

## **About Our Retreat:**

Our purpose is to serve our community through a wide scope of education and healing modalities that creates an open, interactive and loving environment for our guests. With 6 different practitioners with a unique skillset, our team's intention is to empower you with the tools necessary to grow, heal and/or transform into who you truly are at your core. From 1:1 sessions, to group sound therapy, meditations & yoga, lectures and activities in nature, we are confident our holistic approach will inspire connection to All that Is.

## **What to Expect:** \*subject to change/ex. of rough agenda

**Breakfast served → Morning discussion/lecture followed by group sound bath**

**Scheduled 1:1 sessions with our team - sign-ups will be available on-site**

**Lunch**

**Yoga and nature meditation/discussion**

**1:1 sessions**

**Dinner**

**Campfire – guided discussion and reflection**

## **Items to bring:**

Yoga mat, pillow, blanket, water bottle, journal, sturdy footwear & sun protection

\* Each person will be asked to have a 15-minute introductory call. For all questions, please reach out to Theo at 631-707-1492.



# Anthony D'Erasmio



My mystical and healing arts journey began at 13yrs. old after a near death experience. I began exploring tarot, astral projection, astrology, psychic phenomena and all things metaphysical along with a deep passion for music. I went on to study music composition and conducting at the Juilliard School and there developed a strong foundation that supported a successful career in film and television. As a composer, audio engineer, BMG record producer, my focus was scoring music and orchestral recordings in large-format mixing and editing environments for a variety of multimedia formats.

The evolution from musician and technical artist to sound healer and spiritual guide reflects my deep understanding of the transformative power of sound. I believe that the true essence of music and life lies in frequency, energy, and vibration. This realization guided me toward a transformative shift—from creating music for entertainment to using sound as a tool for healing and personal growth.

As a sound healer, I specialize in multiple modalities, using tuning forks for Biofield Tuning, Reiki, gongs, crystal and Himalayan bowls to create frequency, energy, and vibration. I integrate these tools with intuitive spiritual insights by reading and listening to auras to address stagnant energy, stored trauma and restore balance to the body, mind and soul. My passion now is to help others achieve healing and transformation through the profound and restorative resonance of sound. The true pathway to your higher-self.

# Nancy D'Erasmus



Nancy D'Erasmus has been a spiritual adviser and medium for over 30 years. Her insightful gift to see beyond the senses has guided and enlightened many clients.

For her clients, Nancy is an “eclectic” psychic. She combines several of her gifts, mediumship, clairvoyance and healing energy, to provide a full-spectrum experience in her readings.

During our retreat, Nancy will be assisting you in tapping into your own mediumship skills to connect to the non-physical realms.

# Kathryn Siler



Kathryn is a certified yoga teacher and herbalist who is deeply passionate about self-love, holistic health, and inner healing. Her work is rooted in the belief that the body and mind hold profound intelligence, and that each person carries the power to heal themselves when given the right tools, awareness, and support.

Through yoga, herbal wisdom, and mindful practices, she guides individuals back into connection with their bodies, intuition, and inner strength. Her approach is empowering yet gentle, honoring the uniqueness of each person's journey while encouraging self-trust, presence, and conscious living.

# Karen Siler



**Karen Siler is a holistic practitioner, spiritual guide and a nonprofit leader dedicated to healing, empowerment and compassionate service. She brings together Reiki therapy, Master-level energy work and Craniosacral therapy to support deep nervous system regulation, emotional release and spiritual awakening.**

**With a grounding approach, Karen creates safe and nurturing spaces where individuals can reconnect with their inner wisdom, restore balance and experience profound states of calm and clarity. Karen's sessions are heart-centered and deeply restorative - designed for those seeking spiritual renewal and a return to wholeness.**

# Regina Santo



Regina is a Reiki Master and Certified Craniosacral Therapist who offers gentle, intuitive healing rooted in presence, compassion, and deep listening. Her work supports the nervous system, subtle energy body, and innate wisdom within each person, creating space for restoration, balance, and inner alignment.

Regina believes that healing unfolds when the body feels safe and supported. Through subtle, hands-on modalities, she helps individuals release tension, soften protective patterns, and reconnect with their natural state of ease. Her approach is heart-centered, calming, and guided by respect for each person's unique journey.

At the retreat, Regina holds a nurturing and sacred space where participants are invited to slow down, turn inward, and experience deep rest. Her intention is to help others reconnect with themselves, cultivate balance, and leave feeling more grounded, open, and whole.

# Theo Santo



Theo is an intuitive and consciousness coach who is passionate about connecting and serving those in his community. With a unique expression and connection to the non-physical, he can reflect and provide guidance for you to feel confident in standing in your power as a conscious creator. Theo believes in taking ownership of our life and circumstances through the means of unconditionally loving ourselves.

During our long weekend, Theo will be leading the structure of the retreat, guiding meditations and providing 1:1 sessions incorporating energy healing and breath entrainment therapy.