

Join us in Encinitas, CA
for a powerful retreat
designed to integrate
your life, work, + income
in profound new ways.

THE INTEGRATED LIFE:
DESIGN. PRACTICE. LIVE IT.

Fall Retreat with Kristoffer "KC" Carter

Sunday, November 12th - Tuesday, Nov 14th

“The only way to make sense out of change is to plunge into it, move with it, and join the dance.”

-Alan Watts

The way out of the maze is through it.

Life and business are only speeding up, and growing in complexity. The military uses the acronym *VUCA* (*view'kah*) to navigate the constant pressures of volatility, uncertainty, complexity, and ambiguity.

How often are we required to make decisions in our personal, family, or professional lives that could have longterm impact? *How often do we feel prepared to make these decisions?*

In reimagining my life and career, and in helping my clients navigate their own personal or organizational transformation, **3 challenges mess with all of us:**

Paradox #1. We need to accomplish, or achieve more, with less time to do it and more distractions.

Paradox #2. Multitasking becomes necessary, even when the neuroscience shows we suck at it.

Paradox #3. The longterm happiness and success we deserve seems to be on the other side of an occasionally unhappy, or frustrated day-to-day.

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Photo: The Full-Life Integration framework
from our This Epic Life manifesto.

What if each paradox can be conquered from the inside-out?

*"You can keep your face glued to the screen of
'What-is', or, you can stand up... Stretch, breathe...
And hammer down toward **What Could Be.**"*

In 2012, those words launched my [Full-Life Integration Manifesto](#). I had lived, and suffered long enough to understand what worked, and what didn't. My current situation wasn't delivering the contentment I craved. As a result, I kept looking outside myself for answers.

I outlined a 3-step framework while on sabbatical:

1) Upgrade your Lens, 2) Define your Non-Negotiables, and 3) Pursue, and achieve Full-Life Integration.

In some ways, my 2012 life is still blocks up the road. In many others, it's a galaxy away. Each of my non-negotiables (*Soul, Vitality, Family, Art, and Work*) have expanded exponentially. I'm grateful, and amazed.

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"By integrating our seemingly disparate passions and skills, our actions solidify into consistent *Right Action*."

Our integration points become the gateway to our highest expression."

-Kristoffer Carter

About the retreat. This Sunday-Tuesday retreat has been designed to assist, and support you in aligning your singular talents + gifts into your ideal work and income performing that work. Together we'll design your personal integration map, support one another in daily practice, then leave committed to maintaining our regimen.

Limited to just 20 participants, our days will be filled with deep meditation, outdoor excursions in the gorgeous southern California weather, meaningful connections with fellow travelers in pursuit of *The Integrated Life*, music, magic, and a big dose of inspiration and #JOY.

In our time together, you will be

- 1. Learning** the opportunity of the Integrated Life, and how it conserves, focuses, and channels your precious energy.
- 2. Designing** a personalized roadmap of Integration Points, or opportunities to practice + live your Non-Negotiables.
- 3. Practicing** a *Day in The Integrated Life*, where we can support you in taking these invaluable skills and rituals home with you.
- 4. Living** your integrated life by sacred contract. Committing to moving forward with the indomitable will, and the support of your crew.



WHEN Sunday November 12 - Tues Nov 14th

WHERE Moonlight Beach, in Encinitas, CA

Located 25-min due north from SAN airport by car.

REGISTRATION INCLUDES

- 2.5 days of transformative change in a stunning property, in one of the most gorgeous, and high-vibe sites in the United States.
- Post-retreat bonus overnight Tuesday (optional) for onsite guests.
- Daily meditation, exercise, creative workshops, deep discussions, group activities, guidance and personal coaching for you and your life.
- All healthy meals for the weekend prepared for you.
- Your own fully completed Full-Life Integration™ workbook, with a realistic strategy to align your ideal life, work, and income in the coming months and years.
- Deep connection + experience sharing with others like you, who are designing profound and joyful alignment in their lives.
- 2 follow-up group video calls following the retreat to support your strategy. Pre-and-post January 1 to set up the year.

LEVELS OF EXPERIENCE - Pricing at Registration

- **Private Room**, Moonlight Villa. All-inclusive. 4 available.
- **Shared Room**, Moonlight Villa. All-inclusive. 4 available.
- **Retreat Only**. Area hotel for an extra fee. 12 available.



SPACE IS LIMITED. REGISTER TODAY
CLICK / TAP [HERE](#) FOR REGISTRATION

*Photo: Kitchen area for Moonlight Beach Villa,
where we'll hold the retreat. Just a few short steps
to the ocean and sand.*

PERSONAL INVITATION

Because it's been a dream to introduce all of you to one another, my 1:1 mentorship + coaching clients have priority access to this experience. Registration will open to my wider list August 30th to fill any remaining space.

Can't wait for you to experience my spiritual home. Blocks away from where my beloved Gurudev Paramahansa Yogananda wrote his *Autobiography of a Yogi*. Jai, guru!

In joyful anticipation, 

PS. This [short video](#) from my sabbatical will give you a feel for Encinitas. This drone [footage](#) is also spectacular.

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to Tuesday the 14th
Encinitas, CA

Questions? Contact me directly
kc@thisepiclife.com



Kristoffer Carter ("KC") is a teacher, Personal Transformation Catalyst, and Founder of ThisEpicLife.com. By day, KC travels the country speaking and consulting with rapid-growth companies on designing workplace culture that fuels transformation. KC inspires others in living the model of Full-Life Integration he outlined in the Framework [Manifesto](#). A kriyaban yogi, father of 3, runner, and singer/songwriter, KC aspires to drink joyfully from the firehose of life. His work has been featured in Business Insider, onstage at Wisdom 2.0 and in countless Good Life Project events. His programs include *The 30-Day Meditation Challenge*, *Your Signature Impact*, *The New Sobriety*, and *Navigating Personal Transformation*.