

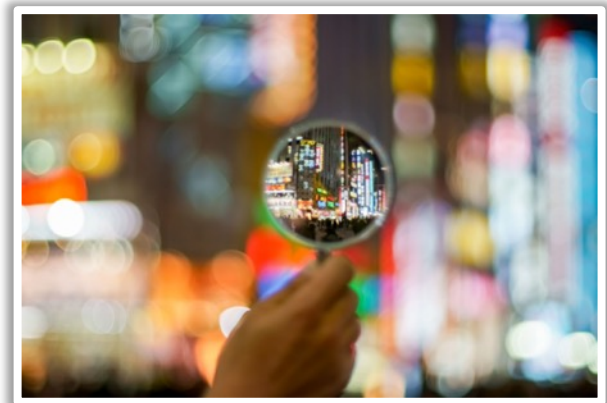
Your Essential Being Healing Retreat

This deep somatic dive into knowing your divine and sacred self will give you access to mindful self-awareness and emotional freedom to reclaim your joy and access your bliss.



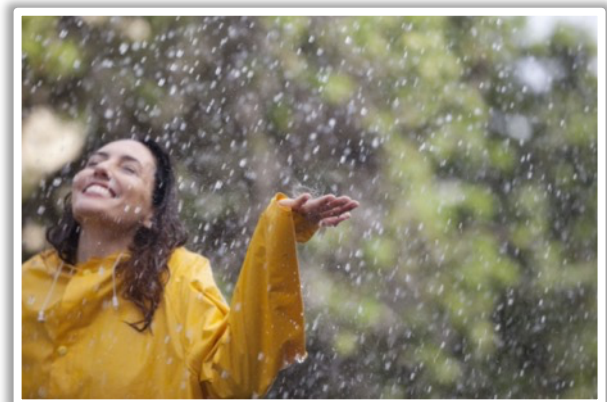
Private Intensive

This private retreat is an intensive redesigning of your life from the inside out. This is not a band aid approach. We will address the root issues to create true and lasting changes in your life with one-on-one self-development work. Throughout this retreat, you will have the opportunity to process and heal maladaptively encoded traumas from your past to make way for experiences aligned with who you choose to be.

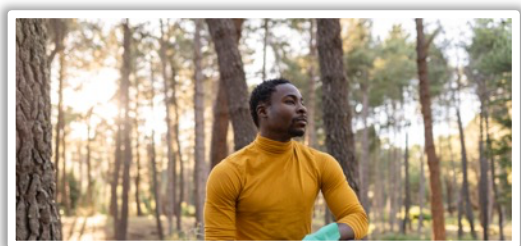


Transformation and Liberation

Embark on a solo journey of transformation and liberation with our extraordinary wholistic team of certified professionals. Crafted to empower individuals struggling with challenges such as anxiety, panic, stress, narcissistic abuse, depression, and burnout, our program is customized to go to the heart of the matter to address your unique needs and concerns.



Throughout this retreat, you will have the opportunity to process and heal maladaptively encoded traumas from your past, to make way for experiences aligned with who you choose to be.



Somatic Exploration

Through experiential somatic exploration you will free yourself of stored emotions from past trauma, and intergenerational trauma. Access the power that has always been within you and walk back into your life knowing that you are aligned with the person you are truly meant to be. You will go home with confidence to apply your new tools and knowledge.

Remembering Who You Really Are

If you are sensing who you really are at your core but not sure how to access it daily? If you are looking for meaningful self-development from a transformational retreat, facilitated by professional, certified guides with lived experience and insights, we are here now and ready to help you reclaim your destiny.

At Oak Wellness Retreats, we nourish the sacred balance within.



Emote Coherently

Overcome anxiety, sadness, stress, burnout, apathy and procrastination with this holistic deep dive into your own personal wellbeing.

Learn tools for neutralizing painful emotions and baggage from the past while regaining your spark and passion for life.

Learn how to maximize your energy, and reconnect with joy by becoming blissfully clear on your life purpose

A typical day may include

In this retreat, you will have the opportunity to heal past trauma/PTSD, burnout, anxiety, and depression. Naturotherapy - Guided Step-by-Step EMDR, CBT and Somatic-Based Interventions to neutralize challenges; anything from narcissistic abuse, intergenerational Trauma & toxic relationships to addiction or trauma from both physical and/or psychological pain.

During your private Essential Being Healing Retreat, you will receive private one-on-one coaching and professional certified trauma counseling to revive your inherent self-worth and essential self-love.

We offer this because we understand that with every healthy loving individual who knows their worth, a ripple effect of positivity benefits the entire world.

Throughout this retreat, you will have the opportunity to process and heal maladaptively encoded traumas from your past to make way for experiences aligned with who you choose to be.

This journey will call upon you to show up for yourself in a more loving, present, and expansive way. Get ready for love.

Throughout your time with us, you will be immersed in experiential learning and have opportunities to practice the skills you will be taking home.

Set out on a journey toward deepening love and strengthening the connection to self.

Deep emotional healing and raw honest communication is accessible through the guidance of mental health professionals.

This extraordinary retreat will be a once in a lifetime experience!

Embrace authenticity by connecting to your true self and life purpose. Let us help you do the work to live a meaningful and fulfilling life.

This retreat strengthens you from the inside out utilizing gems of wisdom from the fields of psychology, spirituality, yoga, somatic techniques, and Kundalini designed to support your transformative self-healing journey.

Additional a la carte services include; Shamanic healing, Massage, EMDR, Reflexology, Reiki, Astrology, Energy Healing, EFT, Somatic and Spiritual Readings

You will be working with Certified Psychoeducation Professionals.

Each day provides personalized attention to your unique desires, goals, and needs.

Each day is as full or open as best serves you and may include:

- 1 Reflexology session to discover a deeper understanding of the unseen factors influencing your wellbeing
- 1 PiezoPhire to address physical, emotional, mental, or spiritual pain
- 1:1 session with a Certified Counseling Professional, (3 hours x 4 days)
- 1:1 session with a Certified Mindset Coach (3 hours x 4 days)
- 4 connection activities designed to improve heart and mind coherence
- 4 movement sessions (in Nature or indoors according to weather and preference)
- 2 yoga classes/breath work
- 1 functional fitness
- 1 QuanThai or Shamanic Healing
- meditation session

Release past traumas and outdated belief systems to upgrade future outcomes.

Learn techniques and tools to claim and practice self-love every day.

Your stay concludes with a 3-hour integrative couples counseling session to integrate all that you have learned during your transformative stay.

You will go home with a meaningful keepsake of your creation.

