



Get Outside and Deepen Inside: **A California Retreat After the 3PGC Conference**

With Jack Pransky & Margot Smit

Oct 31-Nov 2, 2016

Santa Ynez, California

As Logistics Coordinator of the 3PGC conferences for two years, Margot heard again and again how much people desired to continue enjoying the feeling of the conference, and wished they had more of an opportunity to share and learn in a more intimate setting and to nurture their clear minds and the fresh ideas that had begun to bubble up.



Meanwhile, over in Europe, Jack Pransky teamed up with Yoga Mark Jones to do a Three Principles “work trek.” The small group would hike through the mountains on the Mediterranean coast of Spain, and anyone who wanted a private, one-on-one session could saunter up to Jack on the trail, have their individual session then drop back to hiking in the

beautiful surroundings. Because their minds were relaxed by hiking and being outdoors, they experienced an even better chance of having personal insights. People loved it; it worked out extremely well.



In addition, Margot’s specialty is helping people experience nature through the eyes of the Three Principles.

So we decided to have a dream come true and combine all three of these into one: the *Get Outside and Deepen Inside* Retreat.

The goals of the retreat are:

- To continue the beautiful feeling of the conference with an opportunity for you to experience deepened personal grounding through personal one-on-one and small group sessions



- For you to land in the feeling in your heart where the mind is working perfectly for experiencing well-being, and understand how that can continue in day-to-day life and work

- To go from sitting indoors at the conference to the great outdoors, observing what nature can teach us about the Three Principles on gentle hikes in the California wilds, along with getting some exercise.

Enjoy:



- Sunrise and mountain views during breakfasts on the patio
- Walks in the nearby San Rafael Wilderness where we soak up the energy of Mind as it manifests in life around us
- Evening soaks in the hot tub, enjoying conversations that bubble up from hanging out with others who have a view into the nature of the Principles.

There is no reason anymore for participants to not get the one thing they wish the conference provided, because here it is. The small group size allows the agenda to be directed by participants, and, along with experienced guides, magic can be allowed to happen.

Take a couple of relaxed extra days with us in the California sunshine, oriented around the Principles.

When: 1p.m. Monday October 31 to 4 p.m. Wednesday November 2nd, 2016.

Where: A Mexican-style hacienda in the beautiful Santa Ynez Valley in Santa Barbara County, 2 hours drive north of the 3PGC conference site.

Group size: 6 – 10 (depending on accommodations)

Experience level (mental and physical):

For those who are both new, and old-timers to the Principles!

Walks are gentle, not strenuous, where a moderate level of fitness will make them most enjoyable. There is of course always the option to skip the walk and lounge on the patio and enjoy the mountain views!



Price (Includes the Retreat, 2 nights Lodging, All Meals):

Single room: \$245 (first-come, first served basis, while they last)

Shared room: \$195

Accommodations October 31st and November 1st, with the option to include the nights of October 30th and November 2nd for only \$35 more per night.

Meals include: dinner October 31st, 3 meals on November 1st, and breakfast and lunch on the 2nd.



Location and travel:

A 2-hour drive north of Westlake Village (location of the conference)—north on Highway 101 and inland on Highway 154 to Santa Ynez.

Or half-hour drive from Santa Barbara airport, which has daily flights to and from Dallas, Denver, Los Angeles, San Francisco, Seattle.

Transport during the retreat to and from trails provided.

For Questions and to Register, email Margot at: marsmit2@yahoo.com

About Your Guides:

Jack has heard from his training participants that they don't know how he does it but somehow he is able to create an atmosphere where people get into such a nice feeling they all go deeper in their understanding together. People have also said Jack's trainings are unique; that he creates a way all his own where within a lighthearted, warm, loving atmosphere people are helped tremendously in their lives and work.

To learn more about Jack: www.insideoutunderstanding.com

Margot, former mediator, is ever on a quest to share her two inspirations: the amazing world of nature that surrounds us and the gift of understanding the Principles. And on this retreat, she gets to share her family's lovely home.

To learn more about Margot: www.rewildingminds.org

We hope you will join us!