



Moving Between the Worlds: A Work that Reconnects Retreat

October 26 to Nov 1, 2026

The Work That Reconnects helps people around the world discover and experience their innate connections with each other and the self-healing powers of the web of life, transforming despair and overwhelm into inspired, collaborative action.

-Joanna Macy

Using the Work That Reconnects practices, meditation, time in nature, movement, art and ritual we will explore how we can navigate this evolutionary time on planet earth without tuning out or burning out. We exist between worlds. We are learning to leave behind the world view of humans as separate from the earth. This view has led to massive destruction and suffering for both humans and the natural world. We are in the Great Turning towards a global rediscovery of ourselves as part of the earth and indeed a part of the vast creative universe.

To deepen this understanding we need to embody it, feel it in our bones and our hearts. The group work of WTR, somatic work, time in nature and mindfulness practices allow us to experience our love and our pain for the world. We can then experience ourselves as interconnected to each other, to the earth and all her beings. And then we can go forth with joy to act on behalf of life.

Our retreat will take place during the week of the year (over Halloween in the US) when the veils between the living and spirit worlds are thin. As is celebrated in cultures around the world - Day of the Dead in Mexico, Samhain in the Celtic world and the time of the hungry ghosts in Chinese culture - we will move into this time to find our way to dance between the worlds. Through practices, reflection, ritual and ceremony we will step into deep time, connect to our ancestors, the future beings, to the evolutionary forces of the Universe and heal what is to be healed in the liminal spaces of these worlds.

We also have rituals in which we move out of our limited sense of self as humans and step into ourselves as part of the living earth. We will allow the more-than-human beings to speak through us as cultures around the world have done for thousands of years. Using masks and the way of council we gather the wisdom of the earth's beings and the earth herself.

Work That Reconnects - Draws from Buddha Dharma, deep ecology, systems theory, the arts and indigenous spiritual traditions. The WTR builds motivation, creativity, courage and solidarity for the transition to the new world we know is possible. This pioneering body of work has its roots in the teachings and experiential methods of Joanna Macy. www.workthatreconnects.org

The retreat will follow **The Spiral of the Work That Reconnects** - Which starts with **gratitude** that opens the heart then moves to **honoring our pain** for the world. Once we have opened our hearts and touched into our grief we are able to **see with new/ancient eyes**. The final piece of the spiral is **going forth** with our new ideas into the world to do what is calling to us, what is ours to do for the Great Turning.

Mindfulness in Nature - the Buddha's first instruction was to sit in the forest at the foot of a tree and be mindful of the body. Ancient/indigenous practices from around the world also provide ways to connect with the wisdom of nature and to find ways to heal the separation/disconnection from ourselves, one another and the earth. Time in nature supports us to come back into our true nature as earth, a woven expression of the imagination of the Universe.

Art, Theatre and Ritual -

Artistic, embodied, and ritual practices are integral to this retreat, not as creative expression for its own sake, but as ways of knowing that help us move beyond habitual cognitive frames. Within the Work That Reconnects, art and ritual support

participants to move around the Spiral. They allow meaning to emerge through the body, symbol, and collective presence, particularly at the thresholds between the worlds where language is insufficient.

We will draw upon approaches including Social Presencing Theatre, to invite us into simple, accessible embodied practices that help sense into individual and collective experience, surface patterns, and make visible what is often felt but unspoken. The retreat will also include nature-based ritual practices, including the creation of nature mandalas. These practices invite a direct, respectful relationship with land and more-than-human life, cultivating attention to impermanence, reciprocity, and belonging within the wider web of life.

“Just as lovers seek union, we are apt, when we fall in love with our world, to fall into oneness with it as well. We begin to see the world as belonging to us as intimately as our own bodies. Hunger for this union springs from a deep knowing, which mystics of all traditions give voice to.”

— Joanna Macy, [World as Lover, World as Self](#)

Recommended readings, watchings, listenings

Active Hope - Chris Johnstone and Joanna Macy or

Coming Back to Life- Molly Brown and Joanna Macy

Awake in the Wild - Mark Coleman

Joanna Macy: [The Greening of the Self](#)

Podcasts -

[We are the Great Turning](#) - Jess Serrante interviews with Joanna Macy

Joanna Macy - [A Wild Love for the World](#)

Testimonials -

"One of the most amazing spiritual, emotional and intellectual experiences of my lifetime. This retreat is a must for all those involved in the transformation of our world toward life affirmation." - Ann Aurelia López, Ph.D.

"Moving with the group through the spiral of Gratitude; Honoring Our Pain; Seeing with New Eyes; and Going Forth; encouraged me to live fully in the present and into the future. I experienced the strength of connecting with other people to honor the grief we feel about the plight of our Earth, and how that shared human connection naturally moves into the other three parts of the spiral. This retreat was

a time of renewal and inspiration. Thanks to everyone involved!" - Robyn Johnson

"I went to the retreat feeling drained and I left feeling juiced! And this is not just post-retreat bliss. This is a true return to what motivates my life." - Joanie Linney

"Being in a space where people could openly name their grief, fear, anger, and love helped me see that these emotions aren't personal shortcomings, they're a sign of connection and integrity. I've noticed that I'm listening more deeply, assuming less, and feeling more curious about people's inner experiences. This work deepened and expanded my appreciation for my interconnection with the earth and the more-than-human world. Throughout the sessions, I kept returning to how profoundly the practices revealed our embeddedness in the web of life. Beginning with gratitude for the land, the ancestors, the trees, the beings of the three times helped me slow down and deeply feel my relationship with the earth rather than just think about it. - Jax Maxine

Daily Schedule -

7am - Movement & Meditation

8am - Breakfast

9:30am - Session 1 - Meditation, WTR Practices, Nature Connection time

12:30 - Lunch break - Personal Time on the Land

3pm - Session 2 - Meditation, WTR Practices, Nature Connection time

6pm -dinner

7:30 -9pm - Evening Session - WTR Practices, Meditation, discussion

YOGI JOBS

It is customary in meditation retreats for all participants to contribute to the smooth running of the retreat by offering some form of service. When you arrive, there will be a sign-up sheet so you can choose how you'd like to participate. Depending on the job, please expect to offer 15 to 45 minutes each day. We thank you in advance for your service. Your help truly matters.