



Your Journey Begins Here



www.pathretreats.com



Path Retreats offers deeply healing, personal growth retreats integrating the latest research and understandings in scientific and spiritual development. It is for people who long for deeper meaning and more honesty with themselves and others.

“

I love the **Path of Love** process! It has helped me in so many ways through life, none the least, opening my voice and giving it new breath and new depth. And for me that's always a proof of inner expansion. It is a spiritual 'spring clean'.

Deva Premal, Musician



Face and shift core issues, learn to be emotionally honest, discover your inner richness, and find an increased self-worth and passion for life.

Learn to be still and present, feel your emotions, listen to your body, and reduce the dominance of the mind.

Learn essential tools for establishing connection and loving relationships with yourself and others.

Reduce stress, fear, and anxiety, and find healing from grief and loss.

Have you ever wondered

Can I really create the life I long for?

Our workshops are intense and effective developmental processes, where participants are supported in deeply healing and highly personal inquiries that go to the very heart of what it means to be human. From these understandings, you will find increased space to envision and work towards a future of your choosing, beyond the old worn out choices of the past.

How do I discover my purpose?

At a Path Retreats workshop you will discover and release the old stories and patterns that have held you back. You begin to feel empowered and free to make choices that feel right for you and are not programmed by the past.

Can I have fulfilling relationships?

Our retreats provide a safe place to express and resolve feelings around death, divorce and separation, lack of closeness between partners, friends, parents, or children, and to address, genuinely feel, and work through pain from past and current relationships.

At a Path Retreats workshop, you will learn to connect with yourself and make deep, authentic contact with others. You will find the courage to stand up, be honest, and discover what is blocking you from being real. This is the first step in building and sustaining healthy and rewarding relationships, with connection, intimacy, and trust.

How is Path Retreats different?

Path Retreats programs combine the most effective research and understandings in science and spirituality. This balanced approach offers participants the opportunity to engage in an atmosphere that is intensely supportive.

Each Path of Love 7-Day workshop has the unique presence of a large number of highly qualified facilitators and volunteer staff (made up of Path of Love graduates). This provides a sense of safety and security, as people work together to come face-to-face with their personal pain, regrets, fears and doubts, transforming those difficult emotions into a sense of peace and connection.

Whether you take just one retreat or continue on to the deeper graduate level workshops, you have the support and follow up of communities across the globe as well as ongoing outreach and communication.

Who We Are

For the past 40 years, Turiya and Rafia, the Path Retreats founders, have been training in a multitude of spiritual and therapeutic modalities. For a great part of that time they also received personal guidance and life-training from Osho, an enlightened master, which has given them a deep understanding and great sensitivity to the powerful, yet subtle inter-relatedness of psychological issues and the realization of true spiritual nature.

The influence of Osho is foundational to the Path of Love 7-Day process, and the first Path of Love was held in 1995 at the Osho International Meditation Resort in India, which today remains one of the foremost meditation centers in the world.

The Path of Love 7-Day Retreat, now a worldwide, life-changing, personal growth and self-development process, enriches and inspires people on five continents and in six languages. We have a dedicated team of skilled facilitators and group leaders trained in a wide range of approaches and modalities. They not only teach this work...but integrate it's principles into their own lives. They each have a passionate longing to wake up to their own potential and to help others to do the same.

Thousands of people's lives have been deeply enriched and enduringly transformed by their participation in this retreat, and Path Retreats continues to grow, with new countries and languages being added each year.

“

If you could write the **perfect symphony**, the masterpiece of therapy for human beings, what would it look like? For me it looks like the Path of Love.

Thomas Schwarz, Graduate of Path of Love Sweden, 2018

What is your deepest longing in this life?

If you yearn for a change in your life that will bring you more passion, greater aliveness and ease, deeper meaning, and closer relationships, then we invite you on this challenging yet magical journey. We so often hear from people that it is the most transformative process that they have ever done...seven days that will change your life!

For 25 years we have been developing this process...through our own personal inner work, our studies of human nature, and on-going training in various spiritual, psychological and healing methods.

Path of Love helps us trust the guidance of our inner longing by opening and empowering us to live in authentic human expression. The process uncovers and makes us aware of unconscious patterns and behaviours, giving us the choice to live our lives to their full potential and regain a genuine sense of self-esteem and dignity.

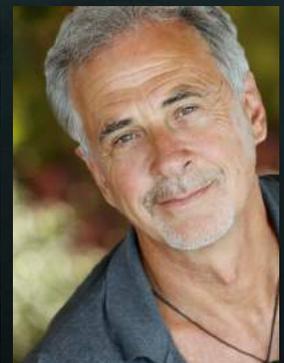
Over the last 40 years of working with people we have developed a unique style which synthesizes Eastern practices of meditation and prayer with Western science and psychology. We are human with various needs of survival, attention, love, and connection and yet at the same time we are also part of a spiritual dimension which is much greater than our individual selves. Discovering these two forces and allowing them to be present brings our humanness together with a profound sense of being connected to the Divine. This is the essence of the Path of Love.

