



Love Mama Grief Retreat

*A journey for mothers healing
from loss with Dr. Laura Berman*

1440
MULTIVERSITY

CREATING HOPE FOR LIVING WELL





A Healing Retreat for Grieving Mamas

Regardless of the age they were or how many (or few) memories you made together, the death of a child is truly one of the worst experiences a parent can face.

Dr. Laura Berman, well-known relationship therapist and TV host, knows this pain only too well. Her 16-year-old son, Sammy, died suddenly and tragically on February 7, 2021. As her heart was broken and her pain was feeling unbearable, she accepted an invitation to visit one of her favorite healing spaces, 1440 Multiversity, in the Santa Cruz Mountains. There she spent a week going deep into her grief, held by the trees and the amazing healers who made themselves available to her.

Love Mama Grief Retreat will provide a supportive, safe environment for Mothers of Angels to be with a community of other bereaved parents who have experienced similar traumatic loss. After losing a child, mothers still experience the pressure to pick up, move on, refuse help and continue to do it all. After all, others still need us. The truth is, when your heart is broken, it is very hard to care for others. Many mothers still have to work full-time, take care of their remaining children, and find a way to deal with the immeasurable pain of their loss all at the same time. ***This retreat will give you permission to heal.***



Dr. Berman drove home feeling more calm, clear and stable than she ever imagined she would — or could. As she thought back on all the healing she received during those few days, one thing was very clear to her: *Every mother deserves to experience this kind of support. It was in that moment that Dr. Berman decided she would come back.* But this time she would bring a group of other mothers with her.

Support From the Love Mamas

A group of beautiful volunteers called the *Love Mamas* are always on hand to support our grieving mamas if one-on-one attention is needed; if connecting them with one of the teaching or healing staff would be helpful; if big emotions feel like they are getting overwhelming; or if a hug is just needed. Attendees will receive a radio to use on campus to communicate with each other and to reach Love Mamas who will be on call to help. All Love Mamas are very familiar with the grieving process, and have done a lot of their own work and healing.

As soon as she arrived home, Dr. Berman reached out to the person who had been so instrumental in her healing from the day after Sammy's death: David Kessler, international grief expert and teacher. He is not only a best-selling author and healer, he too knows the grieving parent's pain personally after his son, David, tragically died in 2016 at age 21.

The loss of a child is deeper and wider than any other loss. There is amazing healing and power found spending time with others who empathize with and share a similar level of loss. Our hope is that attendees discover deep and lasting community and friendships with like-minded souls they can be supported by and support long after the retreat ends.

Dr. Berman asked and David generously agreed to join her in donating his time and efforts to co-create and co-lead the **Love Mama Grief Retreat**, intended to help mothers who experienced this unimaginable loss to begin to heal; to love themselves again; to honor and release some of the pain they carry; and to begin to connect with their children who have died in a meaningful and powerful way. It is not about forgetting our children or getting over the loss of them, but instead allowing ourselves to experience healing and love and connect more deeply with them in memory and spirit.



Love Mama Grief Retreat *Healers & Teachers*

The following individuals create a support group that has kindly donated their time and resources to help your journey to healing.



Dr. Laura Berman
Therapist & Grieving Mother



David Kessler
Grief Expert & Bereaved Father



Paul Denniston
Grief Yoga Instructor & Author



Tina Cameron
ACIM Tutor, Spiritual
Counselor, Love Mama



Barri Leiner Grant
Certified Grief Coach,
Educator, Love Mama



Genevieve Deely
Reiki Master, Sound Bowl
Practitioner, Author,
Bereaved Mother



Maria Gonzalez-Terrazas
Wellness Coach & Love Mama



Susan Grau
Soul Healer & Intuitive
Medium



**Katherine Woodward
Thomas**
Therapist, Grief Healer,
Divine Connector



Andrea Kayne
Emotional Wellbeing Teacher
& Healer



Kate Hutson
Somatic Healing Therapist



Annemarie Cheresco
Mindfulness Coach &
Love Mama



Bryan Grijalva
Psychic Healer & Visionary



Diana Chapman
Life & Leadership Coach,
Somatic Healer,
Forest Bathing Expert



Tentative Itinerary for the *Love Mama Grief Retreat*

The Love Mama Grief Retreat schedule was thoughtfully curated and developed by Dr. Berman and her healers based off her own 1440 experience. Please note that throughout each day women can (or already did) sign up for hands-on healing and one-on-one work with HeartTouch volunteers, reiki and body masters.

