

# SoulGrow 2024 - San Rafael



## Are you ready to be more of who you really are?

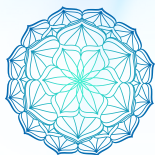
Join me for a transformative three-day retreat designed to deepen your Emotive Body Ensoulment® practice.

Journey with like-souled individuals where emotivity, depth, compassion, inquiry, authenticity, discovery, curiosity, joy and human divinity all find you!

Immerse yourself in invaluable moments of soulful connection, forging bonds within a community while authentically unveiling your true self.

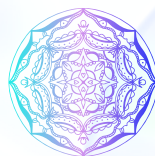
- ✿ Group interaction to practice relationality
- ✿ Processes exploring your protective and emotive aspects
- ✿ Domain discussions and how they relate to each area of your life
- ✿ Unpacking your unique form of divinity, human gifts and challenges
- ✿ Meditative practices such as stillfulness, chakral flow, gazing, mirror work and body focus
- ✿ Individual inquiry and emotive healing being witness by others to assist in more soulful integrations
- ✿ Bodywork to help integrate and explore whatever needs more attention in you
- ✿ Journaling prompts and exercises for your unfolding
- ✿ Opportunities to be deeply seen and felt in all that you are and with the burdens you carry
- ✿ Time for rest, food, music, movement and socializing
- ✿ Plenty of nourishing love and heart magic amidst the Divine Yin
- ✿ Limited to 8 participants to maximize depth, healing and intimacy

[BOOK NOW](#)



### \$350 PER PERSON

Price does not include lodging or meals. Please bring your own water bottle and comfortable clothing.



### SCHEDULE

**May 17-19, 2024**

Friday 9:30am-9:30pm  
Saturday 9:30am-9:30pm  
Sunday 9:30am-9:30pm  
(with plenty of break time)



### REGISTRATION

Click on the link above to register or email [ericfgrace@gmail.com](mailto:ericfgrace@gmail.com) for more information