

Shine Thru Retreats

IGNITE CREATE TRANSFORM



The power is in the present

YOUR WEEKEND AT A GLANCE



SEE YOUR WEEKEND AGENDA



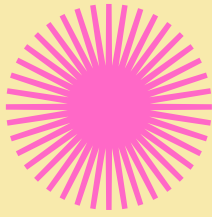
MEET YOUR FACILITATORS



CHECK OUT THE MENU

Thank you for joining us on this transformative journey.





Shine Thru Retreats

YOUR WEEKEND AGENDA



FRIDAY - IGNITE

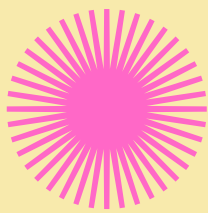
- 3:30
ARRIVAL
- 4:15
HEALING TAPAS,
TEAS & COMMUNITY
- 5:30
OPENING CACAO
CEREMONY
- REIKI HEALING CIRCLE
(GROUP HEALING)
- 8:00
SETTING INTENTIONS
- 9:00
QUIET REFLECTIONS

SATURDAY - CREATE

- 7:00
COFFEE, TEA & COMMUNITY
- 8:30
HEART OPENER MOVEMENT
(GROUP HEALING)
- 10:00
AKI GROUP INNER CHILD
- 11:15
HEALING TAPAS, TEAS
& COMMUNITY
- 12:30 - 3:00
PRIVATE SESSIONS
- 3:00
QUIET REFLECTION
- 4:00
BREATHE WORK (GROUP HEALING)
REIKI HEALING CIRCLE
- 7:00
FIRESIDE CEREMONY
- 8:00
HEALING TAPAS, TEAS, & COMMUNITY
- 9:00
QUIET REFLECTIONS

SUNDAY - TRANSFORM

- 7:00
COFFEE, TEA &
COMMUNITY
- 8:00
INTEGRATION MOVEMENT
(GROUP HEALING)
ENERGETIC ANATOMY
- 10:00
PRIVATE SESSIONS
- 11:30
HEALING TAPAS, TEAS
& COMMUNITY
- 1:00
HEALING CIRCLE
(GROUP HEALING)
- 2:00
GIVING THANKS
- 3:30
DEPARTURE



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MEET YOUR FACILITATORS



KATIE HOPKINS

Katie is a certified yoga teacher, movement educator, licensed massage and bodywork therapist, anatomy nerd, lover of dance, expression, and all things sensual. She has dedicated thousands of hours to the practice and study of fluid movement.

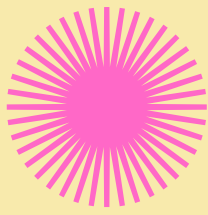
She has found yogic practices like breathwork and mindful movement to be a quick pass towards pleasure-filled, easeful living.

Her passion is to be of service to others in this way and to help those who want to feel better in their body.



ALIGN & SPIRAL

www.alignandspiral.com



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MEET YOUR FACILITATORS



DEANNA SCALDAFERRI

Deanna is a Licensed Massage & Bodywork Therapist, Holy Fire Reiki Master, Transformational Life Coach, Intuitive, and Archangel Oracle Card Reader.

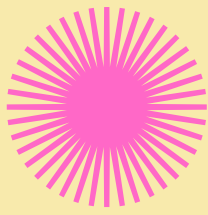
Her passion is helping people grow on their life's journey and spiritual path to find healing, balance, health, love, and happiness! She approaches every person with a total mind, body, and spirit mindset and treats each client individually. She offers a safe and trusting place, and the ability to hold space with compassion & empathy and without judgment.

Deanna loves to be of service in helping others feel better in their bodies physically, mentally, emotionally & spiritually!

She herself has overcome heavy trauma and many obstacles in her personal life and feels inspired to help others do the same.



www.healinghandsbydeanna.com



Shine Thru Retreats
MEET YOUR FACILITATORS



AKEMI CARTER

Akemi has dedicated her career to helping individuals achieve their full potential and live their best lives. Through the powerful combination of hypnotherapy and energy clearing, she has helped countless clients connect with their inner wisdom and intuition.

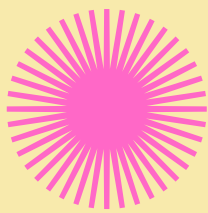
Clients are able to heal their inner child, overcome past traumas and release limiting beliefs providing the ability to access the inner strength and resources needed to achieve their wellness goals.

