

The Way Out is In

The year-long course in two parts

<https://www.thewayout-isin.net/courses>

PART 1

Module 1 - Nurturing the Heart: Cultivating Compassion - A Path to Inner Growth and Connection. (18.3.25)

Module 2 - Healing Through Presence: Embracing Growth with Compassion and Gratitude Beyond Self-Criticism. (15.4.25)

Module 3 - Attuning with Compassion: A *Retreat* for Connecting to Self, Others, and Nature. (4.5. 25)

Module 4 - Grace in Resilience: Cultivating Fierce Compassion and Presence. (17.6.25)

Module 5 – The Art of Awe: Cultivating Joy, Gratitude and Compassion. (15.7.25)

Retreat - “Renewal - The Way Out Is In” at Monviso Institute in Italy
(1.-6.9.25) – optional -

PART 2

Module 6 - Fierce Self-Compassion: Balancing Strength and Tenderness (19.8.25)

Module 7 - Transforming Shame: Compassion as the Bridge to Healing. (23.9.25)

Module 8 - Embracing Shame: Rediscovering the Wish to Be Loved. (21.10.25)

Module 9 - Beginner’s Mind: Finding Joy and Awe in the Everyday. (18.11.25)

Module 10 - Coming home - “The Way Out Is In”: A Warm-Hearted Closing Retreat for Harvesting and Cultivating Wholesome Seeds (14.12.25)

This course includes 8 live online sessions à 2.5 hours (Tuesday evening CET), 2 online retreats à 3.5 hours (Sunday afternoon CET), monthly audio for meditation and monthly audio for nature walk guidance, email summary after each evening with links and material, guidance for dyadic practices between modules (optional), access to a shared online space, plus priority access at a special rate for the 6-day in person Retreat in Italy (optional).



PART 1

Module 1

Nurturing the Heart: Cultivating Compassion - A Path to Inner Growth and Connection. (18.3.25)

Discover the transformative power of Mindful Self-Compassion in this enriching module. Together, we'll explore cultivating a loving, connected, and grounded presence, awakening gratitude and kindness toward ourselves and others. Dive into the art of dyadic practice and mindful dialogue - powerful interpersonal practices that foster authentic connection, understanding and compassion. Uncover the timeless wisdom of nature and her lessons for reconnecting with nature within. Discover your unique way to weave in Inner Developmental Goals that align with your personal path, inspired and encouraged by community.

This module is an invitation to deepen your practice, nurture your spirit, and create a foundation for meaningful transformation. Join us on this heart-centered journey of self-discovery and connection.



Module 2

Healing Through Presence: Embracing Growth with Compassion and Gratitude Beyond Self-Criticism. (15.4.25)

Step into a space of gentle transformation in this module on Mindful Self-Compassion. Learn to take a meaningful break from self-criticism, embracing a nurturing Presence through the wisdom of body awareness and a deeper connection to your physical and emotional dimensions. Explore the brain's negativity bias with curiosity and discover how gratitude can shift your perspective. Through dyadic practice engage in meaningful conversations that inspire self-awareness, connection to others and your insight into a common humanity. Draw lessons from nature's resilience - its ability to grow and re-grow after trauma - and weave these insights into your own Inner Developmental Goals landscape. This is your invitation to grow with grace and authenticity.



Module 3 Retreat *online - 3.5h*

Attuning with Compassion: Connecting to Self, Others, and Nature. (4.5.25)

In this module, we'll delve into the practice of Mindful Self-Compassion, exploring how to attune more deeply to ourselves, others, and the relationships that shape our lives. Cultivate a grounded Presence through body awareness, discovering how your connection with your body reveals new possibilities. Experience and practice the powerful exchange of giving and receiving compassion, fostering gratitude and mutual understanding. Engage in dyadic practice, deepening your strong back and soft front in deep listening, fostering meaningful connections and reflecting on your inner journey. Deepen your motivational power of gratitude and compassion through mindful dialogue. Become aware and open up to nature's wisdom and stunning intelligence, creativity, and beauty. Weave these insights into your Inner Developmental Goals landscape, fostering connection, growth and trust in life.



