

# RETREAT WITHIN: EMPOWER YOUR SOUL

- Reiki & craniosacral therapy
- Guided meditations & yoga
- Breath entrainment therapy
- Mediumship readings
- Sound therapy
- Nourishing meals
- Nature hike

JUNE 18<sup>TH</sup> - 21<sup>ST</sup>

ALL INCLUSIVE RETREAT IN THE  
CATSKILLS: \$700 PER PERSON



SCAN ME

We gather in a safe space to embody the divine feminine and masculine aspects of our souls through our connection to nature, each other and ourselves.