

# LEARN TO BE THE REAL\* YOU.

YOU ARE NOT ALONE.

**Retreats and Workshops  
here in Alva, Florida!**

[www.poseidonhealingcenter.com](http://www.poseidonhealingcenter.com)

Letting Go & Reconnection

## BREATHWORK

Breathwork helps calm the mind, balance the nervous system, and release built-up stress stored in the body. Through guided breathing techniques, participants experience greater clarity, emotional relief, and renewed energy. It supports mental focus, deep relaxation, and a stronger connection between body, mind, and spirit — helping you feel grounded, peaceful, and present in everyday life.

Stay Connected

## LEARN TO MEDITATE

Meditation invites stillness into the mind and harmony into the body. By taking time to slow down and breathe with awareness, we reduce stress, improve focus, and strengthen emotional balance. Regular practice helps quiet mental noise, increase self-awareness, and open space for peace, clarity, and spiritual connection — both within ourselves and with the world around us.



Grounded in Nature

## A NEW LIFESTYLE

Your health is a direct reflection of your connection to the natural world. Your food, water, air quality, cosmetics, relationships, and your home/work environments are all factors that can affect your physical/mental/emotional well-being. Bringing nature back can support your inherent healing capacity.

# IT'S ALL FOR YOU.

Experience Yourself

# REIKI & ENERGY WORK

Reiki and other energy healing modalities can assist the participant by promoting deep relaxation, inner vision and increased clarity about a personal conflict. Many have reported a message or vision that is delivered that can assist a healing journey. It is also possible to have a direct spiritual experience which leads to increased faith in ones own capabilities when dealing with hardships.

## YOU ARE THE ANSWER

# POSEIDON SPIRITUAL HEALING CENTER

At Poseidon Spiritual Healing Center, we believe that true healing begins with reconnection - to nature, to spirit, and to the deeper self within. Our mission is to create sacred spaces where people can slow down, breathe deeply, and rediscover harmony through mindful practices, spiritual growth, and community connection.

## RETREAT IN NATURE

Our retreats and workshops are designed to restore balance, awaken the spirit, and reconnect you with nature. Through guided practices like breathwork, meditation, and mindful outdoor experiences, participants rediscover inner peace, strength, and clarity. Each gathering offers space for reflection, learning, and genuine connection — a chance to step away from the noise and return to what truly matters.

# 888-592-8407

Individual Service by Appointment Only or  
Check the schedule on our website!

There is magic  
inside of you.

Forgiveness,  
Love, and  
Gratitude are your  
superpowers.  
Faith unlocks  
them for you.

Love your  
neighbor as you  
love yourself.

- Sacred Ceremony
- Meditation
- Breathwork
- Healing Arts
- Integration
- Workshops
- Retreats

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IG: @PoseidonHealing

Alva, FL



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