



SPIRITED EVENTS

BY JOFA

“Spiritual Growth” Retreat Weekend

Thursday, January 30, 2025 to
Sunday, February 2, 2025

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
\$490 per person

Single Room Occupancy
\$715 per person

(A non-refundable \$75 deposit will hold your room. If total event fee is not paid at time of registration, a \$20 finance fee will be added and remaining total will be due January 2, 2025. All fees must be paid by due date in order to attend the event.)

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)
- 2025 Numerology Year Forecast
- Group Activities: Meditation, Sensing Energy, Enhancing Intuition, Asking for Signs, “No-Tech or Talking Time”, Free-Writing, Journaling, Book Discussion
- Drumming Circle led by Carralee Silka
- Meditative Cacao Ceremony with Julie Schwaninger
- Art Activity with Dezra Anderson
- Healing Oil Rollerball Workshop with Timmie Lancaster
- Fun Group Photo Activity

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

1/30/25-2/2/25

THURSDAY	3:00-6:00pm 6:00pm	Check In Dinner Shake It Off Time! Numerology Reports
FRIDAY	8:30-9:30am 10-11:30am 11:30-1:00pm 1:00-2:30pm 2:30-3:30pm 4:00-6:00pm 6:00pm Evening	Breakfast Meditative Cacao Ceremony with Julie Schwaninger Drumming Circle Led by Carralee Silka Lunch Meditation, Sensing Energy, Enhancing Our Intuition and Asking for Signs Group Portrait Activity Dinner Iris Readings & Open time for sharing gifts / paranormal
SATURDAY	8:30-9:30 9:30-12:30pm 12:30-1:00pm 1:00-2:30pm 2:30-4:00pm 4:00-5:30pm 5:30pm Evening	Breakfast "No-Tech or Talking Time" (Free-Writing, Art, Journaling, Other Meditative Activity - Indoor or Outdoor) Group discussion about experiences / insights during "No-Tech or Talking Time" (Solace and Solitude) Lunch Timmie - Make Our Own Essential Oil Roller Balls Enhancing Our Intuition Dinner Iris Readings & Open time / Sharing Gifts / Paranormal
SUNDAY	8:30am 11:00am	Breakfast Check Out

Agenda is Subject to Change

GROUP ACTIVITIES



“Healing Oil Rollerball Workshop” with Timmie Lancaster

“Hi Friends! I’d like to share a little bit about my hobby / business. I became a DoTerra Wellness Advocate 9 years ago. It’s been an amazing journey! I decided I wanted to do more with my oils so that others could experience the benefits and beauty of using pure products. From there, I started a small business, Nature’s Gifts. I make organic soaps, shower steamers, lotion bars, bath salts, lip balms and rollerballs. Each product contains my oils.”

During this fun, informative and interactive workshop, Timmie will lead you on an aromatic journey to healing as you create your own rollerball with essential oils. You will each create your own rollerball to take home with you. **This is included in your event fee.** It will consist of rollerballs, oils, charged crystal chips, fractionated coconut oil (carrier oil) and labels.

You will be able to choose one of from the following. *If you’d like to make more than one rollerball, you may select additional ones on your registration form at a cost of \$15 each.*

FIGHT THE FUNK:

Frankincense: Believed to have anti-inflammatory, expectorant, antiseptic and even anxiolytic effects.

Oregano: Helps support the healthy function of the immune system.

Lemon: A natural detoxifier.

Tea Tree: It is an antimicrobial and fights bacteria and viruses.

On Guard: This oil blend can support healthy immune and cardiovascular function.

STRESS LESS:

Adaptive Blend: Calms and promotes positive feelings. It supports mood and helps improve state of mind.

Frankincense: Can reduce feelings of anxiety.

Lavendar: Has similar properties to some anxiety medications. It can induce a calming effect.

CALM THE SOUL:

Wild Orange: Can bring a deep sense of contentment and joy.

Frankincense: Can effectively soothe away worry and quiet an overactive mind.

Cedarwood: Has a long, ancient history of use in spiritual practices. It inspires inner strength and encourages us to be still and breathe.

GROUP ACTIVITIES



"Art with Heart" with DEZRA ANDERSON

Dezra will provide guidance for meditative art activities to enjoy during the No-Tech or Talking Time. Discover the meditative affects creating and doing art can produce.

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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."



