



# Return to Innocence

## A Heartwork Retreat

**Wimberley, TX**

March 20–23, 2026

**Van Etten, NY**

June 18–21, 2026

September 4–7, 2026

As Sarah McLaughlin says, “We are born innocent.”

...and then we lose it! In order to feel connected to our social, cultural group, we choose to abandon our True Nature and align instead with all the identities and beliefs that make us feel not alone. There is no blame; it is the best survival strategy we can adopt. However, we necessarily develop a deep longing to return home to our lost innocence. The truth is, we never really lost it. We just buried it deep in our unconscious.

Many people, especially these days, are aware of this deep yearning, but few actually find their way back home. This three-day retreat offers a way to rediscover the openness, wonder, and aliveness that you thought you lost forever. Together we move through the path of Return - from the felt-sense memory of childhood innocence's joy and freedom, openness and wonder, through a dignified honoring of the grief of what was lost, into a mature spiritual innocence - an innocence not of naïveté, but of eyes wide open: tender yet strong, playful yet grounded, full of wonder without denying what you know to be true.

### Retreat Fees

\$1,750 includes retreat program, accommodations, and meals

Sliding scale \$1,250–1,750; inquiries: Annette @ officesptllc@gmail.com

\$250 deposit reserves your space (Payable via check or Venmo)

Balance due by June 1 or payable in two installments

[Register Here](#)