

Soul Awakening Retreat

CHANNEL THE PROFOUND
ENERGY OF THE SOUL
IN THE LAND OF THE GODS

NAFPLION
GREECE

PERIVOLI COUNTRY HOTEL & RETREAT

OCTOBER 13-20, 2024



Find us on



Blu Water™

RETREATS & EVENTS

www.bluwaterretreats.com

P.o.Box 222 Bronxville, NY 10708



Join your hosts Helen LaLousis and Lori Zeh in Greece
for the international launch of
Blu Water Retreats & Events!

Be enveloped in ancient history, with opportunities to explore and experience the town of Nafplion. Thousands of years old and once the capital of Greece, Nafplion is now a favorite destination for local and international visitors alike.

Immerse yourself in the mystical energies of mythical Gods where you will *take an inward journey, discover the hidden power within, and tap into the boundless wisdom and energy of your soul.*

The Greeks believed that intuition and spiritual development were forms of inner wisdom individuals could access to achieve greater self-awareness, discernment, and inner peace. They sought to cultivate a strong connection with the divine through rituals, ceremonies, and philosophical inquiry. Their beliefs have left a lasting impact on culture, art, literature, philosophy, and religious practices.



Emerge rejuvenated, enlightened, and empowered as you delve into the secrets of your inner being. This is an opportunity to awaken your potential and embrace a life filled with purpose and fulfillment.

SIGNATURE EXPERIENCES

Imagine the profound changes you can make in your life when you learn to cultivate your intuition and trust your inner guidance system with faith and confidence. Discover powerful techniques for manifesting your goals and desires, allowing you the opportunity to create the reality you truly want.

Helen will guide participants through incorporating crystals and crystal singing bowls into daily life, offering a simple yet effective method of grounding to Mother Earth using vibrational energy and connecting with the Divine by clearing chakras. Additionally, she'll emphasize letting go of the ego to enhance your soul's vibration and share powerful affirmations, utilizing Simply Sacred Oils.



Join us for this transformative journey of self-discovery and growth. *Our team of experienced advisors will lead you through a series of immersive experiences focused on developing intuition, manifestation, spiritual understanding, and inner stillness.*



Lori will guide you through a transformative experience helping you understand the connection between your thoughts and reality. You will learn to shift your mindset to create a more fulfilling life. Overcoming anxiety, grounding yourself, and listening to your inner voice are all important steps in trusting your instincts and intuition. By moving away from fear-based thoughts and into your body and heart, you can manifest your desires, make confident decisions, and ultimately learn to trust yourself.



CONNECT TO THE SPIRIT WORLD



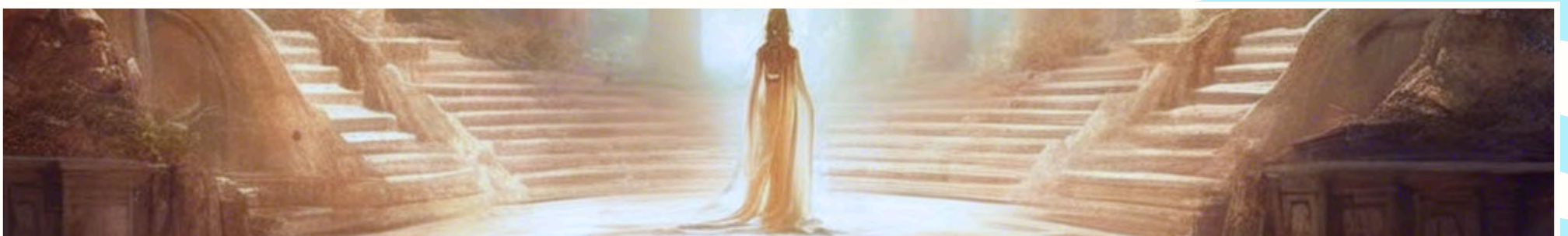
Mediums act as a bridge or intermediary between the physical and spiritual worlds, conveying messages from our loved ones to the living and providing insights and guidance. Two of our spiritual advisors are gifted mediums with multiple God given gifts. You can participate in a Gallery Reading with Nancy D'Erasmus and a private reading with Lisa DeMarco.