Module 4

Grace in Resilience: Cultivating Fierce Compassion and Presence (17.6.25)

Immerse yourself in the practice of Fierce Mindful Self-Compassion during this rejuvenating retreat. Cultivate the balance of a strong back and a soft front through body stance and movement, discovering the stillness and strength within, even amidst life's storms. Learn to protect and cherish what you hold dear, embracing gratitude for your inner resources. Engage in dyadic practices and whole-body listening - cognitive, emotional, and body-centered - to nurture an integrative presence. Through nature connection practice, uncover the wisdom of nature's resilience and ability to regenerate after challenges. Weave these profound insights into your Inner Developmental Goal landscape for a resilient transformation. Feel nurtured by the power of community.



Module 5

The Art of Awe: Cultivating Joy, Gratitude, and Compassion. (15.7.25)

In this uplifting module, we explore the transformative power of awe, appreciation, and gratitude to enrich our lives and deepen our practice of compassion. Through meditation, extend loving-kindness and compassion phrases to all sentient and more than human beings, creating a heart-mind that is a friendly, compassionate space to inhabit. Learn how to fully savor life's positive moments and recognize your strengths, enabling you to approach life with greater joy, energy, and trust. Discover three practical ways to counter the negativity bias - savoring, gratitude, and self-appreciation - and how these practices sustain optimism for compassion training and active hope for your engagement with life..

By connecting mindfully with your body, foster somatic self-compassion and support yourself during challenging moments. Engage in dyadic practices to deepen your understanding and compassion. Reconnect with the life force of nature, appreciating her boundless capacity for creativity and renewal. Weave these practices into your Inner Developmental Goals, enhancing your ability to live with joy, presence, and connection.



OPTIONAL:

Retreat “Renewal - The Way Out Is In”

Italy, Ostana, Monviso Institute - in person 6 days (1.-6.9.25)

For course participants with priority access and at a special rate

Nature-based mindful self-compassion (MSC) to support the cultivation of inner developmental goals (IDGs)

"The Way Out is In" - In order to become more engaged in the world in a way that helps develop wisdom, love, and compassion, we need to transcend our fear, anger, and perceived lack of agency. To deal with any difficulty, it is essential to look deeply within, gain insights, and then put these into practice with active hope at the intersection of personal, societal transformation and systems change. Let's join forces and walk joyfully together!

You are invited to a transformative journey of self-care, renewed nature connection, and enlivened motivational energy for engaging in new ways. Join us to deepen your agency for contributing to the world you want to live in.

This is a transformative journey that intertwines inner care and a profound shift in consciousness. It involves immersing yourself in a Living Systems Lab in Ostana, an Alpine village in revival.

You will experience a 6-day retreat to support pathways of holistic resilience in times of transition. You will explore a framework for inner growth (IDGs), supported by compassion-based practices (MSC) to

sustainably cultivate the soil for change, supported and deepened through contemplative nature connection practices (AITW).

Our retreat location is a 'Living Systems Lab' for research, education, and entrepreneurship in sustainability transitions and regenerative design - the "Monviso Institute" in Piemonte.

Cultivating seeds of resilience, thrive, and engage

- Discover the home inside of you by looking within, safely supported by a group of like-minded adventurers, and find ways to put these insights into practice at the intersection of personal transformation and systems change.
- Learn and practice Mindful Self-Compassion Core Skills to become your own best friend in challenging times and support skillfully and with gentleness, where change calls to be embraced.
- Find fresh inspiration for inner growth and new ways of Being, Thinking, Relating, Collaborating, and Acting - the 5 dimensions of the Inner Development Goal Framework - through practices, meditation, creativity, body movement, journaling, interpersonal mindfulness in council and dyadic practices for deep listening and connection.
- Remember our common humanity and the power of sangha in a supportive group setting of inspired people with a desire to connect and grow - you are not alone!
- Reconnect to yourself and replenish as nature in nature, grows your inner resources of resilience and creativity by exploring mindfulness practices in the outdoors.
- Connect with the vision of a 'Living Systems Lab' for research, education and entrepreneurship in sustainability transitions and regenerative design, and its key stakeholders to expand your personal version of "The Way Out is In".