Day 1

3:00-5:00 p.m. Campus Arrival & Check-In
6:00-8:00 p.m. Dinner at Kitchen Table
8:00-10:00 p.m. **Opening Session** — Dr. Laura Berman and Dave Kessler Introduce the Love Mamas & Healers

Day 2

6:00-8:00 a.m. Breakfast at Kitchen Table
8:00-10:00 a.m. **Morning Session** — Group Discussion
10:00-11:30 a.m. Signature Class: Grief Yoga
12:00-2:30 p.m. Lunch & Forest Bathing
2:30-4:30 p.m. **Afternoon Session** — Grounding Sound Healing
5:30-6:30 p.m. Breathwork
6:30-8:00 p.m. Dinner & Daily Journal Prompt
8:00-9:00 p.m. Ecstatic Dancing

Day 3

6:00-8:00 a.m. Breakfast at Kitchen Table
8:00-10:00 a.m. **Morning Session**
10:00-11:30 a.m. Signature Class: Grief Yoga
12:00-3:00 p.m. Lunch & Forest Bathing
3:30-4:30 p.m. **Afternoon Session**
4:30-5:30 p.m. Breathwork
5:30-7:00 p.m. Dinner & Daily Journal Prompt
8:00-9:00 p.m. Ecstatic Dancing

Day 4

6:00-8:00 a.m. Breakfast at Kitchen Table
8:00-10:00 a.m. **Morning Session**
10:00-11:30 a.m. Signature Class: Grief Yoga
11:30 a.m.-3:00 p.m. Lunch & Artistic Memorial Project
3:00-5:00 p.m. **Afternoon Session**
5:00-7:00 p.m. Dinner & Release Ceremony Prep
7:00-8:00 p.m. Release Ceremony

Day 5

6:00-8:00 a.m. Breakfast at Kitchen Table
8:00-9:30 a.m. **Morning Session**
9:30-10:30 a.m. Signature Class: Grief Yoga
10:30-11:30 a.m. Farewell Session & Ceremony
12:00-1:30 p.m. Lunch & Departures

A NOTE TO POTENTIAL ATTENDEES

Love Mama Grief Retreat may be for you if you've had a child transition at any age — or lost a pregnancy at any stage — and you need to be loved, held and cared for even if just for a few days. This is an opportunity to release from the stressors of everyday life and the people you have to keep it together for or take care of.

Don't worry if any these offerings are new to you or feel intimidating. Everything will be done with love and compassion and to your level of comfort, and you won't be pushed further than you want to go.

These four days are intended to provide the safety and healing you need to fully inhabit your grief — to pause, reflect and perhaps begin to discover new meaning that may be found by going and growing through this pain. All you have to do is hold an open heart and mind, and be willing to start healing.

There is no timeline on grief, so whether your loss happened a few months or a few decades ago and you are struggling with feelings of pain or loss; need some emotional support; or long to connect more deeply to those you have lost, we want to be here for you.

With gratitude and love, *Dr. Berman*



An All-Inclusive Healing Experience *Offered Free to Participants in Need*

Love Mama Scholarship Program

Dr. Berman was gifted a beautiful experience by 1440 and her healer friends — an experience most of us couldn't afford to pay out of pocket, which included wonderful nutritious food, a healing environment, and the highest-quality practitioners and teachers. Dr. Berman is committed to making the Love Mama Grief retreat available to women who can't afford to pay for it on their own. When she shared her plans with 1440, the organization — which is a 501(c)(3) nonprofit — was ready to help her pay it forward and bring this dream to reality.