Her approach empowers participants to continue their journey of growth and transformation long after the retreat is over.



reset my lifestyle

www.resetmylifestyle.com



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MEET YOUR FACILITATORS



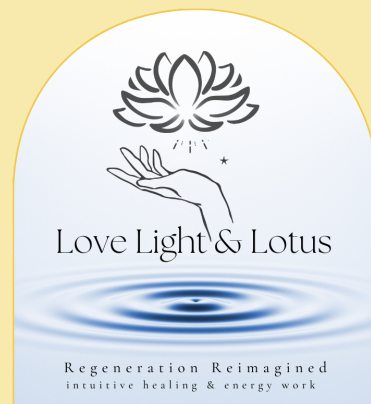
AMY CAMPBELL PRATT

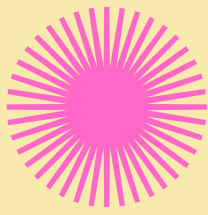
Campbell, is a Holy Fire Reiki Master, teacher, intuitive healer, producer, director, writer, artist, mental health advocate, and professional coach with a BA in Psychology.

Navigating life with an undiagnosed mental illness, Amy suffered from severe anxiety, depression and isolation for a majority of her life. With every breakdown she had come a breakthrough. At 50, she's discovered the secret to creating lasting change, acceptance and a life she loves. Simply, you can't skip steps.

Now, she is called to help others breakthrough, by creating space to discover their own secret powers to heal.

"All appears chaotic in the flow of Devine Timing when you are frantically trying to control life's currents. Surrender and amazing things start to happen. Simply miraculous things" ACP





Shine Thru Retreats
MEET YOUR AMAZING CHEF



SARAH FOSTER

Making tasty kitchen creations for more than two decades, Sarah began to refine her culinary skills to conscious cooking while studying Ayurveda in her yoga studies in 2017.

Sarah spends much of her time cooking, gardening, studying and practicing yoga and chant based meditations, creating malas, and raising her two boys. She is excited to share her gifts with the community at large.



Your Weekend Menu ✨

Sarah has created an inspiring menu to parallel your transformational healing. Light fare for the day, grounding meals for the evening, this vegetarian, Sattvic-inspired menu is made from fresh, local ingredients and prepared with love.



Shine Thru Retreats

YOUR WEEKEND MENU



✨ Friday

Arrival

Herbal Tea, Infused Water, Seltzer, Kombucha
Fruit and Veggie Tray with Hummus and Spinach
dip

Sweet and savory goat cheese with assorted
crackers and nuts

Dinner ✨

Fennel and White Bean Soup
Khichari: Rice and Lentil Porridge
topped with your choice of cooked veggies, ghee,
and fresh spinach.

Stuffed Dates - with Almond butter and Cacao nibs



Shine Thru Retreats

YOUR WEEKEND MENU



*** Saturday Breakfast

Tea, Coffee

Fresh Pressed Juice: Grapefruit Ginger with Honey

Oatmeal and Quinoa Breakfast Bake

toppings: almond butter, Hemp seeds, Coconut Flakes, Honey

Hard Boiled Eggs

Fresh fruit and Yogurt

Lunch

Fresh Hummus with

Roasted Root Vegetable sticks

Falafel served with Dill Yogurt Dip
cucumber slices and whole wheat pita

Open-faced Sweet Potato Toast Slabs
topped with spicy Kale and Avocado salad

Goat Cheese Crumbles optional



*** Dinner

Taco Bowl

Jackfruit 'carnitas', Grilled Vegetables,
Pinto Beans, salsa, and cilantro.

Served with Organic Corn Chips
and Guacamole

Campfire Chocolate Orange Dessert



Shine Thru Retreats

YOUR WEEKEND MENU



☀️ Sunday Breakfast

Tea, Coffee

Fresh Pressed Juice: Goddess Green

Cardamom Carrot Flax Muffins
Sweet Potato Cinnamon Toast Points

Hard Boiled Eggs
Fresh fruit and Yogurt with Hearty Topping options

Lunch ☀️

Buddha Bowl
Grains, Beans, Greens, Veggies, and assorted toppings.

Khichari
with Ghee and Cashew Nuts



Shine Thru Retreats

YOUR ACCOMADATIONS



Stone Creek Cabin

This venue supports transformational work with highly qualified facilitators who can lead individuals to deeper states of inner knowing. Types of events offered include Ketamine Assisted Inner Journeys; plant-assisted inner work through cacao ceremony, tobacco prayer circles, and hape ceremony; men's and women's monthly spiritual circles; Equinox/Solstice and Full Moon ceremonies; and monthly workshops and retreats with guest facilitators from around the world.



www.sacredrootsnc.com



BODHI DEVA MA:

A well-known spiritual teacher in the Charlotte, NC area, psychotherapist, counselor, coach, retreat facilitator, and founder of Sacred Roots NC Conscious Community is dedicated to bringing people of all backgrounds together for individual growth and community evolution. She is the event coordinator for the Cabin at Long Creek. An intimate venue for deep healing and medicine work,