"Meditative Cacao Ceremony" with JULIE SCHWANINGER

We all know modern chocolate/cocoa as a sweet treat, but in this session, we will learn to appreciate the seeds of the *Theobroma cacao* tree in a less processed form and ceremonial setting. Theobroma literally translates to "food of the gods," and can benefit our physical, mental, and spiritual health. In this session, we will start by learning about cacao's rich history (4,000-5,000 years!), preparation, and many benefits. Then, all are invited to join a cacao ceremony with guided meditation and journaling. This is an opportunity to connect to "Mama Cacao," a powerful yet gentle plant spirit, and also to your own heart.

JULIE SCHWANINGER

Reiki-attuned Cacao Facilitator

I'm a trained biologist/biochemist who, as a teenager, could often be found in the astrology and new age sections of Barnes and Noble's with a cappuccino in hand. It took some time for me to find my way out of the lab and back "home" to the mysterious, magical, and spiritual...but now that I'm here, it's lighting me up on the daily. I started studying Human Design about 1.5 years ago (I'm a 4/6 Splenic Projector), and it kicked off a period of expansion that brings a huge smile to my face. It is my belief that the universe sends messages and symbols of support when we're on the right track, and I love following the signposts. I was called to reiki in February of 2024 and to cacao in August 2024 (when I officially replaced those cappuccinos with cacao!). I'm filled with gratitude at the opportunity to share my passion for cacao with others. It's an honor to be an ambassador of this plant medicine, and I do it with sincerest respect for the indigenous cultures that have served as cacao's stewards, guardians, and wisdom-keepers for thousands of years.



"Drumming Circle" with CARRALEE SILKA

Experience the transformational power of a drumming circle facilitated by Carralee Silka.

CARRALEE SILKA

Carralee is a reiki master, tarot reader, meditation creator and coach. While working on the integration of sound tools into her practices, she discovered a love of drumming and percussive sounds. Most notably, how they can be utilized within the meditation process. Carralee is now adding the facilitation of drum circles into her practice. Come and bring your drums, tambourines, and other rhythm instruments to join in the first ever drum circle at the Spiritual Growth retreat.

Additional Group Activities:

These activities will be facilitated by the group. Some of you may have done these activities in earlier retreats. Some may be new to them. We will support each other as we join together to discover and enrich our experience.

- Meditations
- Sensing Energy
- Enhancing Intuition
- Asking For Signs
- Drumming Circle – For those of you who made drums in a prior event or have drums of your own, please bring them to the retreat.
- No-Tech or Talking Time
- Free-Writing Meditation
- Journaling – Feel free to bring your own journal.
- Book Discussion
- Fun Group Photo Activity

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 COME, FIRST SERVE 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



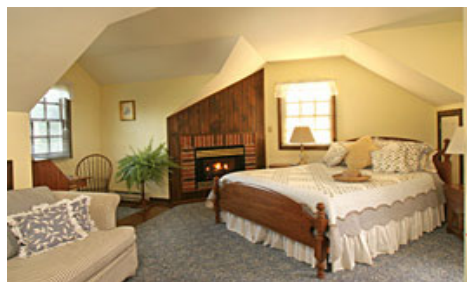
DAISY ROOM

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



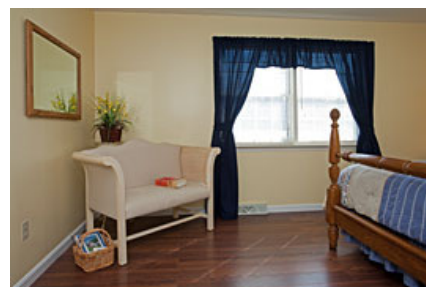
TULIP ROOM - RESERVED

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



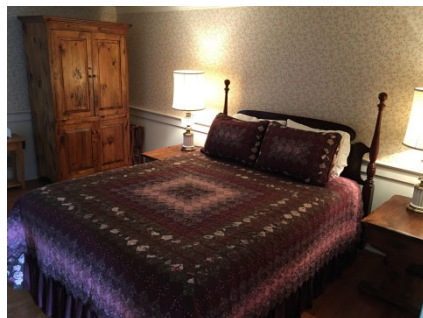
VINES ROOM - RESERVED

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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Practice Your Metaphysical/Spiritual Gifts

Paranormal Exploration – Baladerry Inn

IMPORTANT! THINGS TO BRING – A drum, tambourine or other rhythmic instrument, if you have one. Pillow or blanket for meditations, an item from someone who has passed such as jewelry or something they used frequently.

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.