All Applications Welcome

The Love Mama Grief Retreat is intended to help grieving mamas release their burden in a beautiful, healing environment, with a program intended to gently hold and help them begin to fully heal. This all-inclusive five-day, four-night experience will be free of charge to the grieving mothers who attend. Guest rooms, meals and all healing services will be included; you are only responsible for your transportation.

How to Apply for the Love Mama Grief Retreat

If you are interested in joining us for this all-inclusive retreat, or know someone who might be, please find and complete your application at:

1440.org/LoveMama

Through a lottery we will accept as many in-need mamas as we can.



Become a Donor or Sponsor &

Show Your Support

Whether you are an individual, a nonprofit foundation, a philanthropist, or a corporation, your heartfelt generosity will support the Love Mama Grief Retreat in many ways. 1440 Multiversity is a 501(c)(3) nonprofit campus, and each financial gift designated for this program in its entirety – 100 percent – will be used to support the healing of all participants.

Stay will include an all-inclusive five-day, four-night healing retreat at 1440 Multiversity in Scotts Valley, California.

- 30 mothers will be selected at random to attend based on submitting an online application.
- Participants are only responsible for their transportation to and from campus.

To Become a Sponsor, Donor or to Make a Grant for This Program, Please Contact:

drlaurabermancanhelp@gmail.com or create.hope@1440.org

You may also donate online via PayPal by visiting [1440.org/donate](https://www.1440.org/donate); select "Love Mama Grief Retreat" in the drop-down menu.

*1440 Multiversity is a 501(c)(3) nonprofit philanthropic campus.
Thank you for creating hope for living well.*

An aerial photograph of a resort building and an outdoor pool at dusk. The building is illuminated from within, and the pool is lit up. The surrounding area is filled with tall evergreen trees. A crescent moon is visible in the dark blue sky. The text "About 1440 Multiversity" is overlaid in white on the image.

About 1440 Multiversity



Campus History

Nearly a decade ago, 1440 Multiversity co-creator Joanie Kriens was inspired while tending to and harvesting vegetables in her home garden. In that mindful moment, she was overcome by feelings of happiness, contentment, and joy – for the colorful tomatoes and squash in her basket, the quiet beauty of the land, and the preciousness of life with her family and friends. This heightened awareness and gratitude may have only lasted just a minute or two, yet it had a profound effect on Joanie. It made her wonder how many minutes there are in each day, and how we might all live more self-aware with gratitude for the simple blessings in life. After turning to Google for the answer, the 1440 name was born – little did she know she would find it in her own backyard.

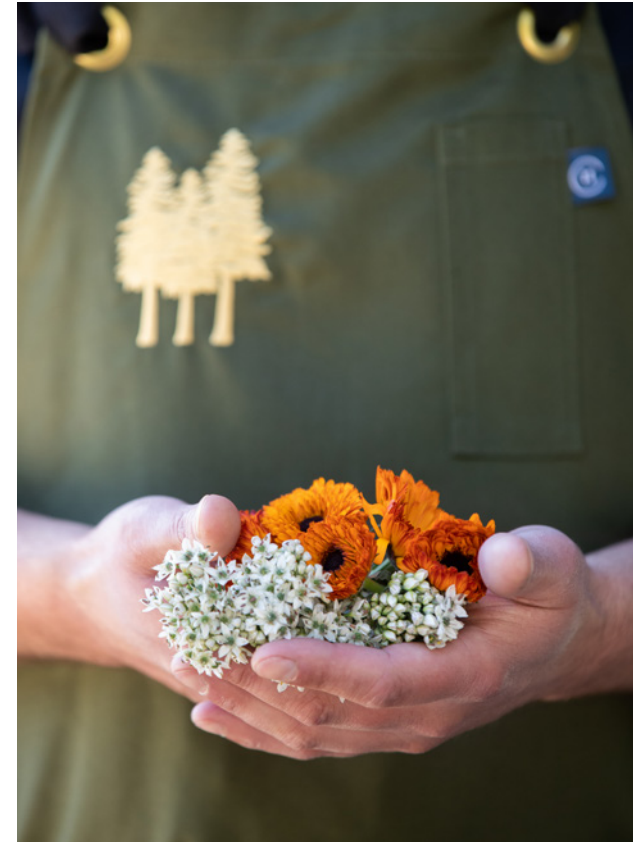
Following several years of philanthropic grant-making, the 1440 Multiversity campus opened in May 2017 among the towering redwoods of the Santa Cruz Mountains, stemmed from a desire to establish a beautiful and nurturing physical location where community could gather to explore, learn, reflect, connect, and re-energize. The invitation to participate is extended to all unbound by the range of human differences.

