



SPIRITED EVENTS

BY JOFA

“Spiritual Growth” Retreat Weekend

Thursday, January 27, 2022 to
Sunday, January 30, 2022

at the
The Baladerry Inn

This interactive retreat is designed to provide a quiet space for spiritual growth, learning and discussion. Join others who seek to grow and learn. Group discussions and interactive participation will be an important part of this weekend as we share our experiences, questions and knowledge in a non-judgmental and safe space.



EVENT FEE

(BASED ON ROOM OCCUPANCY)

Double Room Occupancy
\$490 per person

Single Room Occupancy
\$685 per person

- A 3-Night Stay at the Baladerry Inn
- Breakfast All 3 Mornings
- Pizza, Sub & Salad Dinner on Thursday Evening (Special dietary needs can be addressed)
- Guided Meditation Session
- 2022 Numerology Year Forecast
- “Intro to Chakras” with Paula Kaprocki
- “RELAX with Reiki” with Rickie Freeman
- “Sound Medicine” with Lana Ryder
- “Sound/Voice Experience” with Lana Ryder with “Reiki Infusion” by Rickie Freeman
- Free Writing Meditation
- Introduction to Qigong with Jeremy Duke
- Tasseography (Tea Leaf Reading) Class with Rissa Miller

OPTIONAL SERVICES:

- 30-Minute Private Reading with Iris (\$42 per person)
- 30-Minute Private Chakra Balancing Session with Paula Kaprocki (\$54 per person)
- 40-Minute Tea Leaf Reading (Including drawing) with Rissa Miller (\$60 per person)



WEEKEND AGENDA

THURSDAY	3:00-6:00pm	Check In
	6:30-7:30pm	Tommy's Pizza Dinner (Included with Event Fee)
	7:30-9:30pm	"Shake It Off"
		Review 2021 Numerology Reports / 2022 Numerology Reports Provided Giving Son Presentation by Tracy Wiles
FRIDAY	8:30-9:30am	Breakfast
	9:30-12:00pm	"Intro to Chakras" with Paula Kaprocki
	12:00-1:00pm	Lunch
	1:00-2:00pm	"RELAX with Reiki, An Intro to Reiki Workshop" with Rickie Freeman
	2:00-4:00pm	"Sound / Voice Experience with Reiki Infusion" with Lana Ryder and Rickie Freeman
	4:00-5:00pm	Free Time
	5:00-6:30pm	Dinner
	6:30-9:30pm	Optional Services – Private Readings with Iris or Private Chakra Balancing Session with Paula Kaprocki and Free Time
	9:30-10:00pm	Guided Meditation
SATURDAY	8:30-9:30am	Breakfast
	9:30-10:00am	Free Writing Meditation
	10:00-12:00pm	"Intro to Qigong" with Jeremy Duke
	12:00-1:00pm	Lunch
	1:00-2:30pm	"Intro to Tasseography (Tea Leaf Reading)" with Rissa Miller
	2:30-5:00pm	Optional Tea Leaf Readings and Free Time
	5:00-6:30pm	Dinner
	6:30-8:30pm	Optional Services – Private Readings with Iris, Private Tea Leaf Reading with Rissa Miller or Private Chakra Balancing Session with Paula Kaprocki and Free Time
SUNDAY	8:30-9:30pm	Free Time and Open Discussion
	8:30-10:00am	Breakfast
	11:00am	Check Out

(Agenda is subject to change)

PRESENTATIONS, CLASSES & WORKSHOPS

OUR PRESENTERS:



Paula Kaprocki



Rickie Freedman



Lana Ryder



Jeremey Duke



Rissa Miller

OPTIONAL SERVICES INCLUDE:



Iris

PRESENTATIONS, CLASSES & WORKSHOPS (Con't)

CHARITY PROJECT

We are blessed! Let's share our blessings with others. Tracy Wiles will be sharing information about the "Giving Son: The Rutger Wiles Memorial Giving Circle": its purpose, how it works and the charity it will be supporting in January 2022.

