



Sobriety & the Deeper Life

G26090406

with Zoe Pawlak

September 27-29, 2026

Hi, Participants,

Welcome to this two-day immersive workshop that explores the intimate relationship between sobriety and spirituality.

We got sober, that's cool, but now we must daily deal with life on Life's Terms and this requires some practice, presence, and support.

We want to live a richer, more vibrant life after substances. This weekend is a great opportunity to be restored and enlivened by dynamic programming, spacious landscape and deep care. Together, we will reframe sobriety not merely as abstinence, but as an ongoing, creative, spiritual, and embodied practice.

"The soul delights when we allow our deeper nature to happen to us." - John O'Donohue



Led by Canadian facilitator and sober lady Zoë Pawlak, this workshop blends reflective inquiry, embodied practice, and honest conversation. Zoë is funny, compassionate and experienced in leading people back to their own center, truth, identities and joy.

What does it mean to move feelings and lived experience through the body? Starting with daily movement, I will support you by teaching new ways of breathing and light yoga. We will come to relate to the body as a vessel; capable, safe and whole.

You will leave with:

- tools to thrive in areas you've learned to tolerate or have been overwhelmed by
- We will gently look at fear and roadblocks
- Immersive time in nature
- Reframe judgments through compassionate inquiry/creative and contemplative inquiry
- Reflective writing to gain personal insight
- Build resiliency.
- Employ group and inner work/facilitated discussions foster meaningful integration
- Experience profound rest and restoration

This weekend will also be fun! We will play in this beautiful environment and enjoy the landscape and walks. Be restored by nature and the expansive



skies. This weekend is intended to return us to our full aliveness, reminding us that joy is our birthright.

[@zoepawlak](#)

[A Clear, Creative Life with Zoë Pawlak](#)

[Wellness Within: Expression is the Antidote with Zoë Pawlak](#)

Supply List

Please bring a journal and any writing or reading materials that support where you are in your journey (pens, sticky notes, a writing book, or a sketchbook are all welcome).

If you prefer to practice with your own yoga mat, bolster, blocks, or other props, you're welcome to bring them, though all yoga props will be provided.

Workshop Itinerary:

Sun arrive - check in starts at 3 pm, dinner then ranch orientation - opening night circle 7-9 pm

Mon full day - 6-7 hours of time together - 3 before lunch and 3-4 after

Tues AM - teaching 8am -12/1 pm and departure **Please note that check out for accommodations is at 10:00 am, please have all personal belongings removed prior. If you intend on staying for lunch this day, make sure you prepurchase your meal ticket.