

THE 2-DAY MEN'S INTENSIVE



EVENT GUIDE

**"THE FIRST &
GREATEST VICTORY
IS TO CONQUER
SELF"**

- PLATO



SESSION 1

Introduction – The Hero's Journey

We begin the event with an insight into the Hero's Journey - the archetypal tale of how men transform, evolve and develop past prior limitations. The Hero's Journey is rooted in the work of Carl Jung and mythologist Joseph Campbell and shows how every man must 'enter the cave he fears' in order to become awakened, free and integrated as a man.

Sharing Our Stories / Building Trust

Once we know what's in store and the mission we're set to explore, we will have time to get to know one another and share our stories, before engaging in a trust exercise to build a sense of tribal togetherness.

Opening up the Mind

We end session 1 by engaging in mind-opening practices that bring you to a place of security, trust and inner stillness - the perfect conditions to move into some transformative work.

SESSION 2

What Are Your Blocks

To begin session 2 we explore what's blocking you at the fundamental level. Is it trauma, physical pain, a breakup, a past experience... whatever it is we bring this energy to the light.

Dynamic Meditation: Opening Up The Body

Now we have our blocks located, we get into the body and release them via body-work and dynamic meditation, getting out all excess stress, anger, pain and fear.

Breath-work

We end the session by equalising your body back into a state of natural harmony by engaging in some breath-work. This balances your inner energy and restores peace at the root of your being.

SESSION 3

What is a Man?

In this session we get to the grips with our core as men and explore what masculinity really is. In this pursuit we look into our relationship with our fathers, our culture and the universe.

What is Consciousness?

Once we've explored the nature of the father(s), we go to the very root of you as a man, the raw conscious space within, the source of all being and find your masculine core is rooted in this domain.

Deep Meditation

We are now at the peak of the 2-Day Intensive, we've located our true inner Self and will now acquaint ourselves with this non-conceptual force of being. From this point on, you will be in touch with your soul as a man.

BENEFITS OF DAY 1

- **WALK THE HERO'S JOURNEY**
- **LEARN BODY-WORK & BREATH-WORK TECHNIQUES**
- **FIND YOUR CORE AS A MAN**
- **UNDERSTAND YOUR MIND & YOUR BLOCKS IN LIFE**
- **GRASP YOUR TRUE NATURE**
- **RELEASE PAST PAIN & OPEN THE DOOR TO A NEW REALITY WITHIN**



SESSION 1

Check-in / Body-work & Breath-work

We shall begin Day 2 by checking-in and exploring how our experiences the day before, highlighting any forces we've felt arising in the body and the mind. This is a chance to connect with the tribe and to use the opportunity to be heard and seen.

King, Warrior, Magician, Lover

After going deep within on Day 1, Day 2 sees us go back out into the external world and we start by exploring the core archetypes of masculinity: King, Warrior, Magician, Lover. Once we understand these archetypes, we explore which are most at play in our lives and how we can embody each.

King Meditation

Session 1 of Day 2 ends with a King Meditation. This meditation sees you take your 'throne' within and look over the kingdom of your being.

SESSION 2

The Shadow Masculine

Now we know how the four masculine archetypes function in our lives, we must explore their shadow equivalents. These are the dark elements that can live in us and rise up if we're unaware of their existence. They are the Tyrant, the Sado-Masochist, the Manipulator and the Addict.

Shadow Work: Iron John & The Wild Man

Part of being an integrated man isn't in not having the shadow side, but integrating these elements of our personalities in healthy ways. In Session 2 we will explore how each of us can do this to be actualised, awakened men via the interaction with 'The Wild Man'.

Affirmation Meditation

We end Session 2 with an affirmation meditation session of deep acceptance of who we are, accepting good and bad within, and opening our hearts to the powerful influence of the inner Wild Man that gives us raw masculine power and edge as men.

SESSION 3

Modern Man: His Strengths, His Pitfalls

In this final session we'll explore how modern men face a new set of challenges in the world. It's important men leave this event awake as to their opportunities and the potential dangers that lay ahead.