*Participation is by choice and for entertainment purposes. These readings are not a substitute for professional medical, mental health, or spiritual counseling or treatment.

Nancy will guide you through workshops focused on living in the present moment including practical tools and techniques for achieving mindfulness. She will also offer a session on harmonic healing using sound bowls and tuning forks where you will learn about the history and benefits of sound healing and have the opportunity to play and learn each technique; the workshop will culminate in a one-hour sound experience. She will then work with you to activate the Pineal gland, known as the "third eye", which is believed to enhance spiritual awareness, intuition, perception, and connectivity.



Lisa works with those who want a better understanding of energy and experience what happens when Spiritual Energy leaves the physical body and transitions to the other side. Whether you're hoping to identify your own Spirit Guides for direction in business, relationships, and personal success, or you want to maintain a close connection to those who have crossed over, Lisa invites you to deepen your understanding through readings, demonstrations, and instruction. Through workshops and private readings, Lisa will help to identify your own Spirit Guides and create a deeper connection to those who have crossed over.



SPIRITUAL TEAM OF ADVISORS

Our spiritual advisors bring a wealth of knowledge and experience to the retreat, each specializing in a different aspect of personal development. Together, they will provide you with guidance and support as you navigate this transformative journey. Escape the distractions of everyday life and immerse yourself in a tranquil and nurturing environment.



Helen LaLousis

Helen is a creative and dynamic entrepreneur, the founder of Simply Sacred Oils, and co-founder of Blue Water Retreats & Events. She is passionate about helping others achieve their goals. She shares, “From the time I was very young, my life has been heavily influenced by my spiritualism, natural curiosity and my passion to improve my world”.

www.simplysacredoils.com



Lori Zeh,

Lori Zeh is a highly experienced psychotherapist with over three decades of experience. She earned her Masters of Social Work at Fordham University in Manhattan and is a Certified Clinical Trauma Professional, EMDR practitioner, has trained in Mindfulness-Based Stress Reduction at Duke. Ms. Zeh is an intuitive therapist and a Reiki Master. She is the co-founder of Blu Water Retreats & Events.

www.lorizeh.com



Nancy D'Erasmus

Nancy D'Erasmus has been a spiritual adviser and medium for over 30 years. Her insightful gift to see beyond the senses has guided and enlightened many clients. She combines several of her gifts, mediumship, clairvoyance, and healing energy to provide a full-spectrum experience for her clients.

www.nancyderasmo.com



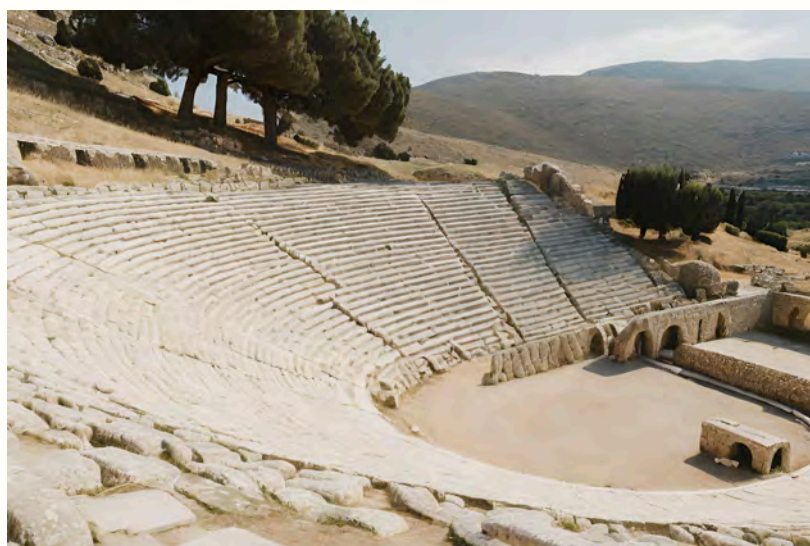
Lisa De

As a Spiritual Advisor, Energy Worker and Medium, Lisa leverages relationships with her Spirit Guides to connect to the energy of those who have crossed over. She combines the gift of claircognizance with an ability to physically channel energy to provide individuals, families, and groups with an opportunity to connect to their own spirit guides and loved ones who have crossed. Lisa invites you to deepen your understanding of energy through readings, demonstrations, and instruction delivered with transparency, humor and love.

