

Empowering your Leadership with Leadership Embodiment
February 27 – March 1, 2026
Light on the Hill Retreat Center, Van Etten, NY

Friday, February 27th		
3:00pm – 4:00pm	Arrival & Registration Settle into your room Rest Explore the Grounds or Meditation Chapel	Main Entrance Foyer
4:00pm – 6:00pm	Welcome, Settling in, Overview Participant Introductions Group Agreements/Creating a safe learning space Introduction to Leadership Embodiment <ul style="list-style-type: none"> ● Changing posture/Shoulder Push ● Partner Centering - recognizing your personal stress response pattern ● Re-balancing under pressure ● Resilience under pressure 	Main Meeting Room
6:00pm – 7:00pm	Dinner	Dining Hall
7:30pm – 8:45pm	Responding skillfully to a challenging comment/feedback	Main Meeting Room
8:45pm - 9:00pm	Evening feedback and closing	Main Meeting Room
Saturday, February 28th		
8:00am – 9:00am	Breakfast	Dining Hall
9:00am – 10:30am	Reflections from Friday evening Above the line/below the line tool video from the Conscious Leadership Group - leading from trust vs leading from threat	Main Meeting Room
10:30am – 10:45am	Break	Main Meeting Room
10:45am – 12:15pm	Embodying a quality (see pre-workshop worksheet)	Main Meeting Room
12:15pm – 1:30pm	Lunch & Unstructured time	Dining Hall
1:30pm – 3:00pm	Embodiment Exercises - expansion breath, waking up your core, containment breath, Turn from your core, Charge up Hands connecting heart center to core, Dropping attention to your core with gentle back and forth, connecting heart center to core,	Main Meeting Room

	<p>Dropping attention to your core with gentle back and forth</p> <p>Advocating form - bringing your intention into the world without aggression and with integrity (see pre-workshop worksheet)</p> <p>Somatic imprint of being supported</p> <p>Becoming aware of your personal response to support</p> <p>Empowering your intention with triangle visualization</p>	
2:45pm - 3:00pm	Break	Main Meeting Room
3:00pm - 4:15pm	<p>Empowering your intention using the Bokken</p> <p>Posse sharing</p> <p>Establishing a sustainable level/scale for your intention to minimize the likelihood of self-sabotage</p> <p>Mindfulness Meditation - awareness and concentration</p> <p>Participant Feedback</p>	Main Meeting Room
4:15pm – 6:00pm	Unstructured time	Various
6:00pm – 7:00pm	Dinner	Dining Hall
7:30pm – 9:00pm	<p>Sound Healing with Damon</p> <p>Outdoor Fire Circle (Weather Permitting)</p> <p>Art/Crafts/Tea in the Kitchen</p>	Various
Sunday, March 1		
7:30am – 8:00am	Awakening Sound/Meditation with Amara (Optional)	Main Meeting Room
8:00am – 9:00am	Breakfast	Dining Hall
9:00am – 10:45am	Embodiment Exercises - empowering your intention, expanding your presence.	Main Meeting Room

	<p>Leadership-from the head, heart and core - small group discussion.</p> <p>Leading and following - studying our personal stress pattern when in relationship</p> <p>Leading from our core</p> <p>Leading when follower resists</p> <p>Leading when follower over engages</p> <p>Leading when follower disengages</p> <p>Reflections on Leadership with insights from the Leader/follower exercise</p>	
10:45am – 11:00am	Break	
11:00am – 12:15pm	<p>Mindfulness Meditation - awareness and concentration</p> <p>Developing a practice</p> <p>Sharing of insights and dedication of the practice</p> <p>Close the circle and appreciation</p>	Main Meeting Room
12:15pm – 1pm	Lunch & Bon Voyage/Travel Home	Dining Hall