



PRESS & MEDIA KIT · 2026

Lauren Dickinson

Founder & CEO · Soul Frequency Activator



AWARD RECOGNITION

Best Transformative Travel Membership 2026

LuxLife Magazine · Resorts & Retreats Awards 2026

FEATURED IN

Gnostic TV Symposium · Destination Awakening

Orion Retreats is a living ecosystem where conscious travel and the retreat industry converge. Serving seekers called to transformative journeys and leaders building with integrity, through sacred travel experiences, retreat industry education, and consciousness development. Every offering flows toward one mission, the Orion Foundation, ensuring healing experiences remain sacred, accessible, and alive in the collective.



Lauren Dickinson

Founder & CEO

Soul Frequency Activator

- Nearly Two Decades in the Healing Arts
- Shamanic Healing & Energy Medicine
- Reiki · Ayurvedic Medicine
- Light Body Activation
- Quantum Soul Coaching
- Minister · Artist · Author
- Philanthropist
- Orion Foundation · Founder

ABOUT

Lauren Dickinson is a Soul Frequency Activator, modern mystic, philanthropist, minister, and artist. She is the founder and CEO of Orion Retreats and the Shine Your Divine ecosystem, bringing nearly two decades of deep work in shamanic healing, Reiki, Ayurvedic medicine, light body activation, quantum soul coaching, and energy medicine.

Lauren leads from a place of having done the work herself. She is not a teacher who stands above her students. She is an initiated guide who walks alongside the women she serves. Her personal story is central to everything she creates.

The Orion ecosystem serves both seekers called to transformative travel and conscious leaders building the retreat industry with integrity, spanning sacred travel experiences, retreat industry education, consciousness development, and a nonprofit dedicated to ensuring healing reaches those who need it most.

THE ORION ECOSYSTEM

- Shine Your Divine** · Transformative travel membership for awakened women
- Orion Retreats** · Retreat planning, production, and industry services
- Retreatpreneurs** · Education platform for retreat leaders
- Orion Institute** · Consciousness education and professional development
- Orion Journal** · Publication for transformational travel
- Orion Foundation** · 501(c)(3) funding healing access for women



PRESS & FEATURES

WOMEN'S JOURNAL

The Ripple Effect: How Orion Retreats is Revolutionizing Conscious Travel

Lauren Dickinson and Orion Retreats are redefining what it means to travel with intention. Explore how conscious travel and personal transformation create a ripple effect beyond the retreat itself.

ARTIST WEEKLY

The Constellation of Change: How Orion Retreats is Revolutionizing Personal Growth

A feature on the vision behind Orion Retreats and how sacred travel is reshaping personal growth for conscious women and leaders seeking something deeper than a destination.

AWAKENED MAGAZINE

Awaken to Your Divinity with Orion Retreats — Cover Feature & Interview

Lauren Dickinson sits down with Awakened Magazine to explore the intersection of divinity, sacred travel, and what it means to build a life and business fully aligned with soul.

CEO WEEKLY

Orion Retreats: A New Era of Transformational Travel

A look at how Orion Retreats is ushering in a new era of transformational travel, where conscious leadership and immersive retreat experiences converge for lasting change.

NEW YORK WEEKLY

Orion Retreats: Elevating Consciousness Through Luxury Transformation

How Orion Retreats is elevating consciousness through luxury transformational travel, and why the future of wellness tourism is rooted in sacred intention, not surface experience.

VOYAGE KC

Meet Lauren Dickinson

Lauren shares the origin story of Orion Retreats, her path to purpose, and what it truly means to build a company in devotion to transformation and conscious living.

BOLD JOURNEY

Meet Lauren Dickinson — Top Five Tips for Soul Growth

Lauren Dickinson offers five foundational insights for soul growth, drawn from her years guiding women through sacred retreat experiences and her own path of awakening.

THE CALIFORNER

Orion Retreats: Pioneering the Future of Conscious Leadership and Luxury Wellness Tourism

Orion Retreats is pioneering the future of conscious leadership and luxury wellness tourism, building an ecosystem where sacred travel and transformative experiences meet industry integrity.

NEW ERA OF LEADERS

Lauren Dickinson — Nominated Leader

Lauren Dickinson was nominated and featured as a voice for a new era of leaders, recognized for her work at the intersection of conscious leadership, empathy-driven business, and transformational



PODCAST FEATURES

AWAKENED MAGAZINE PODCAST

Awaken to Your Divinity with Orion Retreats

Lauren joins Awakened Magazine for a spoken conversation on divinity, conscious travel, and the soul of what Orion Retreats exists to create for awakened women around the world.

QUANTUM LEAP YOUR BUSINESS PODCAST

Unleashing the Power of Transformational Retreats

Lauren explores the power of transformational retreats as a vehicle for business expansion, personal evolution, and the deeper work conscious leaders are called to do.

ANGELS & DESTINY WITH RAE CALNAN

Episode 355 — Human Consciousness & Co-Creation

A conversation on human consciousness, co-creation, and how each of us is uniquely designed to shape the world we are here to build.

THE BUSINESS OF EXPANSION WITH LENI

How to Run Profitable Retreats

Lauren and Leni explore the evolving landscape of conscious travel and what makes a retreat truly transformational when it is designed with depth, intention, and care.