If you have a sincere longing to realise your greatest potential in this life...
If you are ready to make a significant shift...
If you want to do inner work with skilled professional help...
If you have everything, yet you feel something essential is still missing...
If you are curious and courageous...

THEN THIS PROCESS IS FOR YOU...PATH OF LOVE.

WITH LOVE

Rafia & Turiya,
Path Retreats Founders



Path of Love

Personal Growth and Development Retreat

The Path of Love 7-day retreat is one of the most intensive and life-changing meditation and personal development processes in the world today, and has gained an extraordinary reputation amongst people who really want to come to know the truth about themselves. It is a profound inner work.

99.1% of Path of Love graduates would recommend Path of Love to a friend or family member.

No matter what you are dealing with, this process will address your needs. From physical issues, such as feeling tired, empty, or drained, to emotional stressors, such as healing from grief or loss, working with anxiety or fears, or relationship issues, this retreat provides the tools to access and develop emotional intelligence, facilitating a shift in a person's state of wellbeing, confidence, and interpersonal relationships. It can provide a deep sense of peace and understanding of how to meet with the world as the person you truly are.

Called "5 years of therapy in one week", this meditation and personal development retreat will challenge you and give you moments of deep connection to yourself.

In today's busy and distracting world, we are becoming increasingly conscious of the benefits of a more balanced life, of finding time to retreat inward. We have a growing desire to awaken and realize our true potential and find a more grounded, relaxed sense of self.

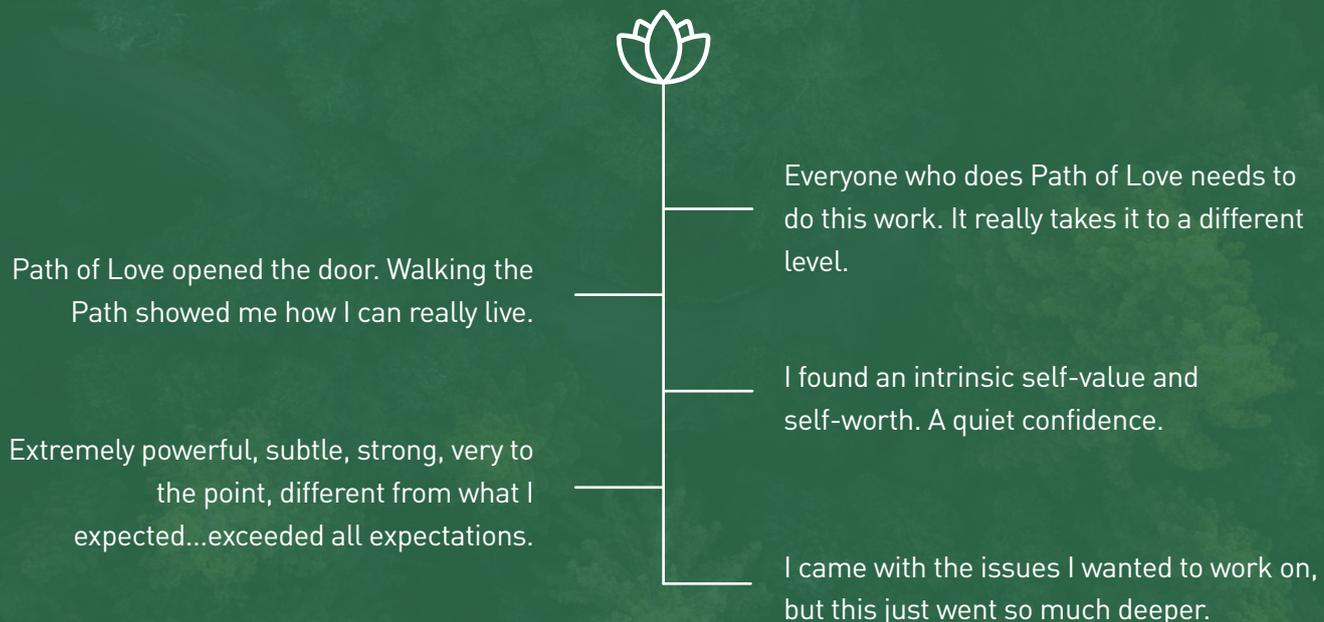
Bringing together Western therapeutic approaches and Eastern mindfulness practices, this retreat provides the opportunity for you to get in touch with parts of yourself that are difficult to feel, and thereby move into aliveness and connection. You will face and shift core issues, and discover yourself and your inner richness.