PART 2

Module 6

Fierce Self-Compassion: Balancing Strength and Tenderness (19.8.25)

In this module, we explore the dual faces of self-compassion - tender acceptance and fierce resistance. We delve into the practice of Fierce Mindful Self-Compassion, exploring how to relate to your inner fierceness with care and intention. Discover how to treat yourself with the kindness, care, and support you would offer a dear friend while learning to set clear, caring boundaries. Through body stance and movement, cultivate a powerful, centered Presence to anchor yourself during life's storms. Embrace your imperfections as part of the shared human experience, recognizing that suffering connects us all. Practice mindfulness to turn toward painful feelings, fostering compassionate awareness. Practice mindful awareness to meet pain with compassion. Engage in dyadic meditative practice and feel inspired by nature's resilience and ability to create conditions conducive to life. Weave these insights into your Inner Developmental Goal landscape, nurturing both strength and softness.



Module 7

Transforming Shame: Compassion as the Bridge to Healing. (23.9.25)

In this module, we explore how Mindful Self-Compassion can dissolve the grip of shame. By embracing the two faces of self-compassion - tender acceptance and fierce boundaries - you'll learn to relate to shame with kindness and strength. Through body awareness and mindful gages, practice somatic self-compassion to support yourself in vulnerable moments. Using body connection and mindful gestures, and discover somatic practices to support yourself in moments of vulnerability. Recognize that suffering is a shared human experience, and cultivate the energy of mindfulness needed to stay present with painful feelings. Engage in the Self-Compassion Break for Shame and explore Eugene Gendlin's Focusing process to create inner space for healing. Draw lessons from nature's resilience - standing tall in storms, seeking support, and thriving - and integrate these insights into your Inner Developmental Goal landscape for lasting transformation.



Module 8

Embracing Shame: Rediscovering the Wish to Be Loved. (21.10.25)

In this module, we take a compassionate and embodied approach to understanding shame. Explore key insights into the nature of shame and how it differs from guilt, uncovering the truth that none of us are born feeling ashamed. Shame, at its core, is not the problem - avoiding it is. By resisting shame, we allow it to linger. Instead, we can recognize shame as an innocent emotion, rooted in the universal and tender wish to be loved - a profound need we all share.

Through mindful attention and body connection, learn to approach moments of shame with somatic self-compassion. Discover how to nurture acceptance for all parts of yourself, even those that are hardest to love. Engage with nature as a source of unconditional care and welcome, drawing strength from her generous qualities. Weave these insights into your Inner Developmental Goal landscape, deepening your journey toward self-love and belonging.



Module 9

Beginner's Mind: Finding the Way to Joy and Awe in Everyday Life. (18.11.25)

In this transformative module, we dive into the cultivation of awe, appreciation, and gratitude to reconnect with the mystery that makes life extraordinary. Through loving-kindness and forgiveness meditation, participants will extend compassion to others after nurturing it within themselves. We'll explore the uplifting emotion of awe - those goosebumps when gazing at the Grand Canyon or the wonder of watching a child take their first steps. Awe, as revealed by revolutionary research, has been a driving force in human survival, cooperation, and creativity throughout evolution. Discover how integrating awe into everyday life fosters a deeper appreciation for our shared humanity and can even strengthen your immune system. By connecting with your body, and practicing somatic self-compassion, learn to anchor yourself in moments of presence and wonder. Engage with nature through a beginner's mind, finding joy and curiosity in her beauty, generosity and inexhaustible creativity. Deepen your understanding through dyadic practice, weaving these insights into your Inner Developmental Goal landscape to create a life rich in connection, meaning and joy.



Module 10 - Retreat 2 - online - 3.5h (14.12.25)

Coming home “The Way Out Is In”: A warm-hearted Closing Retreat for Harvesting and Cultivating Wholesome Seeds

In this closing module in retreat format, we harvest, appreciate, and celebrate the insights of our year-long journey together. Revisit the most revealing qualities of our mindful self-compassion path this year by practicing in silence with an attitude of gratitude and reciprocity. Nurture the humus, in which you stand tall and grounded, yet flexible enough through life's storms, aspiring with dignity to the stars. Rejoice in deep and compassionate listening with your peers to honor our aliveness and all visible and not yet visible mycelia networks have grown. Tap into the power of ritual and circle to keep growing and thriving from our shared cultivated ground, remembering how compassion and gratitude are your inner allies to become fully human and fully alive and give back to Life by your loving connected fierce presence and engagement for the world.