

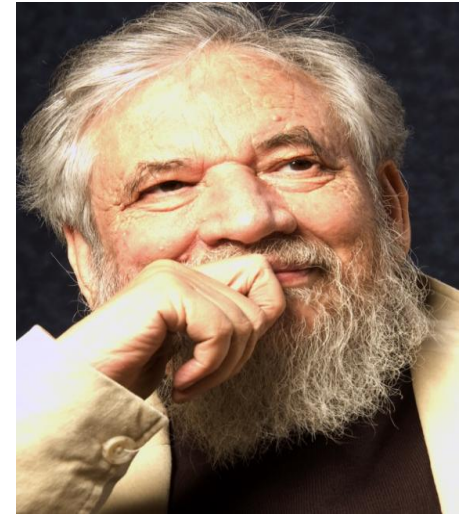


# Self-knowledge in the Context of Self-Care

June 22<sup>nd</sup> – 24<sup>th</sup>, 2012

Ratna Ling Retreat Center - Cazadero, CA

Claudio Naranjo: "After an introductory orientation to the place of self-knowledge and self-care in self-development, I expect to be guiding participants in an exploration of self-awareness ranging from the physical and affective, to the understanding of personality and life history, to the subtler awareness of awareness itself. I have invited Steve Hoskinson to present something of his work on contacting organismic intelligence -- the wisdom of the body and instinctual self, which opens up when we are not only attentive to it, but when we are free from conditionings."



Register for this rare U.S. opportunity to experience Dr. Claudio Naranjo ([www.claudionaranjo.net](http://www.claudionaranjo.net)). In the heart of the beautiful Sonoma coastal mountains, Ratna Ling is a retreat center for healing and discovery which values all spiritual practice in forms which are wholesome, accessible and effective. ([www.ratnaling.org](http://www.ratnaling.org))"

Open to all who are interested. Some previous meditation experience is helpful. Participation is limited due to lodging available, so register early.

For more information please contact  
Cynthia Merchant ~ 510-418-1250  
[Cynmerch@gmail.com](mailto:Cynmerch@gmail.com)

You can register via Hoskinson Consulting  
At [www.Hoskinsonconsulting.org](http://www.Hoskinsonconsulting.org).  
It is listed under "Upcoming Events."

**Cost (includes Vegetarian Meals): Based on lodging choice.\***

\*75.00 non refundable deposit included in price

**Cottages: \$540 (only 26 cottage spaces available)**

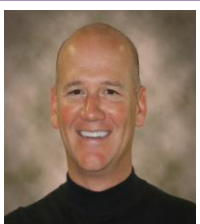
**Cabins: \$440 (only 6 Cabin spaces available)**

**Commuter/Locals: \$300**

Friday June 22— Registration 3-4 pm; (Dinner 5:30, Program follows)

Saturday, June 23— (Breakfast 8 a.m.) Program 9 a.m.--9 p.m.

Sunday, June 24-- (Breakfast 8 a.m.) Program 9 a.m.--12:30 p.m., Lunch; Checkout 2 p.m



Steven Hoskinson

"One of the discoveries we can make this weekend is how loving-kindness is a natural expression of daily living. Our biology, our "organic intelligence" sends these messages to us constantly and consistently. Our task is learning how to recognize these vital "bio-gifts" in order to savor their essential support. In this learning, effortful self-care meets essential Self-care, and forms the basis for intuition and understanding."



Cynthia Merchant

Cynthia Merchant, a somatic psychotherapist, and an avid student of both Naranjo's and Hoskinson's perspectives, will be leading small group exercises to support and extend the work of self-exploration and authentic communication.