we begin our day of LE group and partner practices. Many exercises are done in silence with a short mindfulness sit and journaling time for personal processing. Bokken and alternate LE exercises with discussions will be included. Lunch will be from 12:30pm - 1:30pm with healthy catered food available. A long break for self care will follow lunch from 1:30 - 3:00pm. Practices will resume from 3:00pm to 5:30pm, with tea breaks included. The community will cook dinner from 5:30 - 6:30pm and dinner will

begin at 6:30pm. Evening options include group dance, cuddling up with blankets and enjoying the fireplace on the patio, or taking a hot tub!

Thursday May 9th - Departure Day. Our day will start at 7:30am with our optional meditation and breakfast from 8:00 - 9:00am. We will then have a closing circle with bokken and reflection sharing to bring our time together to a close. From 11:00am to 12pm there will be leftover food items available for a light lunch before departure at 12:00pm.

MEALS

In the tradition of some of our earlier LE Retreats, we will be hosting the meals with foods available for you to prepare your own breakfast and snacks (a variety of teas and coffee will be supplied), a self serve catered lunch will be made available and dinner will be cooked by and for the group in a communal environment. Cleaning up after ones self is expected for all meals/snacks. Communal dinners will be followed by a group cleanup.

Dietary Restrictions or needs: Allergies and dietary restrictions or needs will be accounted for to the best of our abilities. We will check with the group regarding the amount of vegetarian options requested and make those available as well. If you have VERY particular needs, please reach out to us to discuss options.

VENUE ACCOMMODATIONS

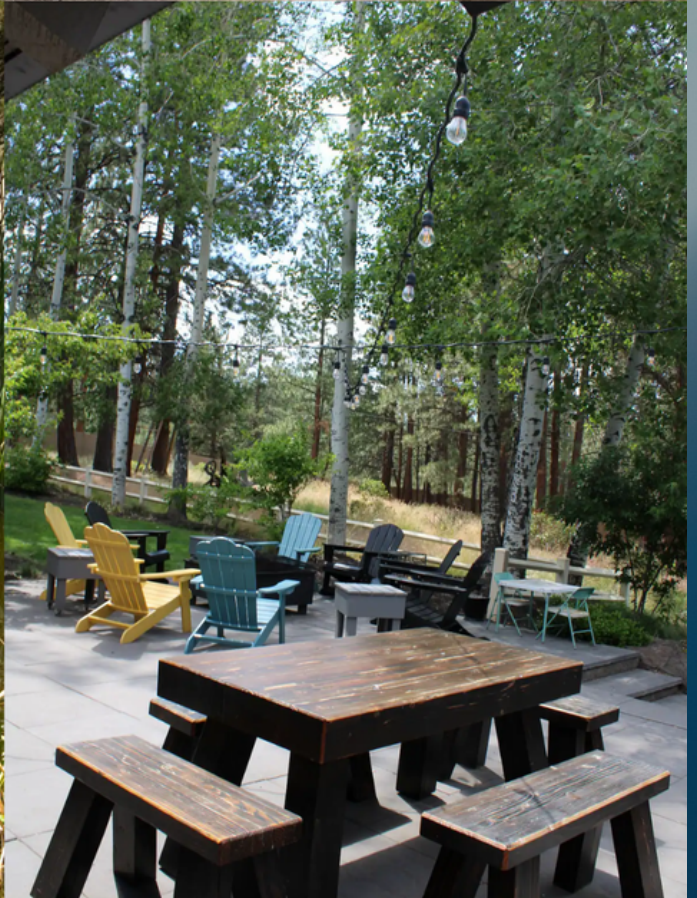
The Retreat venue will be held in a large private residence in Bend Oregon set on 3 private acres. The Residence is updated with tasteful style and furnishings. [See photos below](#). The house is set in a spacious neighborhood with other homes in the vicinity. The residence is set on a large 3 acre lot with a beautiful large back patio, lawn, small pond and garden area. The patio is accessible from many of the venue rooms and hosts a fire pit with a collection of comfortable chairs and lounges and a large hot tub. There is also a "tree house" with a bed that may be available for someone that is looking for a more austere setting. There is a spectacular chefs kitchen and the home is full of windows and light. Some single rooms are available for an additional fee and there are a few options for shared rooms with separate beds.

Accommodations include food, lodging and training. Prices vary depending on rooms requested and availability. Please contact our office for further details and availability.

TRAVEL

There is an airport 25 minutes north of Bend in Redmond Oregon. Some direct flights are available or you may need to fly into Portland and then to Redmond airport. Arrangements can be made to have you picked up and dropped off at the Redmond airport. Please contact our office for more information.

3 ACRE GROUNDS



PRIVATE RESIDENCE



Front Door



Living Room



Kitchen

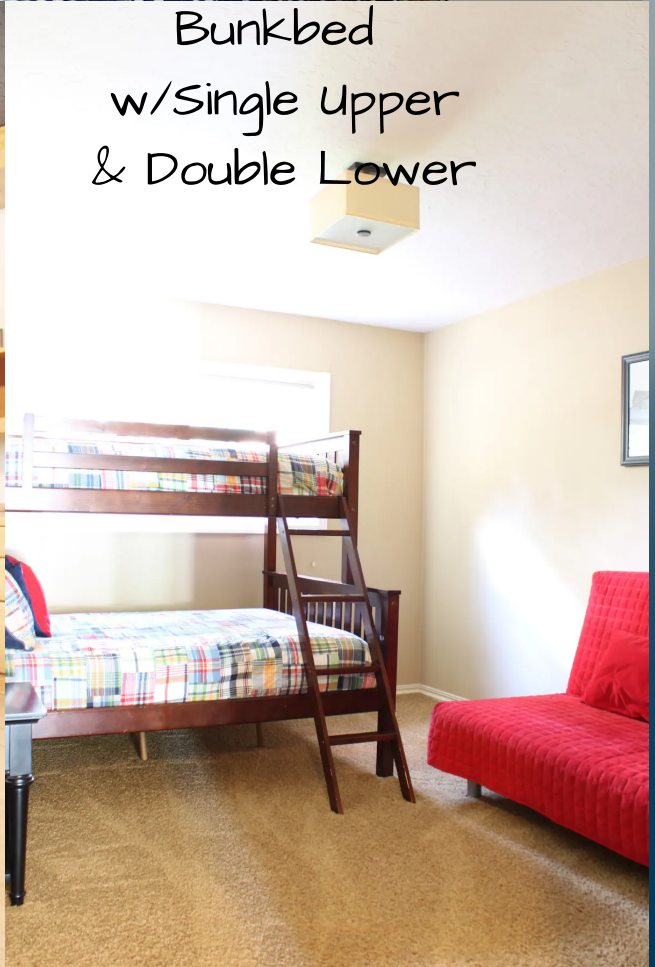


Kitchen/Dining Area

ROOMS



ROOMS



TREEHOUSE



Treehouse
w/Electricity



Treehouse Single



Treehouse Loft



Treehouse Loft

OTHER SPACES



Master Suite Bath



Lower Level Bath



Family Room



Hammocks



Hot Tub

OTHER SPACES



Bonus Room



Bonus Room



Fire Pit



Wildlife Area



WASH

Upper Level

Full Bath