

AD MAIORA

BE YOUR OWN MEDICINE

WOMEN'S RETREAT

SEDONA, ARIZONA

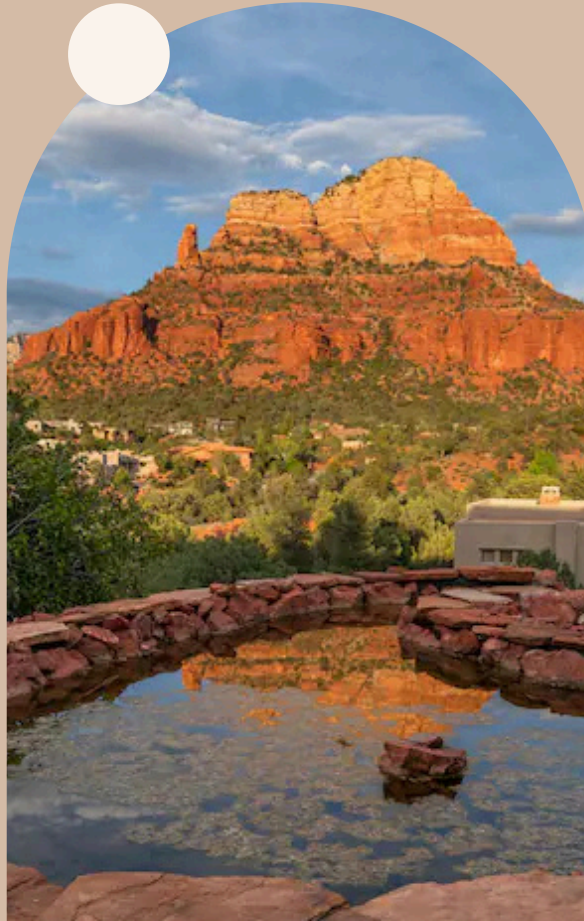
MAY 16-18



soniadoulton.com

SACRED & INTIMATE

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 Sedona. Ready for your well-being escape?



EXPERT FACILITATOR

Integrative psychotherapist Sonia Troiani Doulton will guide you through her **Be Your Own Medicine** program. This program includes:

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

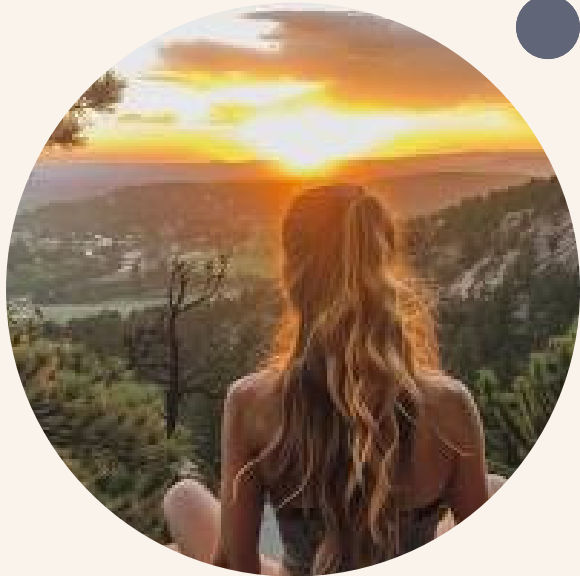


My mission is to remind you of your power! Trust in expert hands. You will be taken care of in a safe and nurturing way.

Sonia 

A RETREAT FOR THE SOUL

Let yourself be nourished in a breathtaking setting, receive the spiritual embrace of Sedona, 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
- Sacred Medicines
- Art Integration

Be Your Own Medicine retreat is an escape to the magic of Sedona 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.

A vertical image on the right side of the poster showing a woman lying down with flowers and candles. The image is partially obscured by a white circle on the right side.

MAY
16-18 2025

Enquiries & Bookings:
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