



# Men's Movement

**Life is movement—constant change, evolution, and transformation. Yet, as men, we often find ourselves stuck in routines, disconnected from our bodies, emotions, and inner wisdom. "Men's Movement" is an invitation to step into the flow of life with renewed awareness, strength, and connection.**

This weekend retreat is an opportunity to engage in movement in all its forms—physical, emotional, and spiritual. Through workshops like guided walks in nature, drumming, poetry, stretching, and open discussions, we will explore how movement shapes our identities, relationships, and personal growth. Whether it's deepening our connection with others, releasing old patterns, or finding new ways to express ourselves, this retreat offers a space for self-discovery, reflection, and renewal.

Let's move forward—together.

Join a community of men for a weekend retreat of sharing and support. Expect to hear from others and share your perspectives on what matters most to you: Relationships, Aging, Death, Sex, Work, Sobriety, Mental health and Spirituality. We welcome all self-identified men with goodwill who will abide our community agreements to be part of Maine Coast Men.

Drawing by Dan Kirchoff. ©2024

**Maine Coast Men Weekend Retreat  
Friday to Sunday, May 2 – 4, 2025  
at Tanglewood 4H Camp, Lincolnville, Maine**

**Register Online at [MaineCoastMen.net](http://MaineCoastMen.net)**