



Ready to heal and renew? 🌊☀️

Join us for a deeply transformative experience in the serene beauty of San Diego. This unique experience is designed to help you heal from trauma, grief, and emotional pain. Through a harmonious blend of spiritual practices, therapeutic modalities, and nourishing experiences, you'll embark on a journey of self-discovery and profound healing.

What You'll Experience:

- **Soulful Connection:** Connect with like-minded individuals in a safe and supportive environment. Share your experiences, find solace, and build lasting friendships.
- **Spiritual Practices:** Engage in guided meditations, tarot therapy, and spiritual rituals to deepen your connection to your higher self and the universe.
- **Physical and Emotional Healing:** Release tension and stress through gentle yoga, breathwork, and stretching. Experience the rejuvenating power of sound healing and chakra balancing.
- **Personalized Healing:** Receive private Reiki and Biofield Tuning sessions from a master practitioner to promote deep relaxation and energy healing.
- **Nourishing Your Body and Soul:** Indulge in delicious, homemade meals prepared with love and care.

A Retreat for the Mind, Body, and Spirit

Day 1: Arrival and Grounding

- **Welcome and Check-in:** A warm welcome with refreshing beverages and a yummy charcuterie board. Guests will have a choice of red/white wine, herbal tea, or filtered water infused with organic fruit.
- **Guided Meditation:** A gentle introduction to mindfulness and relaxation.
- **Group Dinner:** A shared meal to foster connection and community.
- **Evening Ritual:** A calming evening ritual, such as a tea ceremony or a bonfire, to set intentions for the retreat.

Day 2: Self-Care and Connection

- Morning Yoga and Meditation: A gentle yoga practice to awaken the body and mind.
- Breakfast: A nutritious breakfast to fuel the day.
- One-on-One Tarot Therapy: Personalized psychic insights and guidance.
- Free Time: Time for relaxation, journaling, or exploring the local area.
- *Sound Bath: A deeply relaxing sound bath to promote healing and rejuvenation.
- *Dinner: A nourishing dinner to replenish the body.
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Day 3: Deepening the Healing

- Morning Somatic Movement and Meditation: A gentle practice to get in tune with your body, release emotions, and manage mental health.
- Breakfast: A nutritious breakfast to fuel the day.
- Group Sharing Circle: A safe space to share experiences and support one another.
- Reiki and Biofield Tuning Sessions: Personalized healing sessions with psychic insight to restore balance and energy.
- Dinner: A celebratory dinner to mark the transformation.
- Somatic Release Ritual: A powerful ritual to release emotional and physical tension.

Day 4: Integration and Departure

- Morning Meditation Exercise: A gentle practice to ground and center.
- Breakfast: A nourishing breakfast to start the day.
- Closing Circle: A final sharing circle to reflect on the retreat and set intentions for the future.
- Departure: Check-out and farewells. Please plan for pickup at the retreat house no later than 11 am PST.
- Post-Retreat Support: ongoing support, such as a private online community or one-on-one grief coaching and reiki sessions.

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.

Please note: all activities are options available to the guests. At any time you feel uncomfortable, are unable to participate, in need of alone time, or just not in the mood, this is always an option. They provide structure in a nontraditional, organic way.

- Check-in is after 5PM PST
- Check-out is 11AM PST

With love,

Healing My Heartbreak Retreats

