

Maine Coast Men Weekend Retreat

Friday to Sunday, Oct. 16 to 18, 2026 at Tanglewood 4H Camp, Lincolnville, Maine

Movement is Life

Many of us, both young and old, often find ourselves restrained in some way as we become more inactive, tired, and low on energy. To counter this tendency various forms of movement therapies and practices can help us become more flexible, open, vibrant, happy, and healthy while being less stagnant, weak, and stationary. We all want to thrive and not just survive as we age.

Keeping a flow of movement is an integral and necessary part of life. It comes in many forms on different energetic levels. It includes not only physical movements that help release tension, improve our circulation, posture, and stamina, but many ways to regenerate the subtle energy body. On one hand you have physically active practices like walking, stretching, dancing, swimming, posture bodywork, somatic practices, contact improv, aquatic therapies, and massage. On the other hand, you have forms of movement that involve breathing, sound vibrations, heat therapy, laughter, kinetic practices, singing, yoga, chi gong, martial arts, and other ways of activating vital energies that help us move the breath, feelings, emotions, and thoughts while expanding our awareness and transforming our spiritual sense of wellbeing. Many of these practices can be done alone or in a group and are well worth exploring

This weekend, we gather as brothers to reflect, share, and support one another in that journey forward. Whether you're navigating a transition, recovering from a setback, or simply seeking a new direction, this is a space to reconnect with your strength, your purpose, and your spirit. Together, we'll explore what it means to move on — not just physically or circumstantially, but spiritually and emotionally — with courage and intention.

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.



Illustration by Dan Kirchoff

**Visit mainecoastmen.net to register and
for more information.**