THE AWAKENED PATH WITH SHAKTI

From Sufi Mystic Roots to Sacred Retreats

From growing up in a Sufi mystic environment to leading sacred retreats from Mount Shasta, Lauren shares her journey of awakening and the soul insights that shaped Orion Retreats.

THE BUSINESS OF EXPANSION WITH HALE SCHNEIDER

Episode 21 — The Evolution of Retreat Business Models

A deep dive into conscious retreat business models, with practical wisdom for coaches and practitioners ready to expand their reach through impactful, integrity-led retreat experiences.

BUZZING WITH BRILLIANCE WITH MARY

Retreat Life, Sedona & Sacred Creativity

Lauren and Mary explore retreat life, their shared Sedona connection, and what it means to build a creative, multi-passionate life rooted in sacred purpose.

RETREAT BUILDER WITH KRYSTAL

Coaching Programs vs Life-Changing Retreats

Lauren and Krystal explore the essential difference between coaching programs and life-changing retreats, and why retreat depth creates transformation that lasts.



STAGES & SUMMITS

FEATURED PRESENTER · FLAGSHIP FEATURE

Gnostic TV Symposium — Destination Awakening

A landmark summit presentation on conscious travel, sacred destinations, and the Orion Retreats ecosystem. Featured on the Orion Retreats membership page as a flagship credential.

ELITE ASCENSION SUMMIT · FEATURED SPEAKER

Amplify Your Impact and Profits with Transformational Retreats

How transformational retreats allow conscious leaders to command premium positioning while creating genuine impact, sacred connection, and sustainable revenue aligned with purpose.

ACTIVATE YOUR PROSPEROUS LIFE SUMMIT · FEATURED SPEAKER

Sustainable Soul Care for Conscious Leaders

Nervous system practices, energetic resources, and the philosophy behind the Ki Retreat Box as a tool for grounded, intentional living for conscious leaders.

GREAT AWAKENING SUMMIT WITH AMY MCGRAW · FEATURED SPEAKER

The Healing Power of Transformational Retreats

How transformational retreats are the next evolution for healing practitioners and conscious businesses, and why intentional retreat containers carry the power to create real change in the

PUT YOURSELF OUT THERE SUMMIT WITH NICOLE BELLE · FEATURED SPEAKER

Stepping Into Spiritual Leadership

Spiritual leadership, imposter syndrome, soul-aligned community, and building retreats and a conscious business without hustle or burnout.

FINANCIAL FREEDOM FOR SPIRITUAL WOMEN SUMMIT · FEATURED SPEAKER WITH CARISSA DIRADO

Financial Freedom for Spiritual Women

Financial sovereignty and conscious business strategy for spiritual women building purpose-led lives and businesses, with Orion Retreats COO Carissa DiRado.

BOOKS

Modern Day High Priestess

CO-AUTHOR · #1 BEST SELLER · AVAILABLE ON AMAZON

A transmission for women who have always known they carry something ancient within them. Activates the inner priestess, unlocks multi-dimensional healing codes, and guides readers toward reclaiming their sacred authority, divine feminine wisdom, and transformational purpose.

Awakened Hearts

CO-AUTHOR · #1 BEST SELLER

Awakened Hearts: Stories of Embracing Light, Love, and Limitless Possibilities. A collection of real-life stories from 32 conscious leaders, healers, and spiritual seekers who have experienced profound awakening and transformation.

The Call of the Mystic Mountain

CO-AUTHOR · #1 BEST SELLER

First-hand transformational experiences from people from all walks of life who have encountered the mystical power of Mount Shasta. A book that opens pages no reader walks away from unchanged.

Activating the Divine Human

CO-AUTHOR · #1 BEST SELLER

A guide to shedding identities shaped by fear and embracing the full spectrum of who you are, through transformative stories of integrating light and shadow aspects toward peace, authenticity, and wholeness.

Activate Your Life, Volume IV

CO-AUTHOR · #1 BEST SELLER

Featuring Quantum Soul Activation: Balancing the Brain for Higher Consciousness by Lauren Dickinson. 25 transformational exercises from the world's top coaches, healers, and spiritual teachers.

Train the Brain

AUTHOR · #1 BEST SELLER · EBOOK

Lauren Dickinson draws on ancient Vedic yogic practices to explore the mind-body connection and the resurgence of meditation as a powerful solution for mental and physical health in a fast-paced world.

The Art of Conscious Travel

AUTHOR · #1 BEST SELLER · EBOOK

Lauren Dickinson draws on over two decades in the healing arts and retreat industry to offer a guide to conscious travel as a transformative approach to exploring our planet with intention and depth.



APPROVED MEDIA PHOTOGRAPHY



PROFESSIONAL HEADSHOT



EDITORIAL HEADSHOT

High-resolution assets available in the Lauren Dickinson Media Kit folder.

Includes headshots, logos, and brand imagery in print and web resolution.

PRESS INQUIRIES & INTERVIEW REQUESTS

orionretreats.com

WEBSITE

orionretreats.com

FOUNDATION

theorion.foundation

MEMBERSHIP

Shine Your Divine

AWARD RECIPIENT

LuxLife Best Transformative Travel Membership 2026