



Embodying Self, Reclaiming Sacred Feminine

G26040304

with Debra Alvis

April 24–30, 2026

Dear Participants,

Embodying Self – Reclaiming the Sacred Feminine is scheduled to take place from Friday, April 24 through Thursday, April 30. During this period, participants will engage in a journey of self-exploration using practical inner parts to foster deeper self-connection. The program incorporates a variety of experiential activities designed to strengthen inner leadership, including guided meditation, gentle movement, reflective journaling, and mandala creation. Through these practices, participants will have opportunities to dialogue with their inner parts in supportive and creative ways.

To enrich our communal experience, each participant is invited to bring a small item that holds personal significance or represents an aspect of their inner parts. These meaningful objects will be placed on our group altar, creating a shared space of reflection and connection throughout the workshop.



The altar will serve as a focal point within our gathering space, offering an opportunity for everyone to honor their journey alongside others. At the close of our retreat, we will gather to close the altar, and each participant will retrieve their sacred offering, marking the conclusion of our shared experience.

As an integral part of our gathering, we will engage in gentle chair yoga and contemplative movement sessions, designed to be accessible and suitable for every body. To ensure comfort and freedom of movement, participants are encouraged to wear loose, comfortable clothing. While Ghost Ranch provides some yoga supplies, those who prefer to use their own mat are welcome to bring it to the sessions.

During the workshop, participants will create mandalas as a way of expressing and exploring their inner parts. All necessary art supplies for this activity are covered by the activity fee. However, participants who wish to bring additional materials for their creative process are welcome to do so.

Applications for twenty-four continuing education credits (CEUs) have been submitted specifically for licensed psychotherapists. As more details become available regarding the status and approval of these credits, they will be communicated to participants. The CEU provider has indicated that these credits have been accepted across multiple professional disciplines. If you are interested in obtaining CEUs, you will have the



opportunity to submit your information directly to the provider and remit a \$25.00 payment to them.

Participation in this workshop requires that each attendee sign a waiver. This waiver serves to acknowledge that the event is designed for personal growth and self-exploration and is not a substitute for psychotherapy. By signing, you confirm your ability and willingness to assume responsibility for your own emotional and psychological well-being throughout the workshop experience.

If you have any questions or require further clarification, please do not hesitate to reach out. I am honored to be working with you and look forward to sharing this meaningful integrative approach. You may contact me via email at debraalvisphd@gmail.com.

Warmly,

Debra Alvis

Debra Alvis, Ph.D., C-IAYT, MMT

Workshop Itinerary:

Please note that classes will include a variety of modalities including slide shows,



discussions, break out groups, and experiential activities. The experiential components include mindfulness, gentle movement suitable for every body, and creating mandalas.

Friday, April 24

- 3:00pm - Check in
- 5:30 - 6:30pm - Dinner
- 6:30 - 7:00pm - Ghost Ranch Orientation
- 7:00 - 8:00pm - Introduction and workshop overview

Saturday, April 25

- 7:30 - 8:30am - Breakfast
- 9:00 - 12:00pm - Class begins
- 12:00 - 1:00pm - Break for lunch
- 1:30 - 4:30pm - Class resumes
- 5:00 - 6:30pm - Break for dinner
- 6:30 - 8:00pm – Class resumes

Sunday, April 26

- 7:30 - 8:30am - Breakfast
- 9:00 - 12:00pm - Class begins
- 12:00 - 1:00pm - Break for lunch



- 1:30 - 4:30pm - Class resumes
- 5:00 - 6:30pm - Break for dinner
- 6:30 - 8:00pm – Free evening

Monday, April 27

- 7:30 - 8:30am - Breakfast
- 9:00 - 12:00pm - Class begins
- 12:00 - 1:00pm - Break for lunch
- 1:30 - 4:30pm – Free afternoon for tours, hiking. etc.
- 5:00 - 6:30pm - Break for dinner
- 6:30 - 8:00pm – Class resumes

Tuesday, April 28

- 7:30 - 8:30am - Breakfast
- 9:00 - 12:00pm - Class begins
- 12:00 - 1:00pm - Break for lunch
- 1:30 - 4:30pm - Class resumes
- 5:00 - 6:30pm - Break for dinner
- 6:30 - 8:00pm – Free evening/Open studio

Wednesday, April 29

- 7:30 - 8:30am - Breakfast



- 9:00 - 12:00pm - Class begins
- 12:00 - 1:00pm - Break for lunch
- 1:30 - 4:30pm – Free afternoon for tours, hiking. etc.
- 5:00 - 6:30pm - Break for dinner
- 6:30 - 8:00pm – Class resumes

Thursday, April 30

- 7:30 - 8:30am - Breakfast
- 8:30 - 9:30am - Final Discussion & Closing
- 10:00am - Check out

Please Note:

All necessary art supplies will be provided. While not required, attendees may choose to bring items such as watercolor pens, colored markers, colored pencils, journals, or any other materials they prefer to use. This flexibility allows individuals to further personalize their artistic process during the retreat or workshop. Participants may also wish to bring a journal for reflections. While Ghost Ranch has some yoga mats, participants may wish to bring their personal mats.