Nafplio, located in the Peloponnese region of Greece is a picturesque town known for its charming streets, historical architecture, and beautiful waterfront. We have curated a schedule with ample free time for our guests to venture, explore, and discover the wonders of the historic ruins, forts, museums, shopping districts, and local restaurants on their own or with a newfound friend.



EXCITING EXCURSIONS



The Epidaurus Theater is a well-preserved ancient landmark located in the Peloponnese region of Greece. Known for its near-perfect acoustics and stunning beauty, it is a popular tourist attraction and a venue for various performances and events to this day. The theatre's design and acoustics have captivated visitors for centuries, making it a remarkable example of ancient Greek architecture and engineering.

We will tour an award-winning winery in Nemea, enjoy an authentic Mediterranean meal with curated wine pairing, and delight in music amongst aged barrels on the open air patio.



HILLTOP RETREAT WITH PANORAMIC VIEWS



Visualize yourself in this charming Greek town nestled in the hills where you will be immersed in the tranquility of a luxurious, Perivoli Country Hotel & Retreat. You will be surrounded by lush orange and olive trees and sweeping panoramic views. This exclusive eco-friendly hillside resort is designed with inviting and relaxing rooms with orthopedic, eco-friendly mattresses, plush bathrobes, slippers, and ensuite with showers. Soak in the beauty of the Greek countryside and starry night skies while sitting on your private balcony.

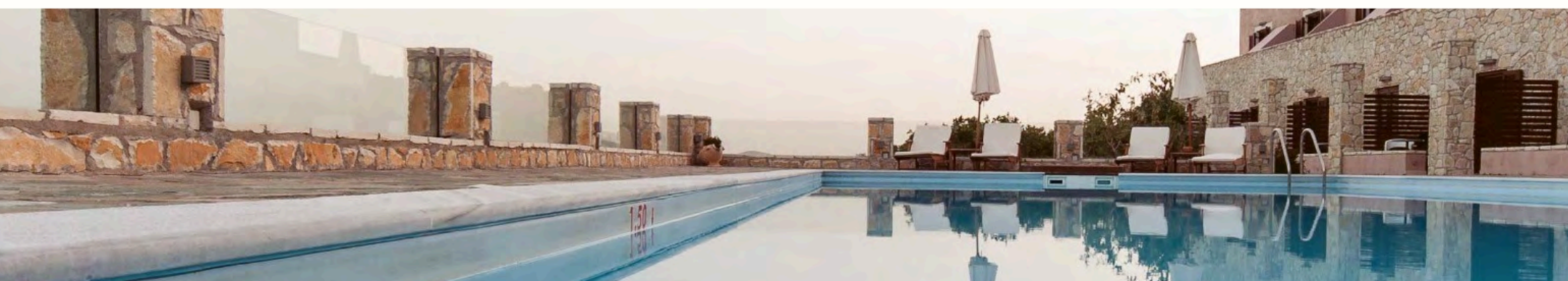
Daily breakfast and five midday meals are prepared in an onsite farm-to-table restaurant and include vegan, vegetarian, and gluten-free options.

Luxury group transportation to and from the airport in Athens is included at two set times.

However, if you prefer the convenience of renting a vehicle, the airport offers major rental companies or we can recommend