"INTRO TO CHAKRAS" WITH PAULA KAPROCKI

An overview of the chakras and how they relate to your life and health. The chakras can tell a lot about your life situation and your state of health based on their alignment. When you understand them you can work on those areas.

Paula is a licensed massage therapist in Florida and Pennsylvania and is a 1995 graduate of the Baltimore School of Massage Professional Program. She attended classes at the Florida School of Massage to complete Florida Licensure Requirements and has studied Auntie Margaret's Pololei style of Lomi Lomi massage for the last 10 years. Paula is currently studying Mana Lomi techniques. She is a certified LaStone Hot Stone Therapist and received a Medical Massage Practitioner certification in 2006. Paula has been Nationally Certified through NCBTMB since 1996 and an AMTA member since 1995. She holds a BS Degree in Holistic Nutrition and currently has her own practice within a massage therapy Co-op in York, PA, and still maintains a client base in Debary, FL. She is also a substitute instructor at the York Campus of the Baltimore School of Massage, a Steiner Education Group school. Paula also attended Central PA Business School prior to becoming a massage therapist and has an Associate's Specialized Business degree in Computer Information Systems with a background in accounting. She is also a Certified Infinite Possibilities Instructor. Paula is a lifelong learner and has been teaching others for over 30 years beginning right after college in the computer field and then moving into the field of massage as a program director for massage at a small private school in Florida before relocating back to Pennsylvania. Her passion is teaching others about their bodies and how things work to cause their aches and pains.

"RELAX WITH REIKI – AN INTRO TO REIKI WORKSHOP" WITH RICKIE FREEMAN

Reiki is a very Gentle and deeply relaxing hands-on Healing for Stress Management, Balance, and Inner Peace. It is shared fully clothed and can help quiet your mind and bring clarity of thought; induce calm, creative, productive, and focused energy; and provide grounding balance during these challenging times. Join Rickie Meryl Freedman, Reiki Master/Teacher to learn about, witness and EXPERIENCE the Gentle Touch and Deep Healing of Reiki. Are YOU ready to RELAX?

Rickie Meryl Freedman is a Reiki Master/Teacher and PT with her focus on Integrative Medicine and ReikiKids. Rickie is Certified in ReikiSound and ReikiVoice, and is also a Certified Holistic Wellness Coach, speaker, author, and mentor. She created and opened Harrisburg PA's first Reiki Center in 2013 - "Reiki by Rickie ~ ReikiSpace & Learning Place" and has a full-time Reiki Practice offering Heart-centered and Energy-based sessions, classes, workshops and events.

"SOUND MEDICINE" WITH LANA RYDER

Learn a few basic ways to use sound and voice for health and healing, followed by a sound and vocal immersion using singing bowls, chimes, gongs, NA flute, handpan, drum and voice. You'll also have the opportunity to participate in a powerful group vocal toning circle, if you like.

Lana Ryder, AADP, HTA, SHA has been sharing the healing power of sound, voice and music in one form or another for fifty years, starting with the use of her voice as a healing instrument. She is a sound therapy practitioner and former licensed massage therapist, worship director and reiki teacher. Through her years of experience and studying sound healing she has developed a variety of innovative ways to work with sound and energy healing, developing her trademarked ReikiSound, ReikiVoice, Sonic Massage, Soundwise Voice, Introduction to the Fundamentals for Use in the Healing Arts classes, manuals and curriculum. Her practice and Soundwise Health School of Sound Healing is located in Lancaster, PA.

DISCLAIMER: The information discussed during this event by presenters is subject to personal interpretation and does not constitute legal, psychological, medical, business or financial advice. Each attendee is responsible for his or her own choices and actions. Psychic and tea leaf readings readings are for entertainment purposes only. Spirited Events by Jofa is not responsible for choices and actions made by participants as a result of their reading.

