

Ready to release and renew? 🌊☀️

Join us for a deeply transformative experience in the serene beauty of San Diego. Healing doesn't mean forgetting. It doesn't mean leaving your loved one behind and/or pretending the pain never existed. It means learning to carry your grief differently while reconnecting with yourself, your inner wisdom, and the possibility of joy.

I invite you to gather with me in a safe, supportive circle of women who understand. Together, we'll create space to honor your story, gently release what no longer serves you, and take meaningful steps towards healing, connection, and transformation.

You don't have to walk this journey alone.

What You'll Experience:

In perfect flow with nature, your every comfort has been carefully considered so you can let your guard down and allow us to care for you.

- Nourish your body: Enjoy delicious, chef-prepared, homemade meals designed to comfort and ground you.
- Release restrictive tension: Unwind physical, emotional, and mental blocks through intentional asana yoga, restorative breathwork, and somatic movement.
- Reconnect with yourself: Connect with your higher self through deeply guided meditations and an ocean reflection walk.
- Restore your mind, body & spirit: Immerse yourself in the therapeutic, resetting frequencies of sound healing therapy.
- Reconnect with nature and meaning: Attune to Mother Nature and learn to witness the divine language of the universe through feelings, signs, and synchronicities.
- Find your sisterhood: Meet like-minded women who truly understand the mental, physical, emotional, and spiritual challenges of heartbreak.

There is still a whole, beautiful woman beneath the weight of your grief. Together, we'll gently help you find your way back to her.

We don't release the love. We release the weight we've been carrying around the love.

Day One — Arrive. Exhale. Belong.

Friday | 3:00 PM – Evening

Arrival & Check-In — 3:00 PM

A warm welcome, refreshing beverages, and light snacks as you settle into your private retreat sanctuary.

Retreat Journal Ceremony

Upon arrival, you'll receive your personal retreat journal and pen—your companion throughout the weekend. We invite you to leave your phone behind whenever possible and allow yourself to be fully present. Your journal is a private space to reflect, process, dream, write letters, sketch, or simply capture moments as they unfold. There is no right or wrong way to use it—only your way.

Opening Circle

A gentle welcome where we'll get to know one another, introduce the retreat, and create a foundation of trust, presence, and emotional safety.

Time to Settle In

Unpack, rest, explore the retreat space, journal, or simply breathe and take in the beauty around you.

Nourishing Dinner

A shared meal to foster connection, nourishment, and community.

Japanese Tea Ceremony & Sound Bowl Experience

After dinner, Megan will guide you through a beautiful Japanese tea ceremony followed by a deeply restorative sound bowl experience. An opportunity to quiet the mind, settle the nervous system, and simply receive.

Evening Reflection & Intention Setting

We'll gently close our first evening by reflecting on what brought you here and setting an intention for the weekend ahead.

Day Two — Reconnect. Feel. Release.

Saturday | Full Day

This day is about slowing down enough to hear yourself again.

Morning Self-Compassion Ritual

A gentle practice to begin the day with presence, compassion, and connection to yourself.

Breakfast

A nourishing breakfast to fuel the day.

Somatic Healing & Movement

Through gentle somatic exercises, breath, and mindful movement, we'll explore how grief and stress can live within the body. This is an invitation to reconnect with your body, notice what it's holding, and create space for what is ready to move.

Ocean Reflection Walk

Time beside the ocean to breathe, reflect, journal, and connect with yourself and the natural surroundings.

Personal Healing Sessions

Each guest will receive an individualized healing session with Stacy incorporating Reiki, intuitive guidance, and energy balancing based on her unique needs and what arises during the retreat.

Quiet Time & Integration

Time to rest, journal, enjoy the retreat house, explore the local area, or simply be. There is no expectation to be productive.

Release & Transformation Ceremony

Before our evening ceremony, we'll gently prepare the body through breath, movement, and mindful awareness. This practice invites you to notice where grief, stress, and emotional weight may be held physically, creating space to release what you are ready to let go of—with compassion and intention.

Sacred Release Ceremony

We don't release the love. We release the weight we've been carrying around the love.

A meaningful evening ritual created to honor what has been, acknowledge what you've carried, and consciously release the emotional weight that no longer needs to come with you.

Celebration Dinner & Connection

We'll gather for a nourishing dinner and celebrate the courage it takes to choose yourself, your healing, and your life.

Stories of the Heart

An intimate evening of sharing, connection, and witnessing one another's stories.

Day Three — Carry It Differently.

Sunday | Morning – 11:00 AM

Morning Meditation & Grounding

A gentle meditation practice to ground, center, and connect with the present moment.

Breakfast

A nourishing breakfast to begin the day.

Closing Circle

We'll come together one final time to reflect on what you've experienced, what you're taking with you, and how you want to continue carrying your grief differently.

Integration & Intention

A final opportunity to journal, reflect, and set an intention for the days and weeks ahead.

Departure — 11:00 AM

Please plan for pickup from the retreat house no later than 11:00 AM PST.

Optional Post-Retreat Support

Grief support, Reiki, and integration programs are available following the retreat for those who would like continued support.

Activities and times are subject to weather and other various factors. The above schedule is a loose itinerary created to provide structure and organization of your time together with no force and/or expectations. Thank you for your understanding.

This retreat is an invitation—not an expectation.

Every offering has been thoughtfully designed to support your healing journey, but you are always encouraged to honor your own needs. Whether you choose to participate in every activity, spend quiet time journaling, rest in your room, or simply take in the beauty of the ocean, you are welcome exactly as you are.

Healing looks different for everyone, and we trust your inner wisdom to guide what feels right for you.

Love never leaves.

And neither does the strength within you.

With love,

The Healing My Heartbreak Retreat Team