



Ready to heal and renew? ☀️

Join us for a deeply transformative experience in the serene beauty of Sedona, AZ. This unique experience is designed to help you heal from heartbreak, 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, reiki healing, sound, 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, nature walks, and stretching. Experience the rejuvenating power of sound healing and chakra balancing.
- **Personalized Healing:** Receive private reiki and biofield tuning sessions from reiki practitioners 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 and somatic movement practice to awaken the body and mind.

- Breakfast: A nutritious breakfast to fuel the day.
- Personalized Reiki Session with Intuitive Guidance, Channeling, and Oracle Cards
- Free Time: Time for relaxation, journaling, or exploring the local area.
- Dinner: A nourishing dinner to replenish the body.
- Evening Heart Alchemy Sound Bath and Tea Ceremony: A heart-centered healing experience combining the sacred art of tea w/ soothing vibrations of sound to open the heart and calm the nervous system.

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.
- Rooted in Remembrance: A meditative nature walk and sound healing journey through the sacred red rocks of Sedona. This experience invites you to reconnect w/ the earth, return to your body, and remember the truth of who you are through intentional movement and healing sound. Transportation, if needed, is included. Physical activity is low.
- 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 10 am.
- Post-Retreat Support: ongoing and integration support, such as an online community, mentorship, grief coaching, and/or private 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 MST
- Check-out is 10AM MST

With love,

Healing My Heartbreak Retreats