Walking the Path

A 4-Day Advanced Personal Growth Retreat for Path of Love Graduates

If you are a graduate of the Path of Love 7-day retreat, you may be wondering, what is the next step? Now that I am starting to understand who I am...my individuality and uniqueness...my limitations and my shadow...my beauty and my potential...how can I further my experience? What will attending the Walking the Path retreat bring to my life?

Here is what graduates say about Walking the Path:



The 4-day Walking the Path advanced personal growth and development retreat helps integrate the deep openings which you experienced in the Path of Love 7-day retreat.

In this powerfully transformational retreat, you will become aware of how you sabotage and compromise your inner knowing...your truth. Through the power of honest inquiry and exposure and the support of the group, you will strengthen your courage to be real, and through that find self-esteem and dignity. This gives you the strength to show up and integrate the challenges of your life in a more conscious and embodied way.

Love in Action

In Service to Humanity and the World

Love in Action is a non-profit extension of our work dedicated to putting human values into service for the whole of humankind.

Path Retreats has been running educational, deeply transformational, and life-changing workshops worldwide for over 20 years, and we feel it is time to give back to the world. Our courses educate, enable, and inspire people to change their lives for the better by awakening a longing and passion for spiritual growth and a curiosity for self-discovery and self-fulfillment while establishing a sustainable integrated foundation for inner growth and an endurance for transformation.

We find it to be a natural progression of our deep inner work to make a contribution to the world; to take action where action is needed, to help our communities, and to support, participate and invest in projects where there are people in need and people who are striving to help our world and its people evolve.

Out of gratitude for what we have received, we are very deeply committed to Love in Action projects which could benefit from the consciousness of Love in Action, and the contribution of our highly trained and skilled therapists and global network of volunteers.



“We feel it is a natural progression of this work to give something back and to offer something to humanity. Most people only take outer action and they forget about transforming themselves, but real change begins inside each one of us. In Path of Love we take people through a deep process of inner transformation...and once that has begun, the next step is to reflect that transformation into the world and do something that will make a difference.”

Turiya Hanover, Path Retreats co-Founder

“There has always been a desire to give back,” says Rafia, “it began with our scholarship program, and this new project takes the idea one step further. I’ve always seen the process of Path of Love as a way of addressing separation and finding a place for that expansive oneness that everyone yearns for. So many parts of living divide us...religion, gender, culture, etc. but our true nature is one of acceptance, and Path Retreats has always been about bringing people together.”

Rafia Morgan, Path Retreats co-Founder

Resources for Therapists

Increasing and Deepening the Effectiveness of Individual Therapy

Do you have clients who are ready to shift core issues and gain greater satisfaction from life? Are you looking for resources and information about how the Path of Love 7-Day Retreat can help your clients?

98% of participants in the Path of Love 7-Day Retreat report a positive increase in continuing satisfaction with life and emotional wellbeing.

Science and Spirituality

RESULTS FROM A 2014 - 2015 RESEARCH STUDY CONDUCTED BY AN INDEPENDENT RESEARCHER SHOWED:

The Path of Love 7-Day Retreat decreases depression after six months, reducing somatic symptoms such as poor appetite, sleep disturbance and thinking too much, and increases positive feelings of well being.



The Path of Love 7-Day Retreat increases satisfaction with life.

For 98% of participants the positive increase in satisfaction with life and emotional wellbeing maintained for a year after completing the Path of Love process.

(Note: Study did not follow participant results after one year.)

For therapists who would like more information on how the Path of Love 7-Day Retreat helps individuals and couples to identify and resolve depression, anxiety, isolation and relationship issues, or have specific questions, please schedule a call with one of our Retreat Advisors, or contact us at therapistresources@pathretreats.com.



Unanimously, all of my clients who have come to do this process have come back and said...thank you.

Simon Matthews, Psychotherapist, United Kingdom

“Testimonials”



I gained insights that helped me to transform some of the unease I felt about my life into a sense of freedom and joy. These shifts were deep and permanent. I recommend this process to anyone who wants to experience more of themselves. POL offers a unique opportunity to look into the deeper layers of who you are. Your life will never be the same again after Path of Love.

Barbra Noh, Anusara Yoga Teacher, Germany



Walking the Path gives you the insights and tools to identify and resolve how you sabotage your potential, usually through unconscious behaviours and habits. Seeing this, you can rebuild your self-esteem, put what you discovered at Path of Love into practice, and actually live your highest potential.

Gina Bloom, Counselor and Psychotherapist, Australia



I have never felt so loved and cared for in my life. Through grace this opened the doors to myself. Finding out the vulnerability I was always so ashamed of is one of my most precious gifts is immensely valuable for me.

Christine Okresek, Manager of a Refugee Center for Unaccompanied Refugees, Croatia



“Risk, adventure, going into the unknown, is what life means.
Support the urge that is still alive in you, make it aflame, so that it can burn
all those fears and you can move into seeking.”

Osho