

# SHADOW PROCESS DAY

Saturday, February 1 (Boulder) or March 8 (Denver)

9am – 5pm

Discovering and reclaiming the gifts of your Shadow is a challenging and essential part of the human journey. Shadow process helps us to find more life energy and possibility by reclaiming parts of ourselves that have been put out of our awareness. We all create shadow as we become a self in order to get along and cope in the world. As adults, these shadow elements that compel our choices become less adaptive and often give us exactly what we don't want. Shadow process reclaims these elements and their energy, and frees us for more choice. Join us for the day, and play either a supportive role or focus on your own issue in a facilitated "process" to:

- See painful lifelong patterns with new clarity and understanding
  - Get the inner support you need to shift those patterns
  - Confront shadows that were previously too scary to face
- Release bitterness and resentment towards a loved one and find forgiveness
  - Safely access your inner warrior and gain new power and confidence

## YOUR FACILITATORS



**Todd Smiedendorf** is a student and facilitator of transformational process. He is a certified 4 Gateways Coach and trained in Advanced Shadow Work. He has been in ministry and in men's work for twelve years, learning the art of bringing together psyche and soul with archetypal maps and models like the Enneagram. Todd is on staff of the Men's Leadership Alliance and is Senior Minister of the Washington Park United Church of Christ.



**Helena Karchere** has been facilitating groups and coaching individuals for six years. In February of 2011 she became a certified Shadow Work coach. Helena integrates that practice with knowledge of the Enneagram Personality System, and EnneaMotion--integrating movement into emotional healing processes. Visit her blog at [helenakarchere.com](http://helenakarchere.com)

First Congregation Church  
1128 Pine St, Boulder, CO 80302  
Denver Location TBA

Limited to 10 participants  
\$75. Snacks provided, bring lunch.  
For more on Shadow Work, visit [shadowwork.com](http://shadowwork.com)  
For more information and to RSVP,  
contact Todd at (303) 882-9631  
or Helena at (310) 384-5260