What is a Multiversity?

Unlike a university, which focuses on the intellect, a multiversity is a place for holistic learning that engages the mind, body, and heart and shapes one's inner fitness. At 1440, we believe that the deepest learning happens when we nurture and awaken all aspects of ourselves. "Multi" represents the many doors and avenues one can enter or exit on their individual journey. "Versity" refers to the social, emotional, and relational aspects of learning that we can use to shape our desires and build more collaborative and connected communities.

By the Numbers

- **75:** Size in acres of the 1440 campus.
- **300:** The mile radius from campus that 1440 sources its foods.
- **1,000:** The estimated age in years of the Mother Tree, is situated near the Cathedral on campus and is one of the oldest trees in the world.
- **100,000:** Guests who have participated in learning courses on campus since opening in May 2017.
- **320,000:** Number of honeybees that call 1440 home – there are eight colonies total, and each colony produces 50 pounds of honey per year that is used in a variety of 1440 recipes.



Nonprofit Philanthropic Campus

1440 Multiversity is an operating 501(c)(3) philanthropic campus – a stay at 1440 supports the campus work of self and society, helps award program scholarships and grants, and fosters the 1440 vision of *creating hope for living well*.

All-Inclusive Private Campus Access

Overnight guest stays include all meals at Kitchen Table (starting with dinner the day of check-in through lunch on check-out day), up to three signature classes per day, and access to all campus facilities including the Healing Arts center, Fitness Center, retail shop, café, trails, and more.

Essential Business Designation

1440 Multiversity has been designated as an Essential Business by the County of Santa Cruz, Office of Emergency Services. In April 2020, 1440 Multiversity and the County of Santa Cruz announced a two-part partnership to provide meals to shelters and service sites, along with establishing an Alternative Care Site. By the end of May, the 1440 Multiversity culinary team proudly and mindfully prepare nearly 40,000 shelter meals to provide individuals nourishment.

1440 | Campus Amenities

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Located on 75 magical wooded acres, the 1440 Multiversity campus serves as a human charging station where guests feel more energized at the end of their visit than when they arrived. A thoughtful combination of signature wellness classes, local sustainable culinary, and time to connect with self and others provides a truly restorative program that will continue to benefit attendees long after they return home.





Kitchen Table

The heart of the 1440 campus, Kitchen Table is the dining room on campus where each participant will enjoy three nutritious meals per day. Operating with a “Food As Medicine” approach, the 1440 Multiversity culinary team works mindfully using fresh and locally sourced foods to prepare flavorful dishes for all dietary needs, including gluten-free, paleo, lactose-free, and vegan. Chefs cook with the freshest produce harvested within a 300-mile radius of campus and organic meats and seafood from partners dedicated to sustainable and humane practices. Feel energized after each savory meal at Kitchen Table to optimize the full program experience on campus.

Nature Trails

A mindful, leisurely stroll along redwood-lined campus trails is a significant part of the integrated wellness experience for guests, helping supplement their program, healing, and self-discovery work. The Mother Tree, an old-growth redwood believed to be over 1,000 years old, towers over the campus Cathedral, an especially serene place to enjoy a moment of reflection.

