

The Retreat

BECOME A PARENT

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WILL YOU BE A GOOD PARENT?

If you are thinking about starting your own family, maybe this question has crossed your mind. And this is a good sign. It means that you are seriously considering the well-being of your future child. Let's start to answer this question together.

WHAT WILL YOU DISCOVER?

In this 7 days retreat, we will guide you through the process of:

- understanding yourself better
- looking at past traumas
- finding out what kind of parent or caregiver you want to be
- finding your place in a family



HOW WE WORK

THE REHEARSALS

The rehearsals are the heart of our retreat. For two hours each day, you will experience firsthand what it is like to be a child in one of its five stages of development. You will be guided by us and cared for by your partner(s). And so everyone has the same experience, roles will be reversed throughout the day.

TRAINING EMPATHY

During the rehearsals, you will experience what it means to be dependent on your caregiver. And how vital intimacy is for your well-being. You will slowly discover your autonomy and learn to recognise and share your needs. You will think about your future and dream about what you could be when you “grow up”. Also in the caregiver position, we want to focus your attention on your compassion. Not only for the person in your care but also for yourself. Perfection is not an option as we are all



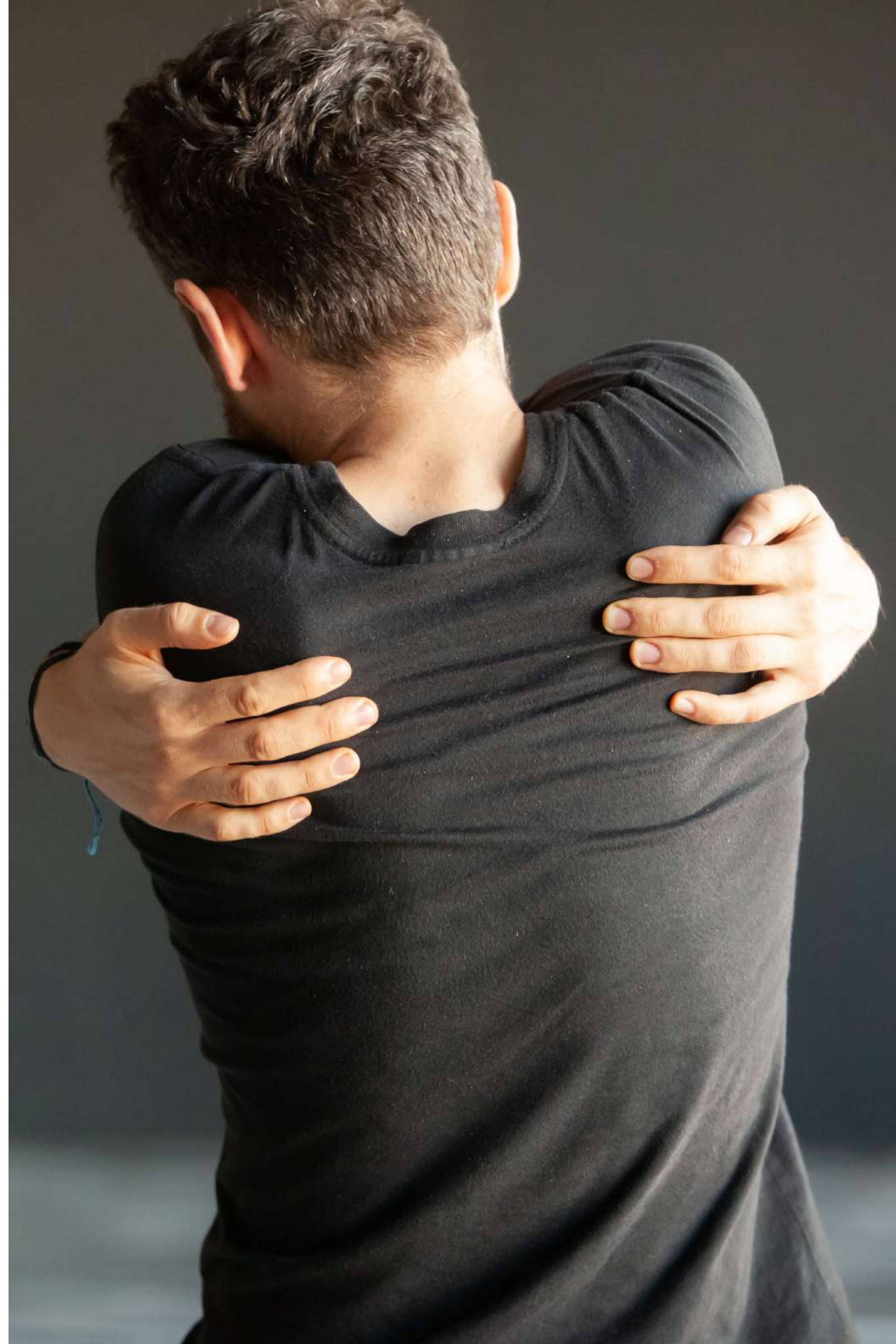
human and make and will make mistakes. This method will awaken a lot in you, which is why it is combined with group sessions and writing practices.

