



A HEALING HEART RETREAT EXTRAORDINAIRE!

October 20-22, 2017

Sandbridge, VA

Things such as love, intimacy, spiritual connection, self-expression, creativity, right livelihood, meaningful contribution to the world and a brighter future for generations to come all require the awakening of someone's heart. Emotional, physical, mental and psychic traumas and dramas of the past prevent the true soul from emerging. These then get lodged in organs and throughout the body and might eventually cause pain, dis/ease and discomfort. These traumas and dramas also bind energies that cannot be used to further help manifest your life-dreams, whether it is for love, health, wealth or any desired comfort that you are truly meant to receive.

At the Healing Heart Retreat™ we gather in a quiet sanctuary type setting, creating safe and sacred space. If you choose, Kathryn will “*hold*” your heart in a very tender, honorable way, thus allowing you to go deep into the sacred mystery of YOU. There is where you meet with your soul's powerful essence to assist you in releasing whatever is standing in the way of you being able to radiate your authenticity out into the world.

Singing, dancing, laughing & story telling are a few of the tools Kathryn calls forth to awaken the real YOU. Many have returned over and over again during the last 20 years just to experience the magic and miracles that occur at these retreats. Whether you go into the center for an expanding experience, or choose to be in the outer circle, you will be deeply touched and moved once you open yourself up to receive the unconditional love in the room.

We rent a retreat home together all weekend to do our sacred journey work, as well as take lovely walks in nature, eat great food and enjoying getting to know each other. New faces and dear friends will all be a part of this transformative experience. This retreat is rich with soul-filled experiences, allowing you to go home sensing something deep and profound has shifted in your Being. You are giving yourself permission now to be the real YOU!



The cost for the retreat is \$425 (which includes housing). We all pitch in for food and there will be someone there to prepare it for us. A “*what to bring list*” will be sent upon registration. If anyone wants some beach time afterwards and wants to spend an extra night, it is \$50 extra. No meals included but leftovers from the retreat though I believe there are stores and restaurants nearby. Let Lisa know!

For questions please call Kathryn 951-313-8541

kathrynleeman16@yahoo.com

To sign up, please call Lisa Marks 804-350-6743.