Common Grounds Café

Common Grounds café offers specialty items à la carte, from the first cup of cappuccino in the morning to a glass of craft beer or wine to close out the day. Guests can relax in Adirondack chairs on the spacious al fresco patio or on the cozy indoor couches. Enjoy freshly baked cookies and gelato between meal periods, or savor a cup of local Verve coffee, spiced chai, or freshly pressed juices outside by the fire pits.

Accommodations

The perfect complement to a day of growth, guest rooms at 1440 promote rest and relaxation. Guests will stay in a private room with private bath, and guest rooms are intentionally void of TVs and phones so guests can unplug and reflect. Each building is equipped with Wi-Fi, a water bottle filling station, and a courtesy phone, and rooms can be accessed without using an elevator (which remains available if needed).



Sundries

Retail shopping on campus is open exclusively to registered guests, and includes a variety of educational, inspirational, and practical items to complement learning work on campus and when returning home. A selection of books, clothing, accessories, and jewelry (with an emphasis on local vendors and fair-trade items) is available along with convenience items.

Infinity Hot Tub

Located at the Healing Arts center and surrounded by redwoods, the 250-square-foot Infinity Hot Tub is one of the most popular locations on campus. A soak in the steamy saltwater tub, either in the sunlight or beneath the magic of clear night skies in the mountains, is indescribably soothing to the spirit, beneficial to the body, and a memorably relaxing way to round out a day of self-care.



Fitness Center

The 1,400-square-foot Fitness Center is well-equipped with weights, ellipticals, stationary bikes, a treadmill, and more. Work out inside with a view of the redwoods or bring props onto the patio to stretch and exercise in the fresh air.

Signature Classes

A visit to campus gifts the opportunity for guests to explore their passions and interests in a safe community of instructors and fellow participants. Signature classes at 1440 range from creative, to physical, to introspective, and more – all designed to awaken the mind, body, and spirit. During their stay, attendees may experience yoga, meditation, tai chi, or nutrition classes, or a soothing sound bath to relax into the evening.





Campus Dining

Fresh, vibrant, nourishing, and delightful — these words reflect our commitment to energize you with an exceptional dining experience. Abundant with deliciously healthy homemade selections, our menus feature many cooking styles.



Food As Medicine

At Kitchen Table, the culinary heart of campus, the team creates memorable fare using local resources sourced from farms and growers within 300 miles of campus. The ever-changing menu, aligned with our “food as medicine” philosophy, surprises guests at every meal through creativity, technique and global flavors.

1440 offers a plant-forward menu that accommodate vegan, vegetarian and omnivore tastes.

Culinary Offerings

Meals change daily at Kitchen Table. Menus are posted each day at the Lodge and also in front of Kitchen Table.

Omnivores and vegans alike will find plentiful choices, all highlighting natural, nutrient-rich ingredients that are freshly prepared and served. While focused on plant-based cuisine, our daily menus also include sustainable animal protein as well as gluten-free and lactose-free options.

We offer abundant choices, but note that our team is not able to serve made-to-order meals or prepare items to meet individual requests.

Dining Hours

Kitchen Table features set meal times for breakfast, lunch and dinner, when you are invited to join us for indoor and outdoor dining*. Please refer to your schedule upon check-in for the program meal periods.

Between meals, light bites and beverages are available a la carte from Common Grounds Café (including beer and wine).

Your campus stay includes all meals as designated in your program itinerary.

***Please Note:** The final schedule for meals, along with daily menus, is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.

A close-up photograph of two hands, one from the left and one from the right, reaching towards each other to form a heart shape. The hands are positioned in the upper half of the frame, with the fingers pointing towards the center. The background is a bright, out-of-focus sun, creating a lens flare effect and a warm, golden glow. The sun is positioned directly behind the heart shape, making it appear as if the heart is glowing. The overall mood is hopeful and positive.

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Thank you for *creating hope for living well.*
We look forward to welcoming you soon.