GROUP SESSIONS

Every day we will get together as a group and share our experiences and insights. As a community, we are always stronger and wiser than we could ever be alone. The insights of the other participants help us reflect on aspects that we might have not experienced yet. During the sessions, we also share more in-depth literature on each day's topic.

WRITING EXERCISES

Each day is concluded by writing exercises that will help you structure everything you experience and feel. They consist of questions that support you in bringing together your own childhood experiences, the insights from the daily rehearsals and the group sessions, as well as your wishes for the future. These exercises are meant to be worked on in private and you will receive a personal workbook that will accompany you during the retreat. At the end of every group session you will receive new questions to reflect on.



EXPERIENCE THE DEVELOPMENTAL STAGES OF A CHILD

During the rehearsals, you will take the role of the child for one part of the day, as well as the role of the caregiver for the other.

As a child you will have the chance to relive your own childhood and, with the support of your partner(s) and us, add the pieces that may have been missing the first time you went through these stages.

As caregiver, you have the chance to get a first insight into the needs of a living being who needs you indispensably to become an independent being.



1 I AM WHAT I AM GIVEN

In this step, you will find yourself experiencing the first year of life. From pure bliss just by existing, to the calming feeling of being held and taken care of. As a child you will ask yourself "Can I trust the world?" and as a parent, you will start developing ways to get your child there.



2 I AM WHAT I WANT

In this step, you will dive into your own autonomy. "Is it okay to be me?" you may ask yourself and your caregiver. And with that lay the ground for self-exploration and your first steps towards independence. Oh, and of course, you will also literally make your first steps.

THE REHEARSALS



3 I AM WHAT I IMAGINE MYSELF TO BECOME

"Is it okay for me to do, move, and act?" you may ask yourself during this stage. So start exploring, using tools, and making art, testing the boundaries of your being, your surroundings, your creativity, and your dreams.



4 I AM WHAT I LEARN

In this stage, you learn how to write and how to express yourself in the world of adults. "Can I make it in the world of people and things?" Crosses your mind. And we will welcome you into this new world of possibilities and challenges. We will look at competence as a chance but also as a burden and will create a healthy balance between societal expectations and your own needs.



5 I AM WHAT I AM & WE ARE WHAT WE LOVE

In the last part of the rehearsal, we will dive into adolescence and early adulthood. The questions "Who am I? Who can I be? Can I love?" will be guiding our process of self-discovery and will help us dive deeper into our insecurities, wishes, and potential, as well as into the question "Why am I here?".

TRAINING EMPATHY



GET TO KNOW YOURSELF:



Who are you?
What drives you?



Is there something you might be missing?
Something you need?



How did the experiences of your parents
affect your own development?



How do you wish your ideal family to be?



GROUP SESSIONS



MIND

In the talking group sessions, we will tackle each day a new topic and we will hold space for all the thoughts, ideas, and even insecurities that come up during your journey.

BODY

In the sensing group sessions, you will dive into the body and let go of all the experiences that got stuck in your soma over the last decades.





WRITING EXERCISES

AS A CHILD

By using your weak hand you will get the chance to connect to the first times you learned writing. It will help you get in contact with your inner child and allow you to take your time while you listen to it telling you what it needs.

AS AN ADULT

Through the art of journaling and by working with specific questions for every day of your journey, you will dive into your past, your present, and your future.



THE RESORT

Nestled in the hilly and wooded beauty of the Taunus Nature Park, the seminar house is located above a small village and offers a breathtaking view of the valley and nature and invites you to hours of hiking and excursions. It is a place of tranquility and unity that invites people to grow privately and professionally through lively learning.

The seminar house offers you additional naturopathic practices alongside our seminar. Especially during processes of consciousness development, accompanying bodywork or coaching sessions can have a supporting effect.

The daily menu consists of a variety of vitality-rich BIO food as full board. On request we also offer a vegan diet.





