



TAOIST PHILOSOPHY AND POLARITY THINKING

Ancient philosophy. Practical wisdom. A three-day gathering to live the questions.

Step away from the noise for time with the Tao Te Ching, Polarity Thinking, nature, and one another. Question the ideas. Test them. Carry what proves useful into life and work. No religious belief or prior study is needed. Come curious.

THREE DAYS, TWO NIGHTS

Limited to 10 participants

Kayser Ridge Retreat & Learning Center
Berkeley Springs, West Virginia

FIRST 2027 GATHERING — RETURNING LIGHT

Tuesday–Thursday • February 2–4, 2027
Small by design — limited to 10 participants

FUTURE 2027 GATHERINGS

Released one at a time as each gathering fills
Join the interest list: ckayser@experienceit.com



Sunrise from Kayser Ridge
Photo Credit: Joy Goldman

Space to slow down. Time to notice.

Give yourself space to be, so what you do can grow from there.

- Morning Tai Chi and optional meditation
- Connection Time for individual and group wisdom
- Healthy, delicious meals and informal conversation
- Sunrise, firelight, walks, and unhurried time in nature
- A gentle invitation to set devices aside

Four mini-books. One continuing conversation.

1. *It is What It is*

A Place to Begin with the Tao Te Ching

2. *What We See AND What We Carry*

Finding Our Way with the Tao Te Ching

3. *Common Sense. Uncommon Practice.*

Knowing AND Living with the Tao Te Ching

4. *Holding Power AND Sharing Power*

Leading Yourself AND Others with the Tao Te Ching

\$795 per person

Plus applicable taxes. Two nights of shared lodging, meals, materials, and four mini-books included. Six paid registrations are required to hold the gathering.

Hosted by Cliff Kayser
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experienceit.com

Preparing the Whole Person

Preparation is an invitation, not a test. Choose what helps you arrive with attention and care. Nothing below is a condition of participation.

MENTAL

Learning and reading

Spend two to three hours with the suggested reading and any selected Just Tao It material sent before the gathering. If useful, complete the optional self-directed Polarity Thinking introduction at PolarityPracticeTools.com. Bring one question: What interdependent tension are you living with now?

EMOTIONAL

Reflection and lived connection

Notice a chapter, passage, image, or question that connects with your life. Reflect on what it opened, unsettled, clarified, or connected. You may bring a challenge or possibility for private reflection or optional conversation. You decide what to share.

PHYSICAL

A gentle practice of simplification

Consider simpler meals, less alcohol or added sugar, earlier evening eating, or more attention to hydration. Fasting is optional and never expected. Do not change medication or restrict water. Choose a non-fasting option or consult a healthcare professional when health conditions, pregnancy, breastfeeding, eating-disorder history, or medication timing may be relevant.

SPIRITUAL

Meaning and connection

No religious belief or practice is expected. Here, spiritual preparation means making space for attention, gratitude, mystery, nature, and connection in language that is authentic for you. Invitations may include sunrise, firelight and stars, walking, quiet, optional meditation, private reflection, and conversation.

Shared lodging, thoughtfully arranged

Shared lodging and bathrooms are part of the Kayser Ridge experience. Couples sharing a queen bed receive priority for two private queen rooms; other guests may request a twin/dorm-style space or a separate bed in shared accommodations. Requests are preferences until confirmed in writing. If Kayser Ridge is full, consider “Over The Ridge,” a two-bedroom Berkeley Springs Airbnb; guests book independently and availability varies: airbnb.com/rooms/1438382510225676880

- Bring comfortable layers, weather-ready shoes, medications, and a journal.
- Share dietary, accessibility, mobility, sleep, and room-sharing needs on the form.
- Choose how you want to approach devices; reflective practices remain optional.

Make space for the being that can support the doing.

Request a place for February 2–4, 2027: ckayser@xperienceit.com