



SPIRITED EVENTS

BY JOFA

“Spiritual Growth” Retreat Weekend

Thursday, January 29, 2026 to
Sunday, February 1, 2026

at the

The Baladerry Inn
Gettysburg, PA

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
\$495 per person

Single Room Occupancy
\$720 per person

A Minimum 50% Room Fee Deposit is Required To Hold Your Room Reservation. A \$20 Finance Fee Will Be Charge If The Full Invoice Is Not Paid Up Front. Total Invoice Will Be Due 1/2/26.

INCLUDED WITH YOUR EVENT FEE:

- 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)
- 2026 Numerology Year Forecast
- “Let’s Create Our Own Journals” with Dezra Anderson
- “Ho-oponono – Peeling the Onion, Cutting the Cord and Releasing the Past” with Paula Kaprocki
- No-Talk, No Tech Time

OPTIONAL ACTIVITIES:

- Private 20-Minute Reading with Iris (\$35)
- Practice Your Metaphysical/Spiritual Gifts
- Paranormal Exploration – Baladerry Inn



"SHARING GIFTS & DEEPENING FRIENDSHIPS"

Do you realized many of us have known each other for a decade? We have been sharing a journey on a path of enlightenment and spiritual growth. During our previous retreats, we have laughed, cried, learned and developed lasting connections. During this year's retreat, I have allocated time for deeper connection through interactive group activities.

It is my vision that we will spend quality time with each other this year. It can be as simple as sharing a conversation with a friend, spending quiet time journaling together, enjoying a visit to a favorite metaphysical shop or sharing a personal gift. This can be a time of developing a deeper connection with one another and also with yourself.

Those who wish to share their metaphysical and spiritual gifts may feel free to bring whatever is needed for their modality. We have readers, artists, healthcare professionals, Reiki and Chakra practitioners, essential oil specialists, ladies with unique life experiences and a huge reservoir of life experience.

My wish for you is that you experience a transformational weekend. May your connections deepen and may you be the spark in someone else's darkness. Let's lift each other up and illuminate the Baladerry, Gettysburg and the world with LOVE!



WEEKEND AGENDA

1/29/26 - 2/1/26

THURSDAY
1/29/2026

3:00-6:00pm Check In
6:00pm Dinner
 Shake It Off Time!
 Numerology Reports

FRIDAY
1/30/2026

8:30-9:30am Breakfast
9:30-11:30am Let's Create Our Own Journals - Part 1 with Dezra Anderson
11:30-1:00pm Lunch
1:00-4:30pm Ho'oponono - Peeling the Onion, Cutting the Cord and Releasing the Past with Paula Kaprocki
4:30-6:30pm Dinner
Evening Optional Readings with Iris OR Open time for sharing gifts / paranormal

SATURDAY
1/31/2026

8:30-9:30 Breakfast
9:30-12:30pm Let's Create Our Own Journals - Part 2 with Dezra Anderson
12:30pm-2:00pm Lunch
2:00-6:00pm "No-Talk, No Tech Time" (Free-Writing, Art, Journaling, Other Meditative Activity Indoor or Outdoor)
6:00pm Till Dinner
Evening Optional Readings with Iris OR Open time for sharing gifts / paranormal

SUNDAY
2/1/2026

8:30am Breakfast
11:00am Check Out

Agenda is Subject to Change

GROUP ACTIVITIES



"Ho'oponono - Peeling the Onion, Cutting the Cord and Releasing the Past" with Paula Kaprocki

The history of Hawaiian Ho'oponono, the method of Hawaiian Mediation, meditation and forgiveness will be presented. Ancient and modern methods will be described based on the teaching of Aunty Margaret, Pali Jae Lee and Koko Willis, Mornah Simeona, and Maka'ala Yates as well as other Hawaiian Kahunas. A simple cord-cutting meditation/ceremony will be presented along with the Hawaiian traditional story of The Bowl of Light.

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 Aunty 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.



GROUP ACTIVITIES



"Let's Create Our Own Journals" with DEZRA ANDERSON

Dezra will lead us through the steps of altering a book transforming it from a discarded item on its way to becoming trash to a unique, personalized journal handcrafted by you. Altered books start with an existing book, which serves as the foundation for the journal. We will use fabric and paper to cut, tear, fold, ink, stamp, and glue to reinvent it. We will create new signatures using a variety of papers and learn how to bind them into your one-of-a-kind journal. The creation process will be split across 2 days. Glue needs time to dry!

Supplies will be provided. Feel free to bring any papers or embellishment from your own stash.

DEZRA ANDERSON

Certified Art4Healing Facilitator and Certified Creativity Fit Coach

"I have been creating a meditative painting practice for myself that allows me to calm my mind and tune in to my intuition. I express my feelings and intentions with color and abstract marks on canvas. This form of meditation allows my mind to quiet while I let my intuition guide me to the next color or mark on the canvas. The objective is to let go, listen, and feel to create whatever comes through."

"My goal is to hold a space for myself and others to return to the joy of painting for no other reason than creative expression, just like when we were all in kindergarten. The space I am holding is free of judgement and expectations, and is full of love, acceptance, and connectedness. I am holding space for you to create your future. I am holding space for us to connect through art with ourselves and others."



GROUP ACTIVITIES

"No Talk, No Tech Time"

Join us for our No Talk, No Tech Time, a powerful mindful practice that invites you to cultivate inner peace and connection. Use this time to explore activities that bring you joy and calm, such as reading, writing, drawing, or simply taking a walk in nature. As you honor this quiet time, remember that it's a gift to yourself and your fellow attendees.

Use this time to delve into activities that bring you joy and tranquility, such as reading, writing, drawing, or taking a walk in nature. As you respect this quiet time, appreciate it as a thoughtful gift to yourself and your fellow attendees.



OPTIONAL ACTIVITY PRIVATE 20-MINUTE READING WITH IRIS



A retreat favorite, Iris will share her gifts of insight and foresight during a private 20-minute session using Tarot and Oracle.

(\$35 per session)

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 mediumship 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.

ROOMS ARE ON A FIRST REQUEST BASIS

ROSE ROOM - RESERVED

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



DAISY ROOM - RESERVED

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



MARIGOLD ROOM - RESERVED

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



SHAMROCK ROOM - **RESERVED**

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



TULIP ROOM - **RESERVED**

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



GARDEN ROOM - **RESERVED**

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



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



VINES ROOM - RESERVED

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



WILDFLOWER ROOM - RESERVED

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



IMPORTANT NOTES

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IMPORTANT! THINGS TO BRING

- Feel free to bring any papers or embellishment for your journals. Supplies will be available.
- Bring a mat, pillow, craft, book, journal, etc. for your No-Talk, No-Tech time.

CANCELLATION POLICY – There are **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.