THE AGENDA

SUNDAY

18.00 Check In

19.00 Opening Group Session

20.00 Dinner

MONDAY TO FRIDAY

09.00 Breakfast

10.00 1. Rehearsal

11.00 Break

11.30 2. Rehearsal

12.30 Break

13.00 Lunch

14.00 Group Session

15.30 Break

16.00 Writing Exercises

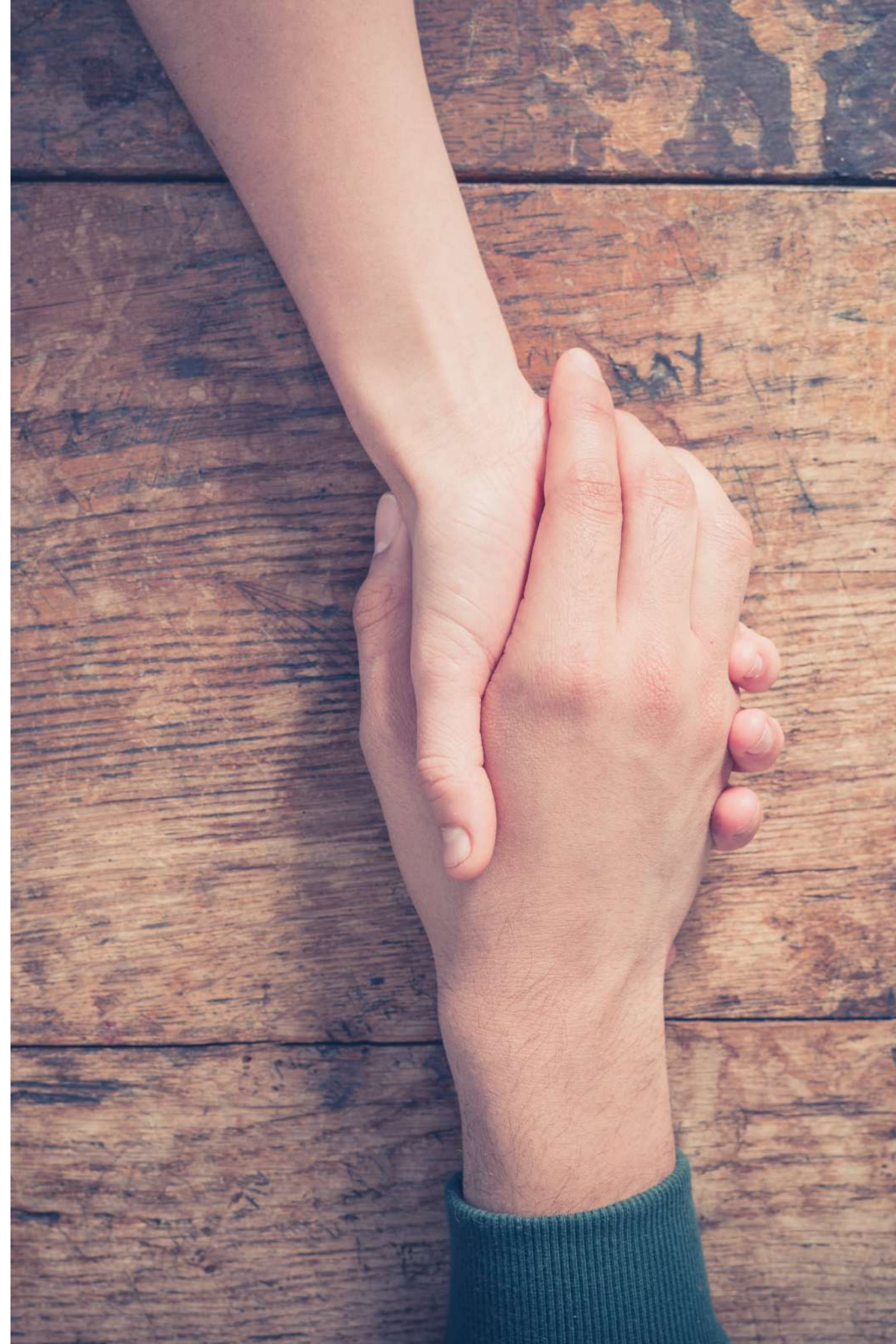
SATURDAY

09.00 Breakfast

10.00 Closing Group Session

12.00 Wind Down Time

14.00 Check Out



RATES

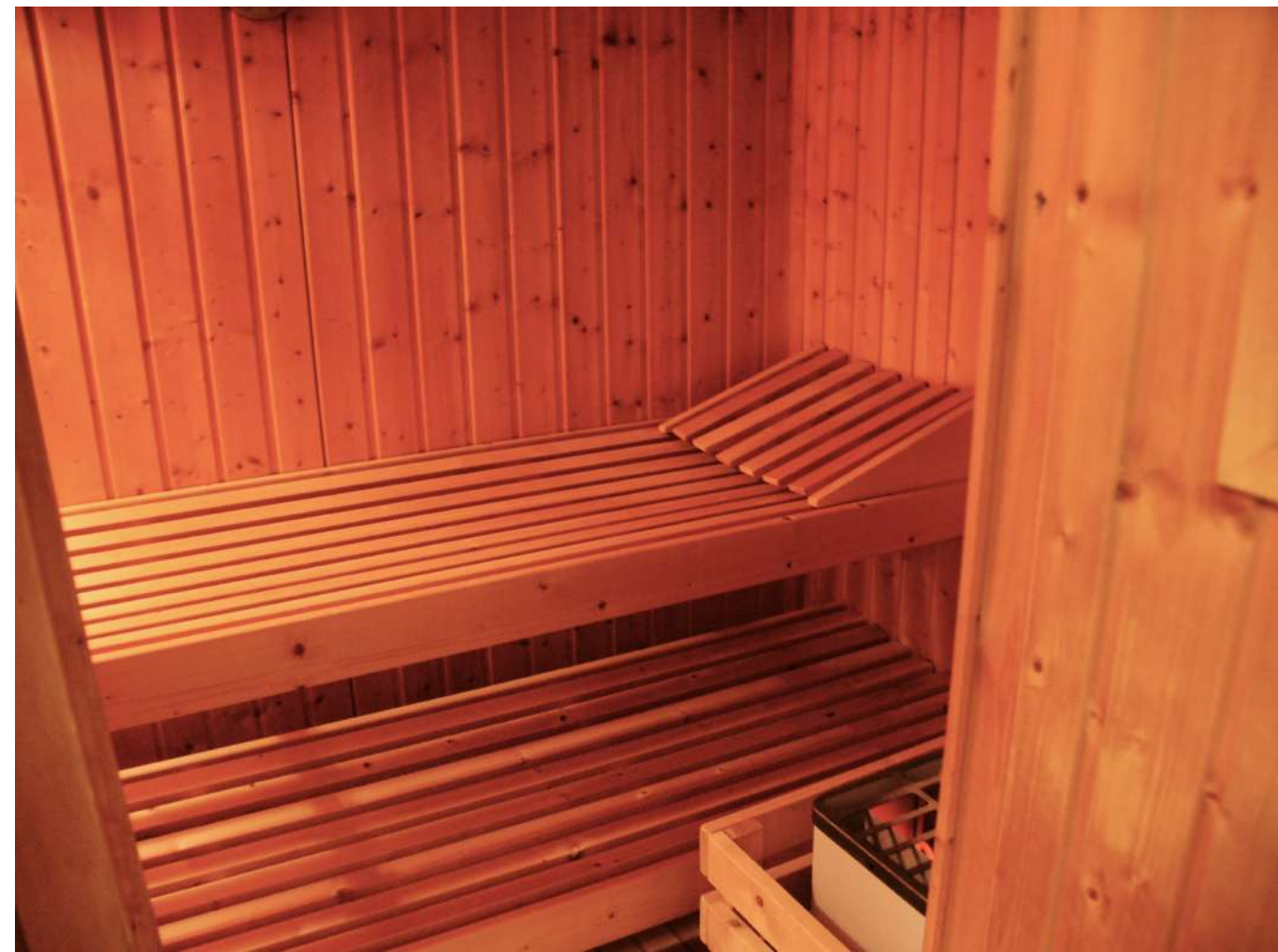
Below you find the list of costs for the retreat, depending on the type of accommodation you choose.

7 days and 6 nights	Overnight stay and organic catering all-inclusive
Bed in 3-bed room	€ 850
Twin room (shared, price per person, w/bathroom)	€ 880
Single room with shared bathroom	€ 940
Single room with own bathroom	€ 1000
Twin room (single use, w/bathroom)	€ 1030

All accommodation prices include bed linen and towels, as well as organic meals (breakfast, lunch, dinner, fruit, spring water, tea, and coffee).

ADDITIONAL TREATMENTS

Treatments	Price per session
Sauna	€ 5
Foot reflexology massage	€ 60
Bodywork therapy	€ 80
Energy treatment	€ 80
Personal coaching	€ 80



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