The Power of Intentional Healing

The Center for Holistic Awareness & Study (CHAS) has joined with Pamela Panneton, Director of Land Spirits, to offer a 3-day, 2-night retreat at Bon Secours Retreat & Conference Center in Marriottsville, MD.

The theme for the retreat is “*The Power of Intentional Healing.”*  Most of us are aware that the power to heal yourself is within you. The question becomes, “How do we tap into that power and unleash it?” The answer to this question can sometimes be a puzzle, or even a secret. This retreat makes sense of the puzzle and exposes the secret. The secret to healing is enlightenment*.* Enlightenment is understanding and looking beyond your ego encapsulated identity and realizing your divinity, which manifests through a human body making you conscious and aware.

Together we will study intentional healing and *seek* to become unbound and free by exploring those areas within us that keep us shackled to what no longer serves our greater good. Join us as we exercise *Letting Go*.

You will have the opportunity to attend workshops and meet with several presenters who can assist you in unlocking your ability for intentional healing. Also, we will offer to teach the tools that can assist you on your journey of intentional healing.

We are all capable of healing ourselves, however this cannot occur until we choose to become unbound and free. When you are healed you embrace your distinctive creative ability and come into your fullness.

Come and join us as we work together to unlock and unleash the healing potential within each of us; and discover what is already part of our innate knowing.

**Dates:  Friday, 5/24/2019, Saturday, 5/25/19 and Sunday, 5/26/2019**

**Location: Bon Secours Retreat and Conference Center-1525 Marriottsville Road, Marriottsville MD**

**Cost:  3 days and 2 nights - $380.00.**

**2 days and 1 night - $180.00**

**1 day - commuter - $90.00**

**(20 % deposit is required to hold your space)**

Cost includes: Dinner on arrival night. Second day: hot breakfast, buffet lunch and dinner buffet. Third day: hot breakfast and buffet lunch on last day. Accommodations: Private room featuring one queen bed (towels and linens included), a private bath and internet access and hair dryers (no TV’s or phones). Check-in time is 3:00 p.m. and check out (of room) is 11:00a. m. – luggage storage is available. On third day we will leave retreat center at 5 p.m.

**Program**

Friday – check-in, dinner, discussions and healing activities

Saturday and Sunday – workshops and healing sessions/activities:

The Power of Intentional Healing – workshop – Rev. Giovanna Vannall

Ayurvedic healing techniques – workshop – Janice Eve Darcey

Group Sound sessions – workshop – Pamela Panneton

Saint Ignatius Crystal bed healing sessions \*– scheduled healing sessions – Pamela Panneton

Creating Mandalas for life events– workshop – Rev. Giovanna Vannall

Individual Readings for Astrology\*– scheduled sessions - Astrologer: Edwin Castro

Individual readings from Angel Messenger \*– Gena Wilson, LCSW

How to do I become my own Guru? – workshop – Pamela Panneton and Rev. Giovanna Vannall

\*additional fee

Registration and Payment: RSVP to [gvannall@holisticenter.org](mailto:gvannall@holisticenter.org) providing full name, contact number and dates of attendance. A registration number will be emailed back to you.

Once you receive registration number you may send check for payment to address below or go directly to website: [www.landspirits.com](http://www.landspirits.com) and pay there.

If you are paying by check: Make check payable to Rev. Giovanna Vannall, 12401 Brickyard Blvd., #3065, Beltsville, Md. 20705. Please include registration number on check.