

Oak Wholistic Retreats Can Help You Today

Mental Health Specialist & Certified Clinical Trauma Professional



Recovery

Recovery from *PTSD, *Grief,
*Anxiety, * Addictions,
*Intergenerational Trauma,
*Narcissistic and Toxic
Relationships, Divorce,
*Depression, *Panic attacks,
*Pain, and more

Reprocess Maladaptively
encoded Experiences with
Evidence Based Modalities i.e.
EMDR, *Somatic Experiencing,
*Cognitive Based Therapy,
*Retro-causality and the
Quantum eraser to Transform
your hardships into Freedom,
Peace and Joy

Recovery and transformation



Your Choice, Your Way

Celebrate Freedom

Anchor in your Still-Point where Creative Flow and Bliss arise Naturally



Celebrate Love

Celebrate Love and Life at our Nature-based Retreats, Workshops and Clinics

Luxury Elements featuring Aquatic Center, Fine Dining and À la Carte options

or

Celebrate Life

Rustic and Serene with all the comforts of home

Meaningful Adventures or Shared Get-Aways for Bachelor/Bachelorette pre-nuptial celebrations



Celebrate Friends

Meaningful Adventures or Shared Get-Aways for Bachelor/Bachelorette pre-nuptial celebrations

Girls n Guys weekend escapes and more

Celebrate You

Sol Care is the meaningful journey of
deeply personal discoveries

We are all on a mission

Search & Rescue

to find and rescue our true self

Remember who you really are

For Couples, Solo or Group

Family

Retreat Style (Luxury or Rustic options
available)

Virtual

Corporate



Sunshine for your soul