Modern Women: Our Relationship with the Feminine

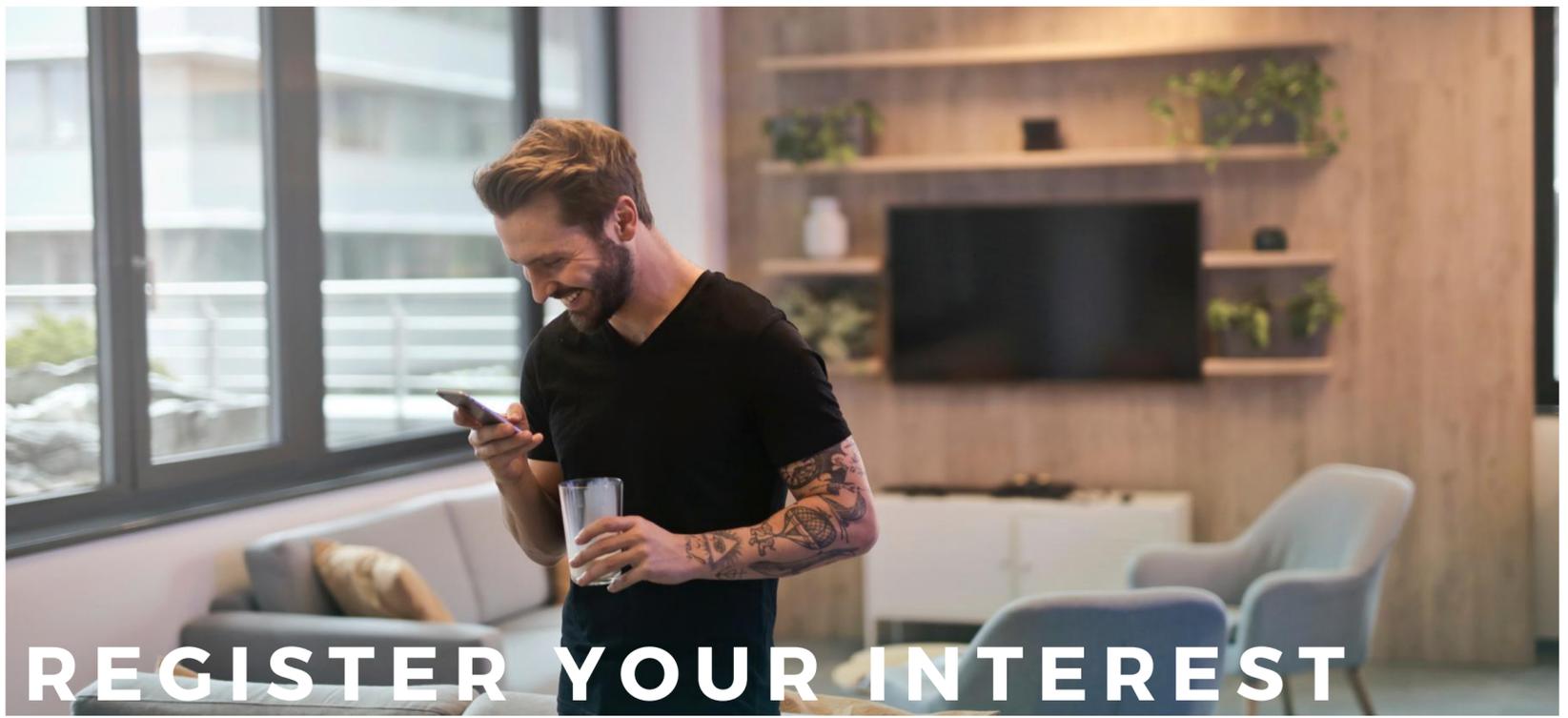
As men, how we relate to women is key to how we balance our lives. Men are in uncharted territory today with women in relationships, work and culture. We will explore what women really want, how we can harmonise with the positives of femininity and how to avoid toxic femininity also.

Ending Celebration

We will end our session with an opportunity for celebration. Our tribe are free to sing songs, recite poems, play their favourite videos or speeches and cover the key things that they have learnt during the two days.

BENEFITS OF DAY 2

- **DISCOVER THE FOUR KEYS OF MASCULINITY**
- **DISCOVER & INTEGRATE YOUR SHADOW SIDE**
- **MEET THE 'WILD MAN'**
- **PLAN YOUR LIFE STRATEGY AS A MODERN AWAKENED MAN**
- **LEARN TO HARMONISE YOUR ENERGY WITH WOMEN**
- **CELEBRATE LIFE & YOUR LEARNINGS WITH LIKEMINDED MEN**



REGISTER YOUR INTEREST

READY TO JOIN US?

THEN SCHEDULE A CALL

To book your call, send Founder of Recovering Man Richard an email at
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