

LETTING GO with Conscious Living Tools

Mind, Body, & Spirit Day Retreat
Elisabeth White, Rediscover Your Closet
teams with Aqua Hot Spring

Wednesday, May 25, 2022

9:00 am - 3:00 pm

\$135

Join us for a day of letting go, relaxation, and soaking!

Learn how we can put conscious living and consumerism into action. Applying ways to let go of what is no longer serving us is the key to allowing wonderful experiences within.



Connect through nature with these tribal practices:

- Try a dot of Kambo to see what a session is all about. Kambo comes from the waxy frog in the Amazon basin, the life force of our world.
- Hapé is a sacred shamanic snuff that has been used by tribes of the Amazon Basin for hundreds of years and is an essential part of their culture and history.

What a gift to experience these practices with a certified practitioner. Elisabeth White, Rediscover Your Closet, trained with Tribal Detox as a Kambo Practitioner and studied Fashion Merchandising which led to her passion of assisting humans in the process of conscious living.

INCLUDES:

Conscious living & consumerism discussion

Kambo & Hapé participation

Breath work with aromatherapy oils

Private hot spring soaking

Optional 60 minute massage add on available

Snacks, tea, lemonade and *NingXia Red® provided.

*NingXia Red® is a delicious way to start your day! This exclusive drink is packed with powerful antioxidants to help against oxidative stress, support normal cellular function, and promote healthy energy levels.

RSVP and learn more:

Text Elisabeth White: 214.908.0868

<https://linktr.ee/rediscoveryyourcloset>

<https://aquahot.spring.com/workshops>

LOCATION: Aqua Hot Spring, Nathrop, CO

Resonate with Kambo?

Special pricing available for future appointments scheduled