<https://www.clio-car-rental.com/>

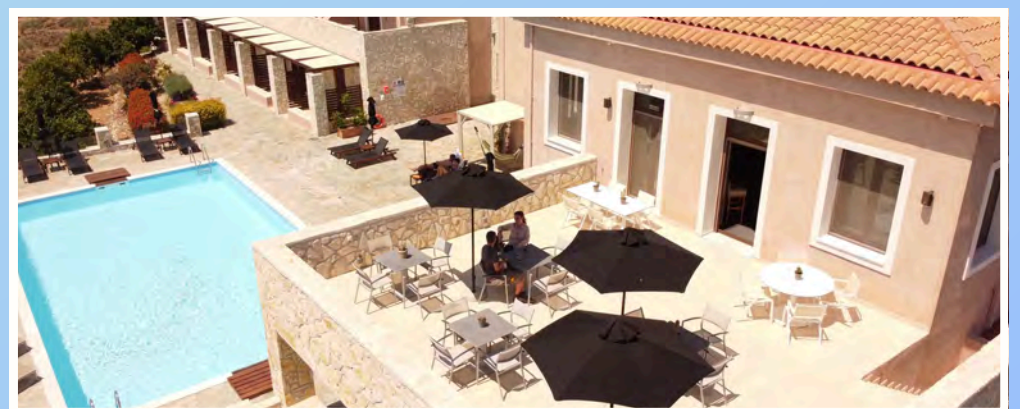
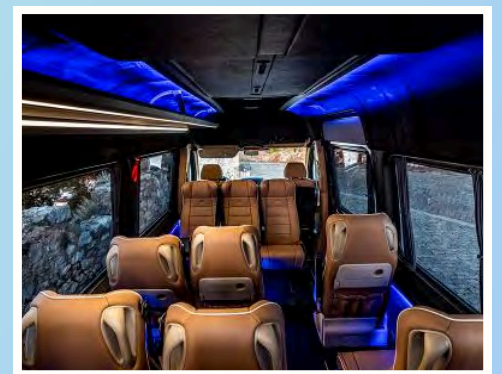
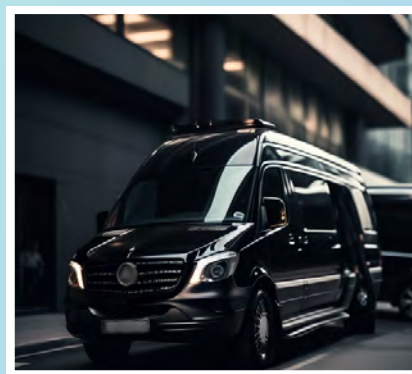
Contact Eleni or Angie @ Clio Rent a Car on WhatsApp 30-6934022220 and use code RETREAT for special rates.



INCLUDED IN YOUR EXPERIENCE



- 7-day, 6-night resort accommodations
- Luxury round trip group hotel transfer
- Delicious Mediterranean buffet breakfast
- 5 Mediterranean inspired farm-to-table midday meals with non-alcoholic beverage options
- Welcome gift with Simply Sacred Oil, crystal assortment, and refreshments per guest (presented upon arrival)
- Mediumship Gallery Reading with Nancy D'Erasmus
- Personal reading with Lisa De
- Group discussion with the mediums including Q&A
- Workshops and more
- Signature excursion to Domaine Skouras for a wine tour followed by a Greek meal of local specialties with wine tasting (luxury round-trip transfers included)
- Signature excursion to Epidaurus Theater (luxury round-trip transfers included)
- Morning excursion to the local farmers market (luxury round-trip transfers included)
- Taxes and gratuities for accommodations and excursions are included



Not Included

Not included in the package are airfare, transportation to town or other attractions, additional meals, snacks, all alcoholic beverages, calls, incidentals, personal gratuity, and any extras. Additional services such as massage, hiking, and biking are not included in the cost of the retreat, but can be booked separately through the resort. Moreover, wine, cocktails, extra beverages, snacks, and other incidental items are available at the resort for an extra fee.

ACCOMODATION OPTIONS

LIMITED AVAILABILITY



Book By

May 30, 2024 receive a \$300 discount

June 30, 2024 receive a \$200 discount

July 15, 2024 receive a \$100 discount

BOOK NOW

Single Occupancy - King sized bed *\$4575 regular

Double Occupancy - Two twin beds *\$3575 regular

Triple Occupancy/Handicap Accessible *\$3375 regular

Choice of 1 king bed + single bed *or* three twin beds

*Pricing is per person

Taxes and gratuities for accommodations and excursions are included

Secure your reservation with a
50% initial payment

*Refundable within 14 days of initial payment

* Conditions Apply See Cancellation Policy

Contact Helen LaLousis & Lori Zeh

Blu Water Retreats & Events

P.O.Box 222, Bronxville, NY 10708

914-463-1768 or bluwaterretreats@gmail.com

