

# Which Betty

November 15–17, 2024 Gabriola Island BC



# Retreat

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## Who's It For:

- Nature lovers seeking a deeper connection with Pachamama.
- Aspiring foragers who want to learn from an expert.
- Those eager to connect with WhichBetty and Geneen on a personal level.
- People passionate about herbs, nature, and building community.
- Is anyone comfortable being featured on WhichBetty's social media platforms

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## Where:

### House of Statler on Gabriola Island:

This serene retreat space offers breathtaking coastal views, lush forests, and a grounding environment for self-discovery. Modern comforts meet artistic charm, making it the perfect place for relaxation, growth, and deep connection to nature.

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## Food:

Whole, dairy-free meals with vegan options.

**Please indicate dietary restrictions upon registration.**

# Gabriola Is BC

## All-Inclusive Retreat!

- Annual membership to WhatsApp chat with direct access to WhichBetty for 2025.
- Snake Oil tincture info sheets—learn the health benefits of each mushroom and herbal concoction.
- 2 nights, 3 days on Gabriola Island at The House of Statler.
- Delicious dairy-free, whole-food meals.
- Opening Circle
- Foraging with WhichBetty.
- Breathwave Ceremony with Geneen.
- Discount on Which Betty's hand-made Snake Oil brand tinctures.
- Shuttle service on Gabriola Island.

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



# Friday

## 1 Mix and Mingle on Arrival:

Start the retreat with a relaxed, fun evening. Sip non-alcoholic drinks and connect. The goal is simple: break the ice, share stories, and create genuine connections that last beyond the weekend.



## Opening Circle

Geneen and WhichBetty will kick off the weekend with an Opening Circle, sharing their intentions and outlining the schedule. You'll introduce yourself, set personal intentions for the retreat, and connect with nature's wisdom. Geneen will guide you in aligning your goals with the deep energy of the island, setting the stage for a weekend of personal growth and transformation.

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# Saturday



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## Foraging with WhichBetty:

Embark on a guided hike with WhichBetty to discover the magic of foraging. Learn plant identification, explore the forest and sea, and develop a deeper connection to nature. Walk away with newfound knowledge and appreciation for the plants and natural medicines surrounding us.

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## Breathwave Ceremony with Geneen:

Geneen leads you through a powerful Breathwave ceremony, diving deep into conscious connected breathing. This practice will help you access deeper layers of your subconscious, release emotional blockages, and realign your mind, body, and spirit.

# Saturday Night

## Oyster Collecting & Clam Digging

For the adventurous souls! Join a low-tide late-night forage, learning to gather oysters and dig for clams. Gain knowledge on identifying species like Pacific oysters and Manila clams while immersing yourself in the magic of the West Coast shoreline.



# Sunday

## Learn about WhichBetty's brand Snake Oil Tinctures:

### Cook Out: Breakfast Over an Open Fire

Before leaving Gabriola, savor your final morning with a rustic breakfast cooked over an open fire. Gather together one last time, enjoying the warmth of the flames, fresh ingredients, and the serene island atmosphere. It's a simple yet memorable way to reflect on the retreat's experiences and share one last meal before heading home.

### Collaborative Creation

Create a collective video with Betty, sharing the wisdom gained throughout the weekend. Have fun, unleash your creativity, and contribute to a collaborative project that highlights the most impactful messages learned at the retreat. Let your voice be heard on Betty's platform!

Experience a unique tasting of WhichBetty's handcrafted mushroom and herbal tinctures. Learn the ancient healing power behind these natural elixirs and how to integrate them into your daily life. A perfect blend of education and immersion into herbalism and an opportunity to purchase them at a special discounted price.

# Meet My Team



Which Betty



Geneen Georgiev



# Book Now

Visit Which Bettys website and fill out an application to attend



Website

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

See you there Friends!