PRESENTATIONS, CLASSES & WORKSHOPS (Con't)

"INTRODUCTION TO QIGONG" WITH JEREMY DUKE

Across the world, many systems of self-care have been created, evolved and transmitted. Jeremy welcomes you to join him in Exploring Qigong, a taste of the world of 'energy skill' which has traveled through the mists of time from ancient Chinese shamans to modern hospitals and busy Westerners. What is Qigong? What is a Qi sensation? What can Qigong do for me? Let's find out together through discussion and practice! Please dress comfortably for light movement. Bring a cup, mug or glass filled halfway or less with water.

Jeremy Duke believes change for the better is always possible. He offers healing sessions and teachings on gentle ways to uncover relaxation, flow, and balance of body, mind, and spirit. He earned a Master of Medical Qigong with Dr. Ted Cibik, is a Usui and Karuna Reiki Master, and practices shamanism. Qigong is very accessible and can be done by anyone. Whether you desire physical or emotional healing, a different way to walk your path, or are simply intrigued, Jeremy invites you to experience it. Jeremy lives in central Pennsylvania with his wife Kristie, two children, and fur buddy Cato. When not practicing or studying energy work, he can usually be found lifting weights, walking/hiking, reading, or falling down rabbit holes online.

"INTRODUCTION TO TASSEOGRAPHY (TEA LEAF READING)" WITH RISSA MILLER

Fascinated by the tea leaf readings from Harry Potter or Outlander? Join Tasseographer Rissa Miller for an introduction to the magic of a teacup. This one-hour class will take you on a journey from the exotic Silk Road, to the tables of Ottoman Empire sultans, to the Victorian tea rooms of the Spiritualists. Guests are invited to join Rissa for tea and empathy, see how to turn a cup for a reading, break down the sections of a cup, and start to tune into your own intuition when reading symbols as divination. A few common symbols will be discussed, as well as differences in method between working tasseographers in the world. Settle in on a chilly spring night with some hot tea for a journey into tea magic, cookies optional!

Rissa has been practicing tasseography, ie tea leaf reading, since she first had loose tea fill her cup as a teenager. Over the decades, she honed her methods and refined her language to tell the story of each teacup she reads. Tea is one part of her love of plants. She also dries herbs and flowers to create handmade smoke cleansing herb bundles and handcrafted incense. Rissa currently studies (online) at Chestnut School of Herbal Medicine where she is learning more about the medicinal quality of plants. She holds a deep reverence for plants and the answers they offer, whether as tasseographs in a teacup, smoke in the air, a healing salve for the skin, a houseplant on the windowsill, or nourishment for the body. Rissa finds deep peace in plant souls, and believes that their whispers are available for all who choose to listen. Rissa is a published author and poetess, has had several plays produced in the mid-Atlantic area, and works a day job as a food editor. She has worked for five publications in her career and studied writing at New York University/Tisch School of the Arts and photojournalism at Western Kentucky University. Her sun sign is Pisces; moon sign is Capricorn; rising sign is Scorpio; and Rissa was born in the year of the Wood Rabbit.

OPTIONAL SERVICES:

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ROOMS ARE ON A FIRST COME, FIRST SERVE BASIS

ROSE ROOM

Open the door of the Rose room and a feeling of warmth envelopes you. In the Carriage House, Rose features a private patio, private bathroom and queen bed. Maximum Occupancy - 2

RESERVED FOR DAWN



DAISY ROOM

In the Carriage House, Daisy has a country accent and features a private patio, private bathroom, and queen size bed. Maximum Occupancy - 2

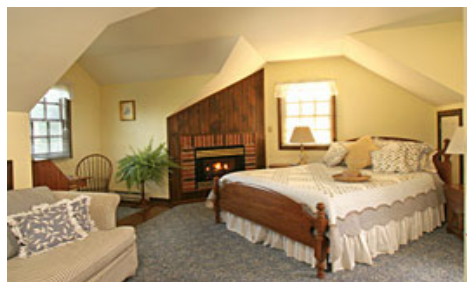
RESERVED FOR SHERI



MARIGOLD ROOM

Sunny Marigold, located in the Carriage House, features a fireplace, sitting area, with single sofa bed, queen size bed and private bathroom. Maximum Occupancy - 2

