

Healing Group Retreat: Personal Healing for Empowerment

Friday

Connecting Mind, Body, and Soul

9:30 am – Registration

(Meet at the SpiritQuest Retreat Center.)

10:00-12:00 Your Inner Journey and Prayer Flag (Inside)

This session at the SpiritQuest Retreat Center will focus specifically on insights as to where you are at and how you view yourself. Delve into your inner self and begin to effectively process your emotions in healthy way and gain perspective on where you are currently. Where is your emotional stability, your connection with spirit and self, your personal balance in mind, body, and spirit? This healing group retreat session will help you take careful inventory of yourself and determine what you need to let go of.

2:00-4:00 Heart Awakening with Prayer Flag (Outside)

Go out in the Red Rocks of Sedona where you will feel grounded and connected to the Earth through our drumming and ceremony! Listen to the powerful vibration of the drum as it carries your prayer into the Spirit world. It will give you new tools with which to embrace the chaos of life. It serves as a way to focus and reconnect to the rhythms of the natural world.

Saturday

Empowering Mind, Body, Soul

Today healing group retreat participants will commune with Mother Earth by venturing out onto the sacred land of Sedona and go deep within ourselves and releasing of the past into a place within that will empower the Body & Soul. Then experience a guided meditation to heal pains within your Inner Child.

10:00-12:00 Inner Child Healing (Inside)

This Healing Retreat Session focuses on the healing of early childhood experiences. Your SpiritQuest Retreat Practitioner will guide you through this unique and highly effective form of spiritual work which involves a dialogue process that safely allows you to access and heal hidden areas, memories and feelings of abandonment or shame. Nurture yourself and your Inner Child with this guided meditation.

2:00-4:00 Letting Go Medicine Wheel (Outside)

To choose wholeness and self-love is be brave enough to make the choices that bring you more happiness, even when it's hard. You create a struggle when you try to control your life... try to make your life different from what it is... when you take on burdens and create judgments. Life becomes a burden when you put pressure on yourself for your life to be somehow different than it is. Suffering comes from being attached to what you think you want. This session will help with tools and insights to "allow" all that is and surrender into the joy that is yours to be had.

Sunday

Loving Yourself Within

This is a beautiful session where you will experience the joy of clearing space to rejuvenate your Body and Soul before you leave your retreat.

10:00-12:00 Loving Yourself in Acceptance & Grace (Inside)

This session guides you within to create your clear intention, promoting and holding peace and love foremost in your mind. Release your energy that has accumulated and become stagnant, this ritual is an excellent way of releasing and mobilizing that energy, clearing and cleaning that space. What a great way to leave Sedona!