



AD MAIORA

Be your own Medicine

WOMEN'S RETREAT

JOSHUA TREE, CALIFORNIA
MAY 2026

A sanctuary for self-care and transformation, to nourish your spirit and ignite your potential, with a small group of women, because together we thrive!

A weekend of inner exploration with sacred medicines in the energy vortex of Joshua Tree.

Ready for your well-being escape?

BOOOK NOW



EXPERT FACILITATOR

Integrative psychotherapist Sonia Troiani Doultou will guide you through her "Be Your Own Medicine program".

This program includes:

- Somatic meditation
- Breath work
- Art therapy
- Voice activation
- Consciousness expansion.



"My mission is to remind you of your power! Trust in expert hands. You will be taken care of in a safe and nurturing way."

♡ Sonia

SONIA  DOULTON

A RETREAT FOR THE SOUL

Let yourself be nourished in a breathtaking setting, receive the spiritual embrace of Joshua Tree, and dive into a unique program that will help you reconnect to your mind, body and spirit.



Discover a haven of peace, where rest and renewal converge. Here you can honor and empower your body, and deeply connect to yourself, others and the universe.

Unwind and reconnect to your true self with:

Somatic Movement

Body-based practices to reconnect, release tension, and build awareness.

Sacred Medicines

Respectful, intentional use of plant medicines to support healing and insight.

Art Integration

Creative expression to process experiences and integrate learning.



Enquiries & Bookings:

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Website :

<https://soniadoulton.com>

BE YOUR OWN MEDICINE

A retreat is an escape to the magic of Joshua Tree designed to take you on a transformative journey, and unlock your self-healer through somatic practices and rituals. The luxurious accommodation and the stunning location will provide the perfect backdrop for inner exploration, fun, community, and rejuvenation.