RESERVED FOR MARY AND JEN



SHAMROCK ROOM

A touch of Ireland, in the Carriage House, features a fireplace, sitting area with full sofa bed, queen size bed and private bathroom. Maximum Occupancy – 2

RESERVED FOR SARAH AND DEZRA



TULIP ROOM

Cozy room located in the Main House features private bath and queen size bed, close proximity to common areas. Maximum Occupancy - 2

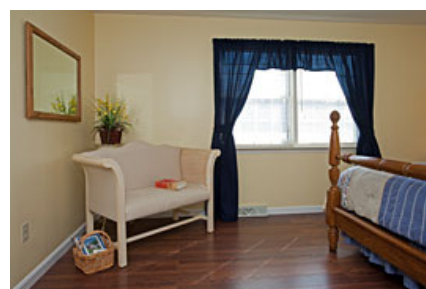
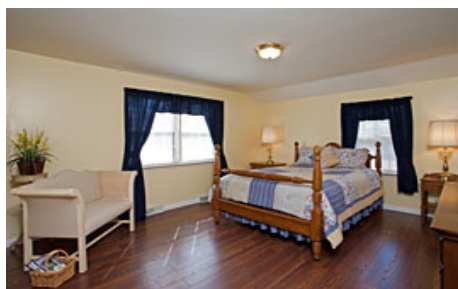
RESERVED FOR PAULA



GARDEN ROOM

Located in the Main House, the Garden room features private bath and queen size bed, close proximity to common areas. Maximum Occupancy - 2

RESERVED FOR BRIDGET & DEBBIE



PRIMROSE ROOM

In the 1830 house, this large, airy upstairs room with a Victorian accent features twin beds, which can be converted to a king bed (as shown on the right, above), and private bath located across the hall. Maximum Occupancy - 2

RESERVED FOR JOFA



VINES ROOM

In the 1830 house, Vines is a large room filled with light upstairs, featuring electric fireplace, a king bed and private bath. Maximum Occupancy - 2

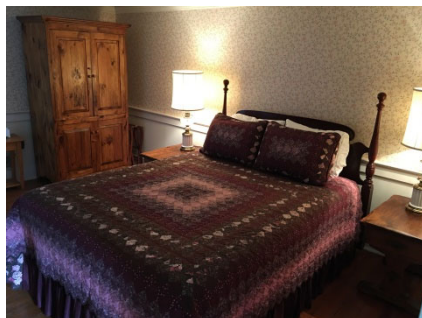
RESERVED FOR CARRALEE



WILDFLOWER ROOM

This charming room upstairs in the 1830 house features a private bathroom with a single whirlpool tub and queen size bed. Maximum Occupancy - 2

RESERVED FOR TRACY



GARDEN ROSE SUITE

Two room suite in the Carriage House. Cottage Rose features a sunroom with queen size sofa bed, large bedroom with king size bed, private patio, fireplace, private bathroom, TV, free wi-fi access, and a private patio. Maximum Occupancy – 5

RESERVED FOR TIMMIE, DIANE, FRANNIE, DELSIE, JULIE



IMPORTANT NOTES

EVENT FEE:

Double Room Occupancy - \$490 per person

Single Room Occupancy - \$685 per person

(A non-refundable \$200 deposit will hold your room. Final payment and \$20 finance fee is due January 15, 2022.

The Event Fee includes:

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- Breakfast All 3 Mornings
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THINGS TO BRING

We will be doing a group meditation so I'd suggest bringing a mat, pillow, blanket or anything for your comfort during the meditations. Also, comfortable clothes you can move in for the Qigong class.

CANCELLATION POLICY – There will be no refunds issued if you cancel your reservation or do not attend.

SMOKING POLICY

Smoking is permitted outside only (patio).

EVENT ADDRESS

Baladerry Inn, 40 Hospital Road, Gettysburg, PA 17325

QUESTIONS AND CONTACT INFORMATION

If you have any questions, please feel free to contact Jofa M. Kauffman at Jofa@spiritedeventsbyjofa.com or by phone at 717-324-9464.

